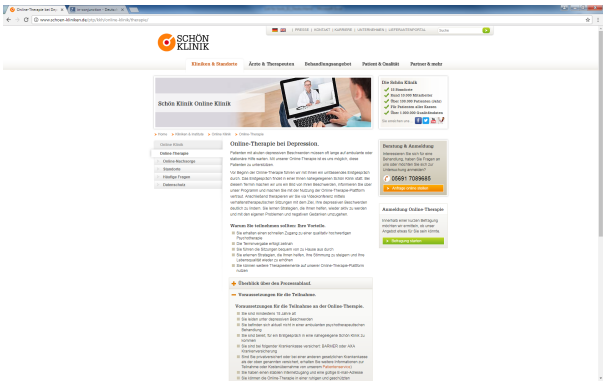
Schön Klinik – Online Therapie

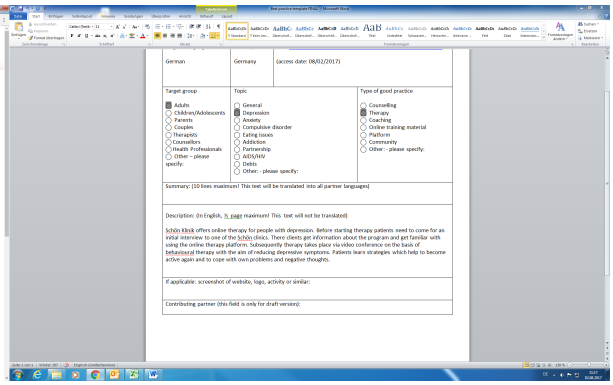
Schön Klinik ponuja spletno terapijo ki je osnovana na kognitivno-vedenjski terapiji osebam z diagnosticirano depresijo. Obravnave potekajo preko videoklicev. Cilj obravnav je v učenju strategij, ki omogočajo omiljenje simptomov in postopno izboljšanje.

Ciljne skupine	Teme	Vrsta dobre prakse	Jezik
• Odrasli	• Depresija	• Terapija	• Nemčija

Opis

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.





Jezik, v katerem je praksa dostopna v originalu

German

Država

Germany

Povezava

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

(access date: 08/02/2017)

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