

Schön Klinik – Online Therapie

Schön Klinik oferece terapia on-line a pessoas com depressão, baseada na terapia comportamental. A terapia ocorre por videoconferência e visa reduzir os sintomas depressivos, bem como desenvolver estratégias para se tornar novamente ativo e lidar com problemas. Os pacientes precisam de comparecer apenas para uma entrevista inicial numa das clínicas de Schön.

Grupos-alvo

- Adultos

Tópicos

- Depressão

Tipo de Melhores Práticas

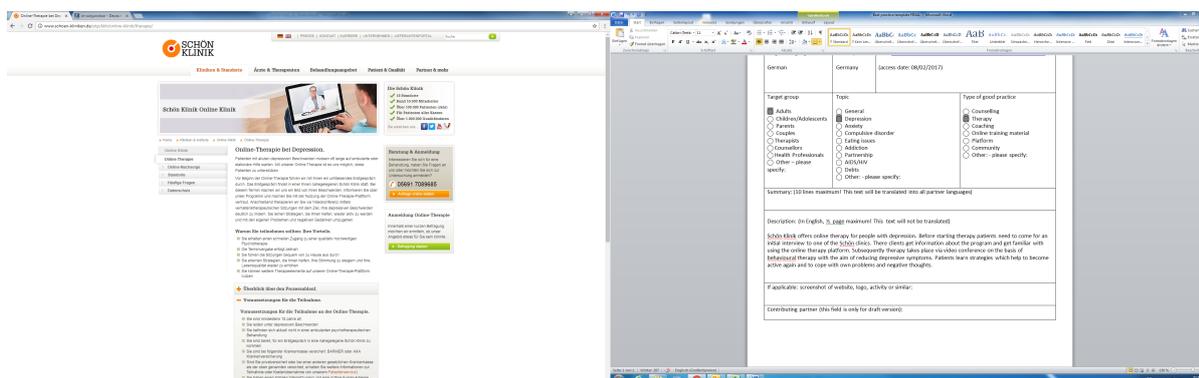
- Terapia

Países

- Alemanha

Descrição

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 side-by-side screenshots. The left screenshot is the Schön Klinik website for 'Online-Therapie bei Depression'. It features a navigation menu, a main heading, and several sections of text in German, including 'Wann Sie Hilfe suchen sollten', 'Was Sie erwarten können', and 'Anmeldung Online-Therapie'. The right screenshot is a form titled 'Schön Klinik' with fields for 'Name', 'Geburtsdatum', and 'Geburtsort'. Below these are sections for 'Zielgruppe' (Target group) and 'Art der Intervention' (Type of intervention), both with radio button options. The 'Zielgruppe' section includes options for Adults, Children/Adolescents, Parents, Couples, Families, and Others. The 'Art der Intervention' section includes options for General, Depression, Anxiety, Compulsive disorder, Eating issues, Addictions, Personality, Health/Infectious, and Other. A 'Summary' section at the bottom of the form states: '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 Klinik. 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.'

Idioma original

German

Países

Germany

Ligação

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

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