My Online Therapie

My Online Therapie provides counselling and support by qualified therapists for people with different mental health problems. The clients can book their appointments with their desired therapist by a modern calendar system. It addresses people who e.g. wait for an appointment for a therapy, don't have the opportunity to look for a counsellor on-site or aren't sure yet whether they need professional help. The counselling is not appropriate for people with severe mental problems like e.g. schizophrenia.

Additional Topic: Pgusical diseases

Target Groups	Topics	Type of Best Practice	Country
• Adults	• General • Depression • Anxiety • Eating issues • Partnership • Stress • Sexual disorders • Sleeping issues • Trauma • Loneliness	• Counselling	• Germany

Description

My Online Therapie offers psychological counseling and support online or via telephone. The therapists and counselors are qualified in psychology or psychotherapy or have a permission based on the Alternative Medical Practitioners Act. Primarily goal is to increase subjective satisfaction and quality of life. This includes clearing of the personal or social situation, solution of the conflict or exploring first steps to the solution as well as finding possibilities of prevention. There are three steps in booking My Online Therapie: at first a counselor is chosen, then availability is checked and finally the desired date/type of counseling is entered in the calendar of the therapist. It can be chosen between a 25- or 50 minutes one-to-one session via video or telephone. Key issues are anxiety and trauma, depression, work and stress, eating disorders, sleep disturbances, sexuality, relation- and partnership, children and adolescents, loneliness and grief as well as physical diseases. The website provides information about these topics. My Online Therapie is not appropriate for severe psychological diseases like psychoses, schizophrenia, borderline syndrome or severe depressions as well as for severe compulsive disorders and suicide thoughts.

Original language

German

Country

Germany

Link

https://myonlinetherapie.com/

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https://www.ecounselling4youth.eu/project/