Psychologisches Institut – Psychopathologie und Klinische Intervention (Universität Zürich)

The web-based therapies of the psychotherapeutic centre of the University of Zürich deal with trauma and post-traumatic stress disorder, persistent severe grief and adaptive disorders. The approach is structured and symptom-oriented and aims to improve complaints and the overall quality of life. The therapy consists of 12 to 16 sessions which are conducted twice a week. Basis is cognitive behavioural therapy which aim is the encouragement of the patient to question his/her thoughts, recognition of dysfunctional behaviours and working out better strategies to cope with difficult life situations.

Additional Topics: Adaptive disorder ,Trauma and post-traumatic stress disorder, Persistent severe grief

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

Description

The psychotherapeutic centre of the University of Zürich provides web-based therapies in the fields of trauma and post-traumatic stress disorders (PTSD), depression, persistent severe grief and adaptive disorders. The client is accompanied by a personal psychologist during the whole treatment. The therapy takes place via a secured internet platform and consists of 12 to 16 sessions. Each phase starts with a detailed introduction which explains the meaning of the practices. The client works on the tasks individually on the dates determined by him-or herself. The therapist reacts to the tasks within one work day. The basis of the modules is cognitive behavioural therapy which is scientifically proven to be appropriate for web-based therapies. The aim is to encourage the patient to question his/her thoughts, to recognize dysfunctional behaviours and to work out better strategies to cope with difficult life situations. The therapy for patients with trauma or post-traumatic stress disorder addresses people who had a traumatic experience at least three months ago and from which they still suffer. It consists of three phases which are self-confrontation, cognitive restructuring and sharing of fate. The therapy of depression includes five phases of treatment, these are: consideration of situations in which the patient is depressive, building up positive activities, become aware and change of negative and automatic thoughts, difficulties in interpersonal relationships as well as prevention of relapses. The treatment of persistent severe grief addresses people who sustained a traumatic loss and still suffer from that after six or more months. This kind of therapy is based on the same steps as the therapy of post-traumatic stress disorder. The treatments are not appropriate for people with addiction, dissociations, psychosis and suicidal tendencies.



Original language

German

Country

Switzerland

Link

http://www.psychologie.uzh.ch/de/fachrichtungen/psypath/Psychotherapie/Onlintherapie.html

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