My Online Therapie

Na spletni strani “Moja spletna terapija” je na voljo podporo svetovanje za osebe s težavami v duševnem zdravju. Na voljo je tudi dostop do mesečnega urnika svetovalca in možnost rezervacije termina v naprej. Obravnave posameznikov z hudimi duševnimi motnjami, npr. shizofrenijo se prek spleta ne izvajajo.

Področje: psihološka obolenja

Ciljne skupine	Teme	Vrsta dobre prakse	Jezik
• Odrasli	• Drugo • Depresija • Anksioznost • Motnje hranjenja • Partnerstvo • Stres • Sexual disorders • Motnje spanja • Travma • Osamljenost	• Svetovanje	• Nemčija

Opis

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.

Jezik, v katerem je praksa dostopna v originalu

German

Država

Germany

Povezava

https://myonlinetherapie.com/

(access date: 06/27/2017)

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ILI. *My Online Therapie*. Pridobljeno na Nedelja November 22, 2026 od https://ecounselling4youth.gunet.gr/online-material/courses/TGP462/

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

Vsebine spletne strani ne odražajo uradnih stališč Evropske komisije, ampak stališča avtorjev v projektnem partnerstvu. Zato Komisija za vsebinski del ne prevzema odgovornosti, prav tako ne odgovarja za kakršnokoli uporabo teh podatkov brez dovoljenja njenih avtorjev.

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