Psychologisches Institut – Psychopathologie und Klinische Intervention (Universität Zürich)

As terapias baseadas na *web* do centro psicoterapêutico da Universidade de Zürich dirigem-se às problemáticas do trauma e da perturbação do *stress* pós-traumático, sofrimento severo persistente e perturbações de adaptação. A abordagem é estruturada e orientada para os sintomas e visa melhorar as queixas e a qualidade de vida geral. A terapia consiste em 12 a 16 sessões que são realizadas duas vezes por semana. O modelo teórico de base é a terapia cognitivo-comportamental, que visa estimular o paciente a questionar os seus pensamentos, o reconhecimento de comportamentos disfuncionais e a elaborar estratégias melhores para lidar com situações de vida difíceis.

Tópicos adicionais: Perturbação de adaptação, Trauma e Perturbação de Stresse Pós-Traumático, Luto severo persistente

Grupos-alvo	Tópicos	Tipo de Melhores Práticas	Países
• Adultos	• Depressão • Trauma	• Terapia	• Suiça

Descrição

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.



Idioma original

German

Países

Switzerland

Ligação

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

(access date: 07/04/2017)

CC - Atribuição-sem comercial-compartilha
http://creativecommons.org/licenses/by-nc-sa/3.0/

ILI. *Psychologisches Institut – Psychopathologie und Klinische Intervention (Universität Zürich).* Recuperado em Sunday November 22, 2026 de https://ecounselling4youth.gunet.gr/online-material/courses/TGP543/

Co-funded by the Erasmus+ Programme of the European Union

O apoio da Comissão Europeia para a produção desta publicação não constitui uma garantia relativamente ao conteúdo da mesma, que reflete exclusivamente as perspetivas dos autores. A Comissão Europeia não pode ser responsabilizada pelo uso das informações aqui contidas

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