

Schön Klinik – Online Therapie

Schön Klinik – Online Therapie. Á vefsvæðinu er boðið upp á rafræna meðferð fyrir einstaklinga sem þjást af þunglyndi. Stuðst er við atferlismeðferð. Meðferðin miðar að því að draga úr einkennum þunglyndis. Einstaklingar eru hvattir til virkni og sjálfshjálpar með því að læra ákveðnar aðferðir sem í boði eru. Þeir einstaklingar sem nýta þjónustuna verða að mæta í fyrsta viðtalið en fá síðan rafræna þjónustu.

Markhópur

- Fullorðnir

Efni

- Þunglyndi

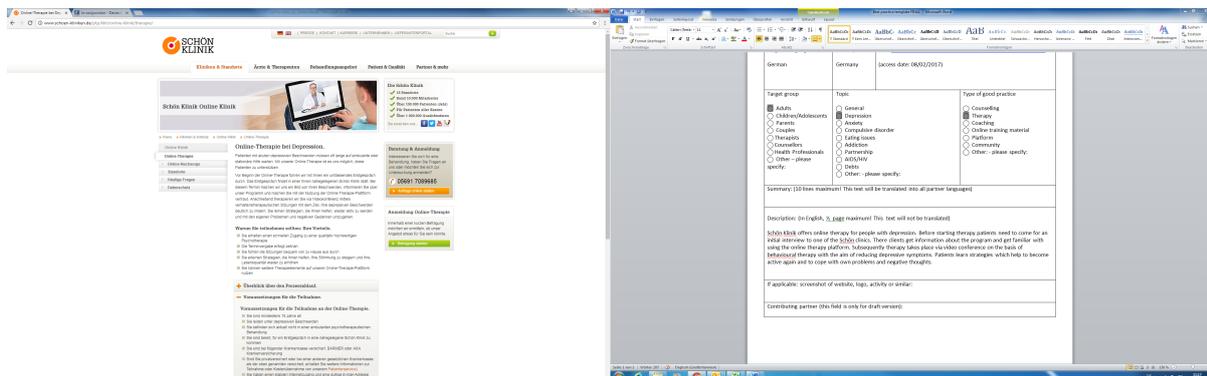
Tegund

- Meðferð

Land

- Þýskaland

Schön Klinik offers online therapy for people with depression. Before starting therapy patients need to come for an initial interview to one of the Schön clinics. There clients get information about the program and get familiar with using the online therapy platform. Subsequently therapy takes place via video conference on the basis of behavioural therapy with the aim of reducing depressive symptoms. Patients learn strategies which help to become active again and to cope with own problems and negative thoughts.



The image shows two screenshots. The left one is the Schön Klinik website, and the right one is a metadata form for the program.

Website Screenshot: The website is titled "Schön Klinik Online Klinik". It features a navigation menu with options like "Kliniken & Standorte", "Leistungen & Therapien", "Beratungsangebote", "Partners & Qualität", and "Partners & Ärzte". The main content area includes a section for "Online Therapie bei Depressionen" with a description of the program and a "Kostenlos & Anonym" badge.

Metadata Form Screenshot: The form is titled "Schön Klinik Online Klinik" and contains the following information:

- Genre:** Germany
- Access date:** 08/02/2017
- Target group:** Adults
- Topic:** Depression
- Type of good practice:** Therapy
- Description:** Schön Klinik offers online therapy for people with depression. Before starting therapy patients need to come for an initial interview to one of the Schön clinics. There clients get information about the program and get familiar with using the online therapy platform. Subsequently therapy takes place via video conference on the basis of behavioural therapy with the aim of reducing depressive symptoms. Patients learn strategies which help to become active again and to cope with own problems and negative thoughts.

Upphaflegt tungumál

German

Land

Germany

Tengill

<http://www.schoen-kliniken.de/ptp/kkh/online-klinik/therapie/>

(access date: 08/02/2017)



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