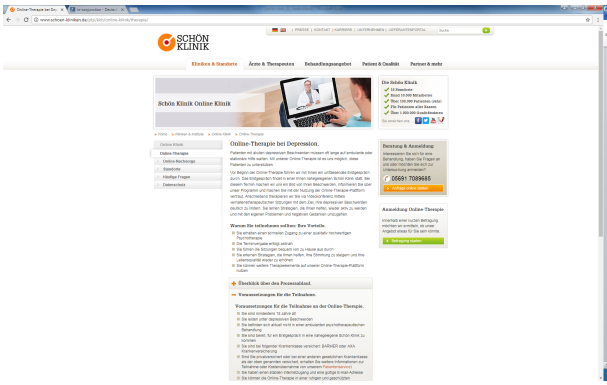
# Schön Klinik – Online Therapie

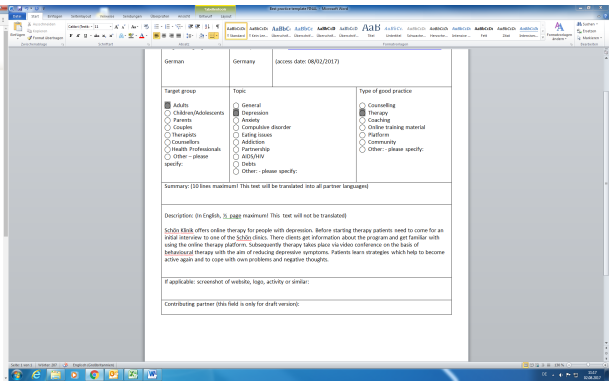
*Schön Klinik* nudi online terapiju za osobe s depresijom na temelju bihevioralne terapije. Terapija se odvija putem videokonferencije i ima za cilj smanjenje depresivnih simptoma, kao i izgradnju strategija za ponovno aktiviranje i rješavanje problema. Pacijenti trebaju doći u jednu od Schönovih klinika za početni razgovor.

| **Ciljana skupina** | **Tema** | **Vrsta dobre prakse** | **Zemlja** |
|---|---|---|---|
| • Odrasli | • Depresija | • Terapija | • Njemačka |

## 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 originala

German

## Zemlja

Germany

## Poveznica

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

(access date: 08/02/2017)

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