

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

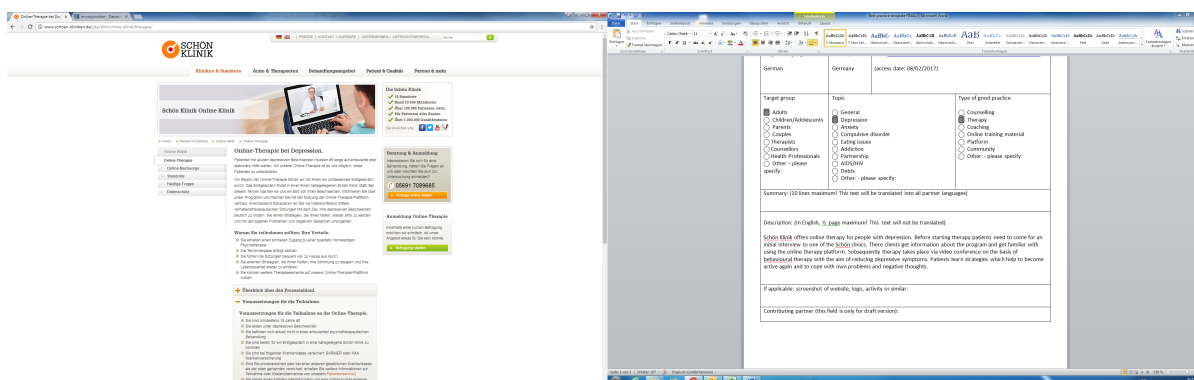
- Terapia

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 a browser view of the Schön Klinik website, displaying the 'Schön Klinik Online-Klinik' page with a video player and text in German. The right screenshot is a form titled 'Online-Therapie bei Depression' with fields for 'German', 'Germany', and 'Access date: 08/02/2017'. It includes a 'Target group' section with radio buttons for 'Adults', 'Children/Adolescents', 'Parents', 'Couple', 'Family', 'Community', 'Health professionals', and 'Other - please specify'. There is also a 'Type of good practice' section with radio buttons for 'Counseling', 'Therapy', 'Coaching', 'Online training material', 'Platform', 'Community', and 'Other - please specify'. A description in English follows: '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/>

(access date: 08/02/2017)



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ILI. *Schön Klinik - Online Therapie*. Recuperado em Tuesday October 22, 2024 de <https://www.ecounselling4youth.eu/online-material/courses/TGP565/>



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

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