

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

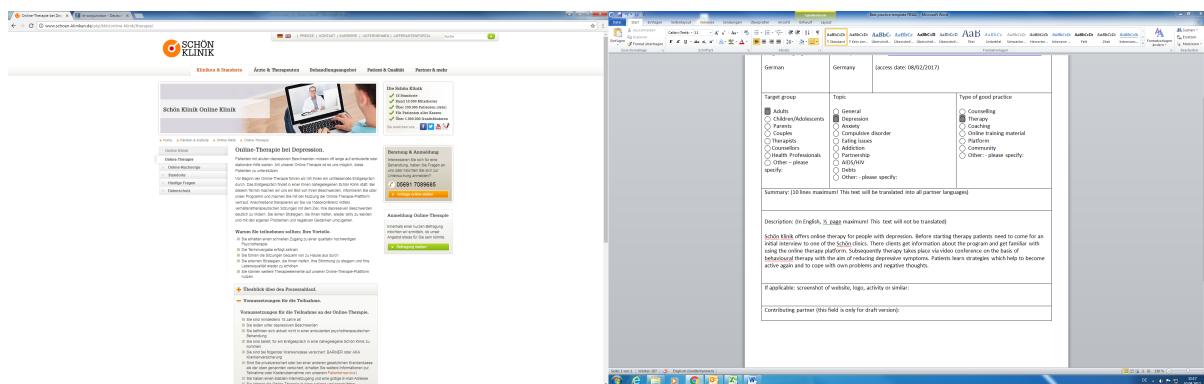
- Therapy

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 screenshot shows the Schön Klinik website with a 'Online Therapie bei Depression' section. The summary table is as follows:

Target group	Topic	Type of good practice
<input checked="" type="checkbox"/> Children/Adolescents <input type="checkbox"/> Parents <input type="checkbox"/> Coaches <input type="checkbox"/> Therapists <input type="checkbox"/> Coordinators <input type="checkbox"/> Health Professionals <input type="checkbox"/> Other - please specify:	<input checked="" type="checkbox"/> General <input checked="" type="checkbox"/> Depression <input type="checkbox"/> Anxiety <input type="checkbox"/> Cognitive disorder <input type="checkbox"/> Eating issues <input type="checkbox"/> Trauma <input type="checkbox"/> Partnership <input type="checkbox"/> Skills <input type="checkbox"/> Other - please specify:	<input checked="" type="checkbox"/> Therapy <input type="checkbox"/> Coaching <input type="checkbox"/> Online training material <input type="checkbox"/> Platform <input type="checkbox"/> Prevention <input type="checkbox"/> Other - please specify:

Summary (10 lines maximum! This text will be translated into all partner languages):

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.

If applicable: screenshot of website, logo, activity or similar:

Contributing partner (this field is only for draft version):

Original language

German

Country

Germany

Link

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

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