

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

- Adults

Topics

- Depression

Type of Best Practice

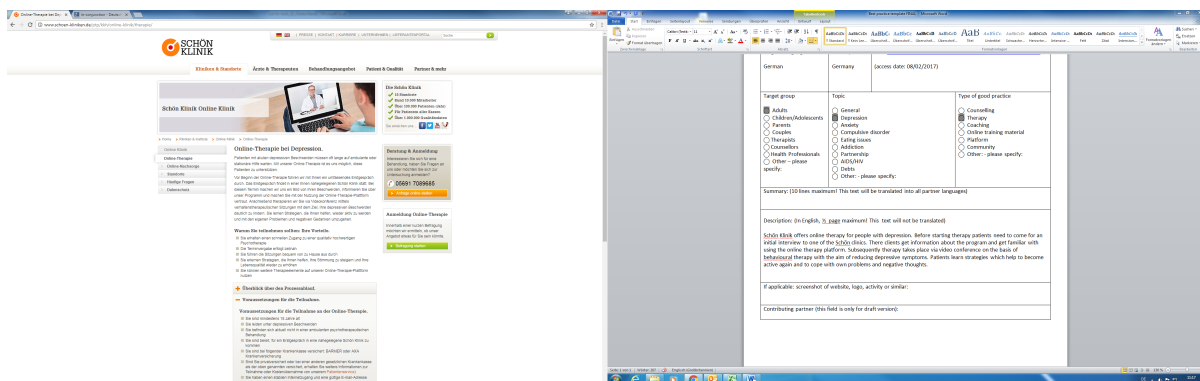
- Therapy

Country

- 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.



The image shows two side-by-side screenshots. On the left is the Schön Klinik website for 'Online-Therapie bei Depression'. It features a navigation menu, a main heading, and several text blocks describing the program. On the right is a data entry form for the same program. The form includes fields for 'Target group' (with radio buttons for Adults, Children/Adolescents, Parents, Couples, Older adults, Community, Other - please specify), 'Type of grand practice' (with radio buttons for Consulting, Therapy, Coaching, Online training material, Platform, Community, Other - please specify), and a 'Description' field containing the program details in German. A 'Summary' field is also present, with a note that it will be translated into all partner languages.

Original language

German

Country

Germany

Link

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

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