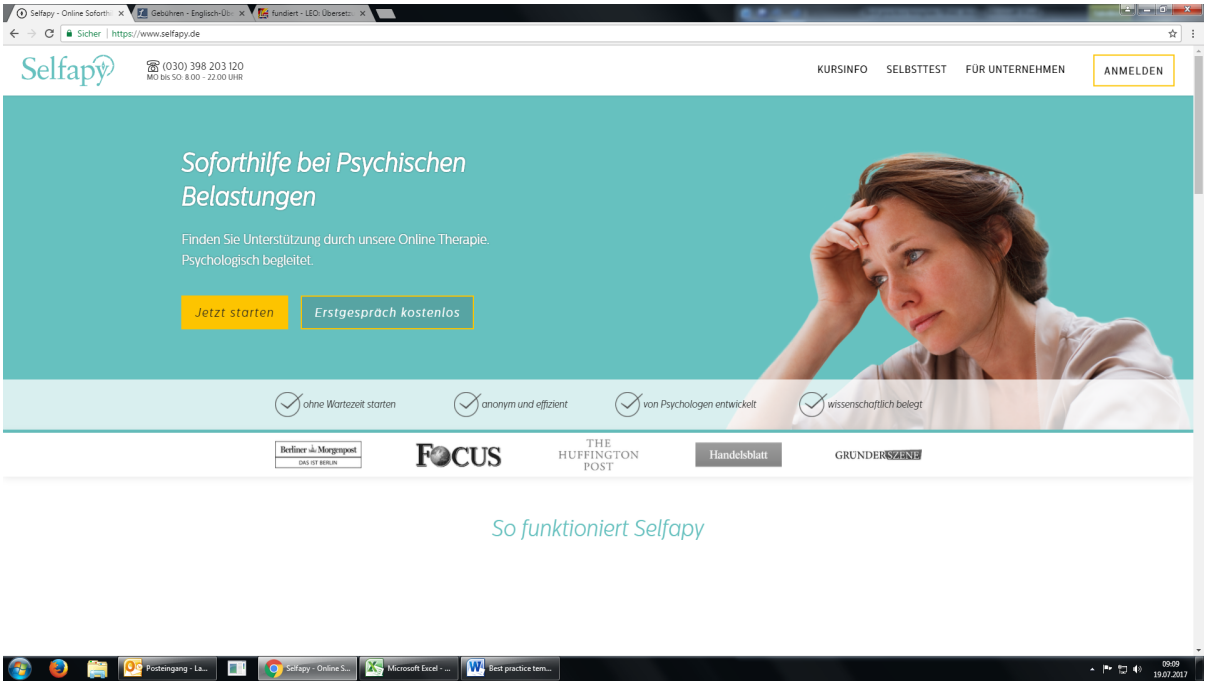
Selfapy

Selfapy nudi online tečaj samopomoći osobama s depresijom, anksioznim poremećajima ili sagorijevanjem na temelju kognitivno-bihevioralne terapije. Po želji, tečajeve od 9 tjedana prati iskusan psiholog. Učinkovitost je znanstveno dokazana od strane sveučilišne bolnice Hamburg-Eppendorf. Osim toga, postoji i on-line forum na kojem sudionici mogu stupiti u kontakt.

Ciljana skupina	Tema	Vrsta dobre prakse	Zemlja
• Odrasli	• Depresija • Anksioznost • Pregorijevanje	• Terapija	• Njemačka

Opis

The aim of Selfapy is to help people with depression, anxiety disorders or burnout. The offer is an online self-help course which is accompanied by weekly dialogues with a psychologist. The courses are established scientifically and found to be effective by the university hospital in Hamburg-Eppendorf (IKE). The program can be tested for free and interested people can get to know the psychologist team in a first interview via chat or telephone for free. The aim of the interview is to learn more about the client's situation but also that the client gets to know the psychologists and achieves more information about the course. The courses are based on cognitive behavioural therapy. Clients get information about their situation and learn techniques to improve their mood specifically. Furthermore there is an online forum in order to exchange with other course participants. Participants can stay in touch even after course completion. There are two options of self-help: on the one hand there is an unaccompanied course for 79,90€ and on the other hand there is a psychological course for 179,90€. The fees include access to the online course which consists of 9 weekly modules. In the psychological course there are furthermore 9 course dialogues with the personal psychologist as well as a follow-up-interview 6 weeks after course completion included. The dialogues usually take 20-30 minutes.



So funktioniert Selfapy

Jezik originala

German

Zemlja

Germany

Poveznica

https://www.selfapy.de/

(access date: 07/19/2017)

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ILI. *Selfapy*. Skinuto sa Sunday November 22, 2026 od https://ecounselling4youth.gunet.gr/online-material/courses/TGP570/

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

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

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