

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

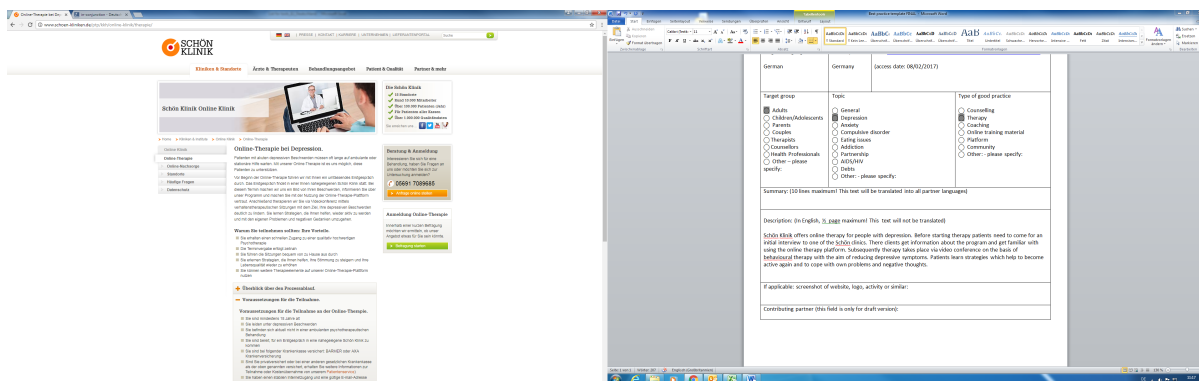
- Therapy

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 a browser view of the Schön Klinik website, specifically the 'Schön Klinik Online-Klinik' page. It features a header with the clinic's logo and navigation tabs. The main content area includes a video player showing a therapist and a patient, followed by text describing the online therapy program. The right screenshot is a data entry form for the same program. It includes fields for 'German' and 'Germany', a 'Target group' section with radio buttons for 'Adults', 'Children/Adolescents', 'Parents', 'Elderly', 'Compulsive disorder', 'Addiction', 'Mental retardation', 'Other - please specify', and a 'Type of good practice' section with radio buttons for 'Counseling', 'Therapy', 'Coaching', 'Online training material', 'Platform', 'Community', 'Mentorship', 'Other - please specify'. A 'Description' field contains the text: '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 Klinik. 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/>

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