

## psyaspect

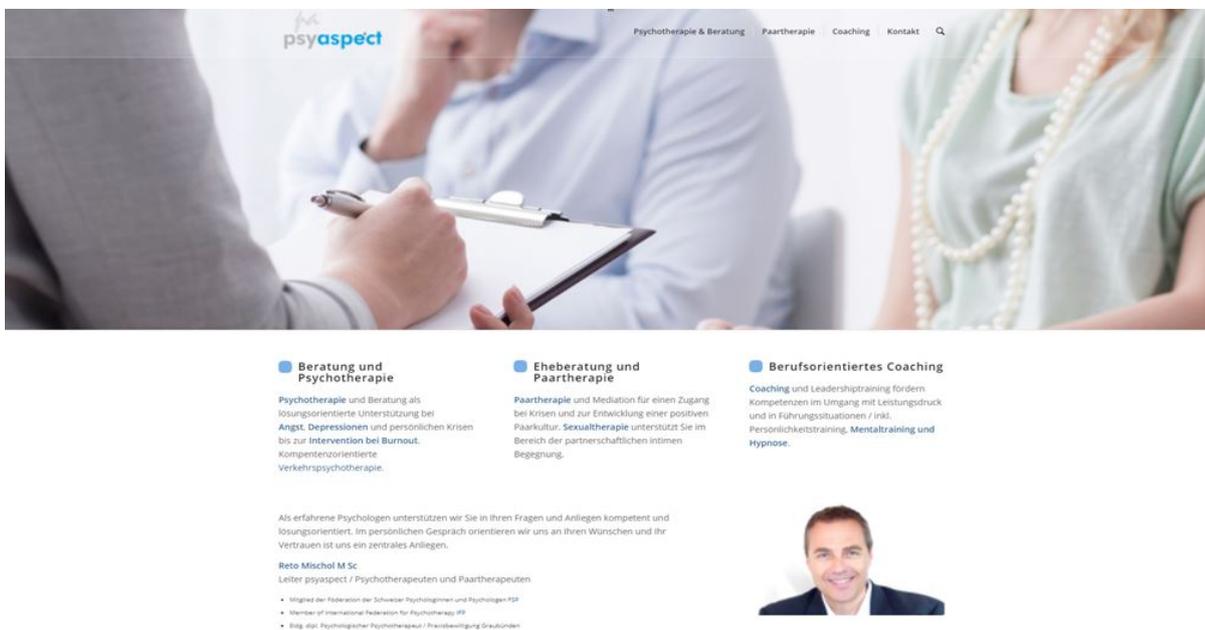
Psyaspect provides online counselling and therapy via e-mail, telephone or video conference. Experienced psychologists counsel clients in the fields of occupation, relationship and life. For the first interview a dialogue on-site is recommended.

**Additional topic:** Occupation

Target Groups	Topics	Type of Best Practice	Country
<ul style="list-style-type: none"> <li>• Adults</li> <li>• Couples</li> </ul>	<ul style="list-style-type: none"> <li>• General</li> <li>• Partnership</li> </ul>	<ul style="list-style-type: none"> <li>• Counselling</li> <li>• Therapy</li> </ul>	<ul style="list-style-type: none"> <li>• Switzerland</li> </ul>

### Description

Psyaspect is a service provider in the range of psychotherapy, relationship therapy and job coaching. The counsellors are psychologists with scientific competences and comprehensive experiences. They provide online therapy and counselling. For the first interview, where the aims of the treatment are defined, they prefer a dialogue on-site. Recommended topics for online counselling are occupation as well as issues of relationship or life. The first step of an online counselling is to send a short description of the problem and the current situation, and then the client gets an acknowledgement of receipt and will be contacted. The counselling can be undertaken via e-mail, video conference or telephone.



The screenshot shows the psyaspect website with a navigation menu at the top: Psychotherapie & Beratung, Paartherapie, Coaching, Kontakt, and a search icon. Below the menu are three service categories:

- Beratung und Psychotherapie:** Psychotherapie und Beratung als lösungsorientierte Unterstützung bei Angst, Depressionen und persönlichen Krisen bis zur Intervention bei Burnout. Kompetenzorientierte Verkehrpsychotherapie.
- Eheberatung und Paartherapie:** Paartherapie und Mediation für einen Zugang bei Krisen und zur Entwicklung einer positiven Paarkultur. Sexualtherapie unterstützt Sie im Bereich der partnerschaftlichen intimen Begegnung.
- Berufsorientiertes Coaching:** Coaching und Leadershiptraining fördern Kompetenzen im Umgang mit Leistungsdruck und in Führungssituationen / Inter. Persönlichkeitstraining, Mentaltraining und Hypnose.

Below these categories is a text block: "Als erfahrene Psychologen unterstützen wir Sie in Ihren Fragen und Anliegen kompetent und lösungsorientiert. Im persönlichen Gespräch orientieren wir uns an Ihren Wünschen und Ihr Vertrauen ist uns ein zentrales Anliegen." followed by the name and title of Reto Mischol M.Sc., Leiter psyaspect / Psychotherapeuten und Paartherapeuten, and a small portrait photo of him.

### Original language

German

## Country

Switzerland

## Link

<https://www.psyaspect.ch/beratungundpsychotherapie/psychologische-onlineberatung/>

(access date: 04/07/2017)



CC - Attribution-NonCommercial-ShareAlike  
<http://creativecommons.org/licenses/by-nc-sa/3.0/>

ILL. *psyaspect*. Retrieved on Wednesday April 29, 2026 from <https://ecounselling4youth.gunet.gr/online-material/courses/TGP149/>



Co-funded by the  
Erasmus+ Programme  
of the European Union

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

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