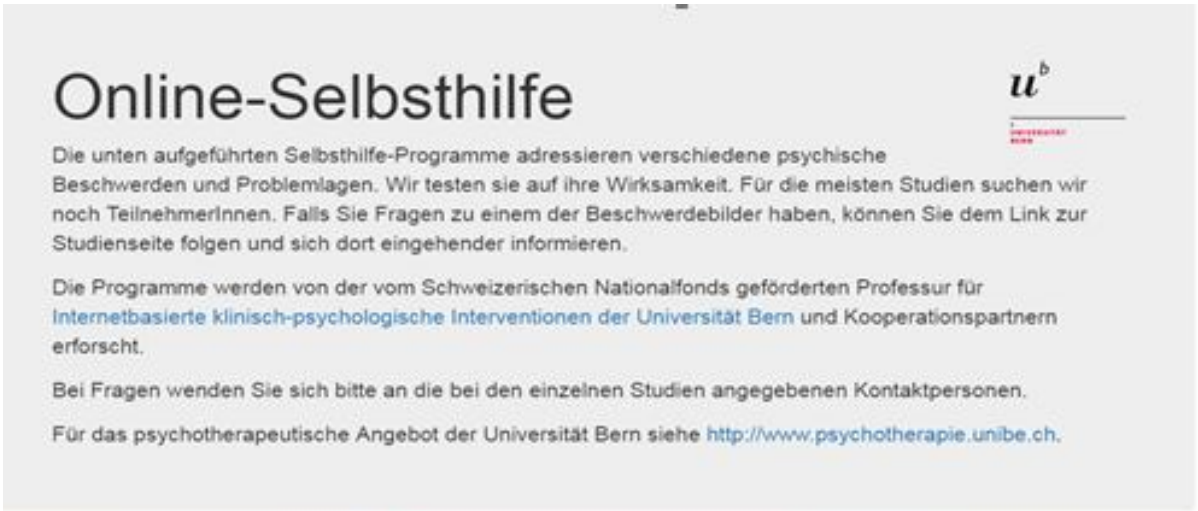
Online-Selbsthilfe (Universität Bern)

Á vefsíðu Háskólans í Bern *Online-Selbsthilfe* er listi yfir sjálfshjálparnámskeið sem eru í boði hverju sinni. Námskeiðin tengjast rannsóknum skólans. Lögð er áhersla á mismunandi þemum en undanfarið hefur verið boðin námskeið fyrir einstaklinga sem þjást af svefnleysi, fíkniefnanotkun eða geðrofi. Einstaklingarnir eru hvattir til að taka þátt í 6- til 8 vikna námskeiði.

Frekari leitarorð: Cannabis fíkn, Geðrof

Markhópur	Efni	Tegund	Land
• Fullorðnir	• Almennt • Fíkn • Svefnleysi	• Meðferð	• Sviss

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.









Upphaflegt tungumál

German

Land

Switzerland

Tengill

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

(access date: 07/14/2017)

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