My Online Therapie

My Online Therapie pruža savjetovanje i podršku kvalificiranih terapeuta osobama s različitim mentalnim zdravstvenim problemima. Klijenti mogu rezervirati termin kod željenog terapeuta putem modernog kalendarskog sustava. Stranica je namijenjen npr. onim koji čekaju na psihoterapiju, nemaju priliku tražiti savjetnika na licu mjesta ili još uvijek nisu sigurni trebaju li stručnu pomoć. Stranice navode da njihove usluge nisu prikladne za osobe s teškim mentalnim problemima kao što je npr. shizofrenija.

Dodatna tema: Tjelesne bolesti

Ciljana skupina	Tema	Vrsta dobre prakse	Zemlja
• Odrasli	• Općenito • Depresija • Anksioznost • Problemi prehrane • Partnerstvo • Stres • Seksualni poremećaji • Problemi spavanja • Trauma • Usamljenost	• Savjetovanje	• Njemačka

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 originala

German

Zemlja

Germany

Poveznica

https://myonlinetherapie.com/

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