THERAPY 2.0

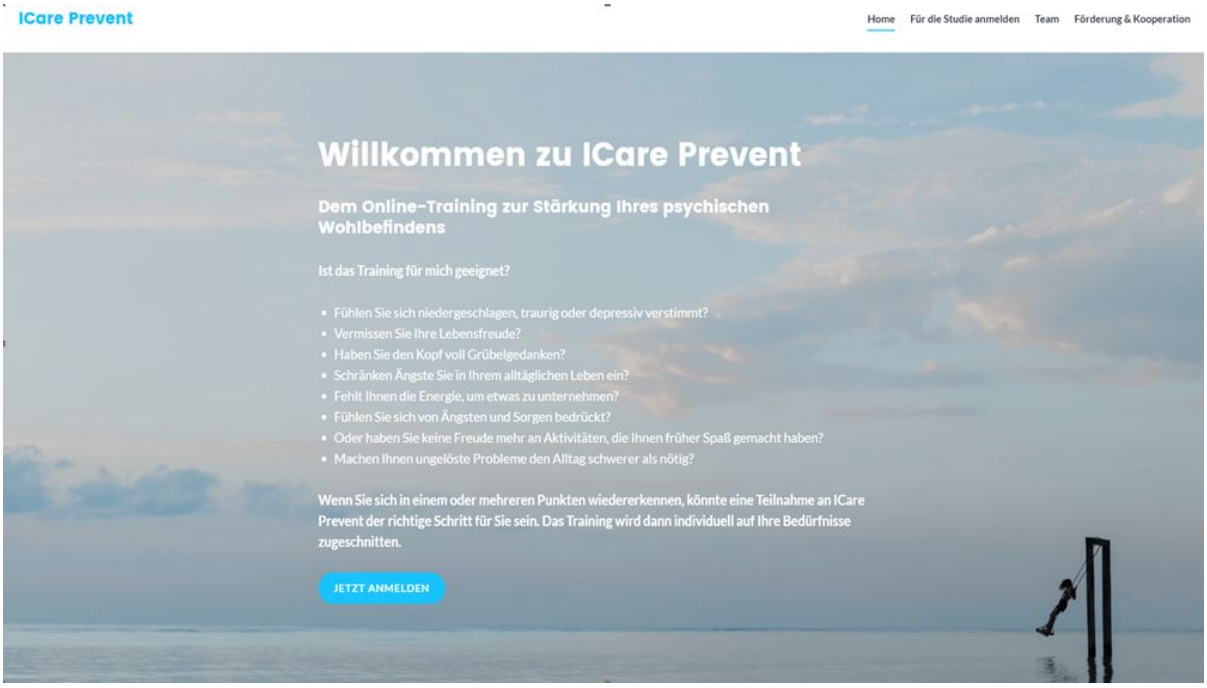
ICare Prevent

Á *ICare Prevent* vefsíðunni er boðið upp á rafræna einstaklingsmiðaða leið fyrir einstaklinga sem eiga við vanda að stríða. Boðnar eru viðurkenndar aðferðir og greiningar og meðferð við algengum sálrænum vanda. Einstaklingar sem hafa áhuga á að fá þjónustu fylgja leiðbeiningum á vefsíðunni um hvernig eigi að nýta sér hana. Þeir Þættir sem meðal annars er fjallað um eru tengsl ófullnægjandi þarfa og sálfræðilegrar vellíðunar, þunglyndi, kvíði, áhyggjur og neikvæðar tilfinningar. Lögð eru áhersla á að einstaklingarnir læri aðferðir til að sigrast á þessum þáttum.

Markhópur	**Efni**	**Tegund**	**Land**
• Fullorðnir	• Almennt • Þunglyndi • Kvíði	• Markþjálfun • Svæði	• Þýskaland

ICare Prevent is a 7-week-long Online-Training to strengthen psychological well-being for people who feel subdued, sad or depressive, miss vitality or energy, ruminate, are restricted because of anxieties or have unsolved problems. The training will be adjusted individually depending on what the person suffers from. Participants will be trained systematically in using strategies like problem solving and activity planning for strengthening important aspects of life and psychological well-being as well as reducing psychological complaints. It is not appropriate for people who were diagnosed with a psychosis in the past, who suffer from a changed perception of the own person, sense of identity, perception of direct feelings as well as control of body movements. The first step of participation is to fill out questionnaires as well as a telephone interview so that it can be found out whether the person fulfills the requirements. After accepting participation the participant will be randomly assigned to one of two groups. Because the effectiveness of the training is examined scientifically, the participants can't get access to the training all at the same time. 2/3 of participants will attend the training which consists of 7 lessons which take around 45-60 min. They learn how unfulfilled needs and psychological well-being are related, how depressive moods, anxieties and other negative feelings occur and how to reduce them as well as individually adapted strategies for overcoming individual complaints. The other 1/3 of participants gets access to the training after a waiting period of 12 months.

ICare Prevent is a cooperation project within the project ICare – Integrating Technology into Mental Health Care Delivery in Europe and is funded by the European Union. The goal is to establish an innovative, comprehensive supply model for facilitating psychological health in Europe. It combines evidence-based prevention, early diagnosis and treatment of common psychological disorders on an online platform. It aims to supplement existing offers in cooperation with established actors of health care or to be integrated in these in order to avoid and reduce long-term costs which arise through psychological diseases. The project partners stem from six European countries; these are Germany, Austria, Switzerland, Great Britain, the Netherlands and Spain. Interested people can fill out a form on the website in order to sign in for participation in the study.



Upphaflegt tungumál

German

Land

Germany

Tengill

https://icareprevent.com/

(access date: 06/28/2017)

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ILI. *ICare Prevent.* Retrieved on Sunday November 22, 2026 from https://ecounselling4youth.gunet.gr/online-material/courses/TGP406/

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

Framkvæmdastjórn Evrópusambandsins, styrkir verkefnið en er ekki ábyrgt fyrir skoðunum eða innihaldi efnis tengdu verkefninu.

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