Psychologisches Institut – Psychopathologie und Klinische Intervention (Universität Zürich)

On line terapije psihoterapijskog centra Sveučilišta u Zürichu se bave traumom i posttraumatskim stresnim poremećajem, teškim i produženim tugovanjem i poremećajima prilagodbe. Pristup je strukturiran i usmjeren na simptome i ima za cilj smanjiti smetnje i povećati cjelokupnu kvalitetu života. Terapija se sastoji od 12 do 16 seansi koje se provode dva puta tjedno. Osnova je kognitivna bihevioralna terapija čiji je cilj poticanje pacijenta da propituje svoje misli, prepoznaje disfunkcionalna ponašanja stvara bolje strategije za rješavanje teških životnih situacija.

Dodatne teme: Poremećaj prilagodbe, Trauma i posttraumatski stresni poremećaj, Produljeno žalovanje

Ciljana skupina	Tema	Vrsta dobre prakse	Zemlja
• Odrasli	• Depresija • Trauma	• Terapija	• Švicarska

Opis

The psychotherapeutic centre of the University of Zürich provides web-based therapies in the fields of trauma and post-traumatic stress disorders (PTSD), depression, persistent severe grief and adaptive disorders. The client is accompanied by a personal psychologist during the whole treatment. The therapy takes place via a secured internet platform and consists of 12 to 16 sessions. Each phase starts with a detailed introduction which explains the meaning of the practices. The client works on the tasks individually on the dates determined by him-or herself. The therapist reacts to the tasks within one work day. The basis of the modules is cognitive behavioural therapy which is scientifically proven to be appropriate for web-based therapies. The aim is to encourage the patient to question his/her thoughts, to recognize dysfunctional behaviours and to work out better strategies to cope with difficult life situations. The therapy for patients with trauma or post-traumatic stress disorder addresses people who had a traumatic experience at least three months ago and from which they still suffer. It consists of three phases which are self-confrontation, cognitive restructuring and sharing of fate. The therapy of depression includes five phases of treatment, these are: consideration of situations in which the patient is depressive, building up positive activities, become aware and change of negative and automatic thoughts, difficulties in interpersonal relationships as well as prevention of relapses. The treatment of persistent severe grief addresses people who sustained a traumatic loss and still suffer from that after six or more months. This kind of therapy is based on the same steps as the therapy of post-traumatic stress disorder. The treatments are not appropriate for people with addiction, dissociations, psychosis and suicidal tendencies.



Jezik originala

German

Zemlja

Switzerland

Poveznica

http://www.psychologie.uzh.ch/de/fachrichtungen/psypath/Psychotherapie/Onlintherapie.html

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