

## 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

- Adults

### Topics

- Depression

### Type of Best Practice

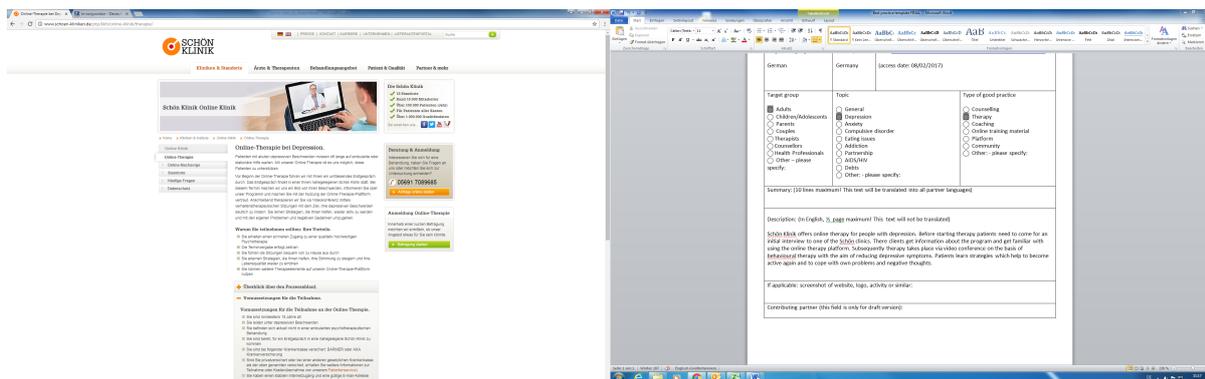
- Therapy

### Country

- 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.



The image shows two side-by-side screenshots. The left screenshot is the Schön Klinik website, featuring a navigation menu and a main section titled 'Online-Therapie bei Depression'. The right screenshot is a form for 'Online-Therapie' with fields for 'German', 'Germany', 'Access date: 08/02/2017', and a 'Description' field containing text about the therapy program.

## 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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