

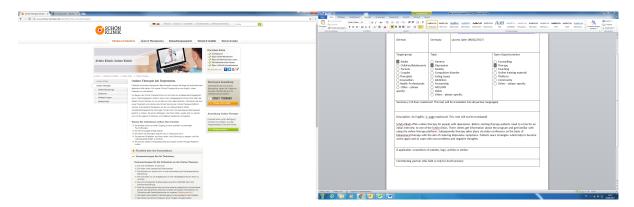
Schön Klinik - Online Therapie

Schön Klinik offers online therapy for people with depression on the basis of behavioural therapy. Therapy takes place via video conference and aims to reduce depressive symptoms as well as building up strategies to become active again and to cope with problems. Patients need to come to one of the Schön clinics for the initial interview.

Target Groups	Topics	Type of Best Practice	Country
 Adults 	 Depression 	Therapy	 Germany

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.



Original language

German

Country

Germany

Link

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

(access date: 08/02/2017)



CC - Attribution-NonCommercial-ShareAlike

http://creativecommons.org/licenses/by-nc-sa/3.0/

ILI. *Schön Klinik – Online Therapie*. Retrieved on Sunday October 19, 2025 from https://www.ecounselling4youth.eu/online-material/courses/TGP139/



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

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