My Online Therapie

My Online Therapie er vefsíða sem býður rafræna ráðgjöf og aðstoð við geðrænan vanda. Sálfræðingar sjá um þjónustuna. Einstaklingum stendur til boða að bóka tíma á netinu. Þjónustan hentar ekki fyrir einstaklinga sem þjást af alvarlegum geðrænum kvillum eins og geðklofa.

Frekari leitarorð: Líkamleg veikindi

Markhópur	Efni	Tegund	Land
• Fullorðnir	• Almennt • Þunglyndi • Kvíði • Átröskun • Sambönd • Stress • Kynferðisraskanir • Erfiðleikar með svefn • Áfall • Einmanaleiki	• Náms- og starfsráðgjöf	• Þýskaland

My Online Therapie offers psychological counseling and support online or via telephone. The therapists and counselors are qualified in psychology or psychotherapy or have a permission based on the Alternative Medical Practitioners Act. Primarily goal is to increase subjective satisfaction and quality of life. This includes clearing of the personal or social situation, solution of the conflict or exploring first steps to the solution as well as finding possibilities of prevention. There are three steps in booking My Online Therapie: at first a counselor is chosen, then availability is checked and finally the desired date/type of counseling is entered in the calendar of the therapist. It can be chosen between a 25- or 50 minutes one-to-one session via video or telephone. Key issues are anxiety and trauma, depression, work and stress, eating disorders, sleep disturbances, sexuality, relation- and partnership, children and adolescents, loneliness and grief as well as physical diseases. The website provides information about these topics. My Online Therapie is not appropriate for severe psychological diseases like psychoses, schizophrenia, borderline syndrome or severe depressions as well as for severe compulsive disorders and suicide thoughts.

Upphaflegt tungumál

German

Land

Germany

Tengill

https://myonlinetherapie.com/

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