THERAPY 2.0

Online-Selbsthilfe (Universität Bern)

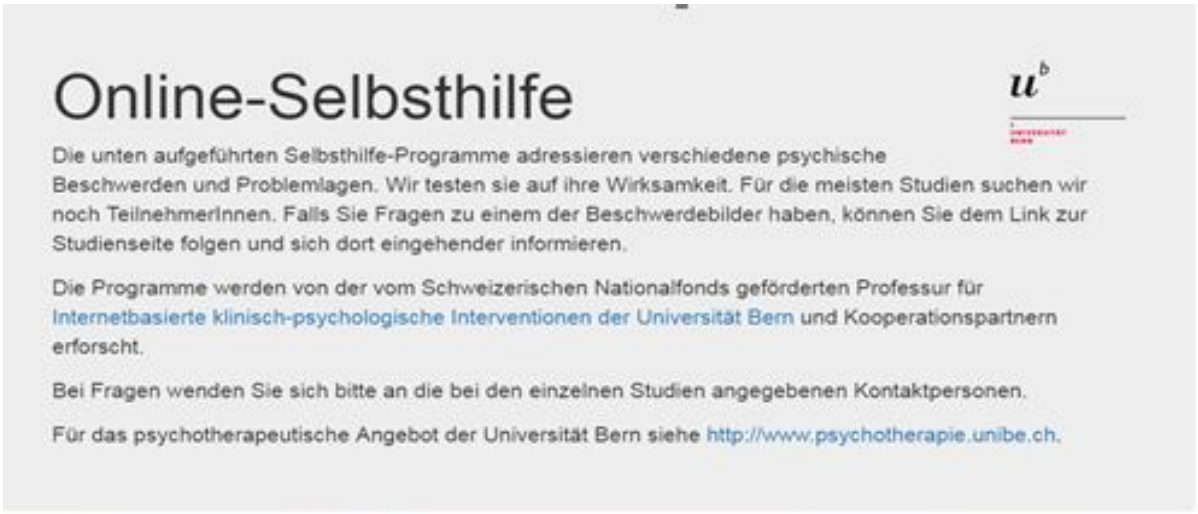
Na spletni strani je na voljo seznam spletnih programov za samopomoč, ki so bili v raziskavah na Univerzi v Bernu prepoznani kot najuspešnejši.

Področje:odvisnost od prepovedanih drog, psihotične motnje

Ciljne skupine	Teme	Vrsta dobre prakse	Jezik
• Odrasli	• Drugo • Odvisnosti • Nespečnost	• Terapija	• Švica

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, v katerem je praksa dostopna v originalu

German

Država

Switzerland

Povezava

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

(access date: 07/14/2017)

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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/