THERAPY 2.0

Online-Selbsthilfe (Universität Bern)

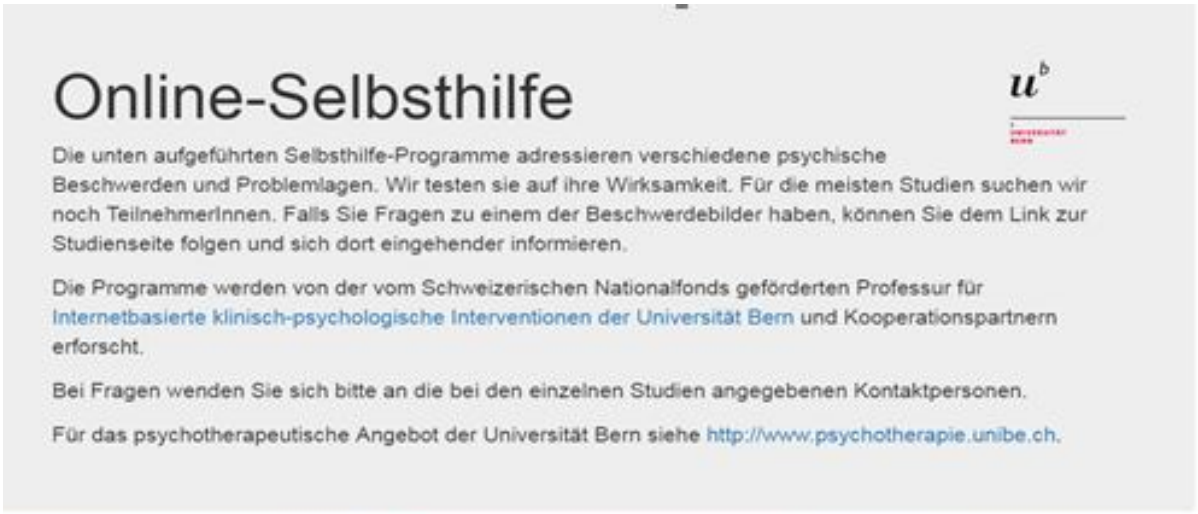
Online-Selbsthilfe navodi programi samopomoći Sveučilišta u Bernu a koji se istražuju glede njihove djelotvornosti. Trenutno traže ljude koji pate od nesanice, ovisnosti o kanabisu ili su psihotični. Pozvani su da sudjeluju u programu od 6 do 8 tjedana.

Dodatne teme: Ovisnost o kanabisu, Psihoza

Ciljana skupina	Tema	Vrsta dobre prakse	Zemlja
• Odrasli	• Općenito • Ovisnost • Nesanica	• Terapija	• Švicarska

Opis

The website lists several self-help programs which address different psychological problems. The programs are investigated by the chair for web-based clinic-psychological interventions of the university of Bern which is funded by the Swiss National Fund. For some programs participants are wanted in order to test efficacy. For instance, there is currently an 8-week program for people with insomnia where participants are randomly assigned to one of three treatments from which one is a waiting group. Then there is a 6-week program with the aim to reduce cannabis consumption and finally an 8-week program for people suffering from psychosis.









Jezik originala

German

Zemlja

Switzerland

Poveznica

http://www.online-therapy.ch/sa/index2.html

(access date: 07/14/2017)

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