Psychologisches Institut – Psychopathologie und Klinische Intervention (Universität Zürich)

Spletne terapije psihoterapevtskega centra Univerze v Zürichu se usmerjajo na obravnavo klientov s posttraumatsko stresno motnjo. Kognitivno-vedenjska terapija je sestavljena iz 12 do 16 sej in poteka dvakrat tedensko. Namen terapije je v prepoznavanjeu disfunkcionalnega vedenja in učenju novih vedenjskih vzorcev in strategij, ki bodo omogočalo uspešnejše soočanje z življenjskimi izzivi in situacijami.

Področje: adaptivne motnje, travma in posttravnatska stresna motnja,dolgotrajno žalovanje

Ciljne skupine	Teme	Vrsta dobre prakse	Jezik
• Odrasli	• Depresija • Travma	• Terapija	• Švica

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, v katerem je praksa dostopna v originalu

German

Država

Switzerland

Povezava

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

(access date: 07/04/2017)

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