ieso digital health

Ieso Digital health (stafræn heilsa) veitir gagnreynda (evidence-based) rafræna meðferð fyrir einstaklinga með kvíða og þunglyndi. Veitt eru rafræn skrifleg samtöl einstaklinga við sérfræðinga í trúnaði. Einstakingar eru í sambandi við viðurkennda sálfræðinga sem hafa meira en 3ja ára reynslu af hugrænni atferlismeðferð. Enn fremur býður *Ieso* þjálfun fyrir heilbrigðisstarfsmenn þar sem lögð er áhersla á geðheilsuvandamál.

Markhópur	Efni	Tegund	Land
• Fullorðnir • Starfsfólk heilbrigðisstétta	• Almennt • Þunglyndi • Átröskun	• Meðferð	• Bretland

Ieso offers real-time one-to-one therapy online based on cognitive behavioural therapy for people suffering from different types of problems, including anxiety, depression, phobias, obsessive-compulsive disorder, panic, post-traumatic stress disorder and eating disorders. They can also help people who have chronic physical health problems, medically unexplained symptoms or a mild learning disability. The Online Talking Therapy service provides a comfortable environment for patients with communication via instant messaging. All therapists are highly qualified, BABCP accredited (British Association of Behavioural & Cognitive Psychotherapies) and have over 3 years' relevant experience. They receive specialist training on how to deliver online therapy as well as mandatory ongoing clinical supervision and skills development. The first step of achieving therapy is to send a referral. Afterwards the client gets an email with instructions on how to set up an online therapy account. Then he/she will be matched with a therapist according to his/her needs and his/her availability for appointments. The client will be asked to fill in some questionnaires before every appointment. These will be used to track the progress and to help the client to see how he/she is progressing. The length of treatment depends on the client's needs. Probably he/she will have between 4-12 therapy sessions which will be of 30 or 60 minutes length; however the therapist can give more information about the length of treatment after the initial appointment. Despite of that Ieso delivers Continual Professional Development (CPD) training workshops to General Practitioners (GPs) and other primary healthcare professionals in Surrey, West Kent and Camden. The workshops will educate GPs on the latest mental health literature and equip them with useful tools in how to recognize and manage patients. They will be about how to manage common mental health disorders in primary care and will provide primary care clinicians with tools, strategies and updates on the latest evidence in mental health that can be applied to patients in this setting.

Upphaflegt tungumál

English

Land

UK

Tengill

https://uk.iesohealth.com/

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