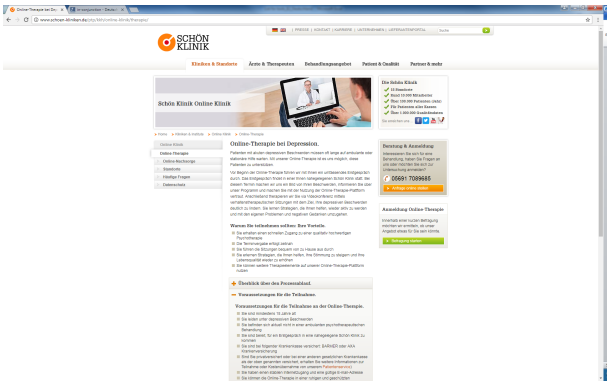
Schön Klinik – Online Therapie

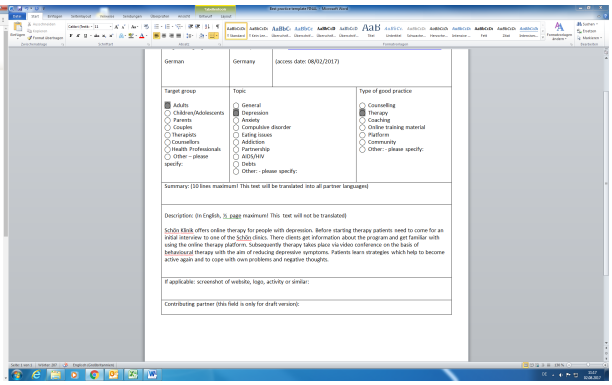
Schön Klinik offers online therapy for people with depression on the basis of behavioural therapy. Therapy takes place via video conference and aims to reduce depressive symptoms as well as building up strategies to become active again and to cope with problems. Patients need to come to one of the Schön clinics for the initial interview.

Target Groups	Topics	Type of Best Practice	Country
• Adults	• Depression	• Therapy	• Germany

Description

Schön Klinik offers online therapy for people with depression. Before starting therapy patients need to come for an initial interview to one of the Schön clinics. There clients get information about the program and get familiar with using the online therapy platform. Subsequently therapy takes place via video conference on the basis of behavioural therapy with the aim of reducing depressive symptoms. Patients learn strategies which help to become active again and to cope with own problems and negative thoughts.





Original language

German

Country

Germany

Link

http://www.schoen-kliniken.de/ptp/kkh/online-klinik/therapie/

(access date: 08/02/2017)

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