

## 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

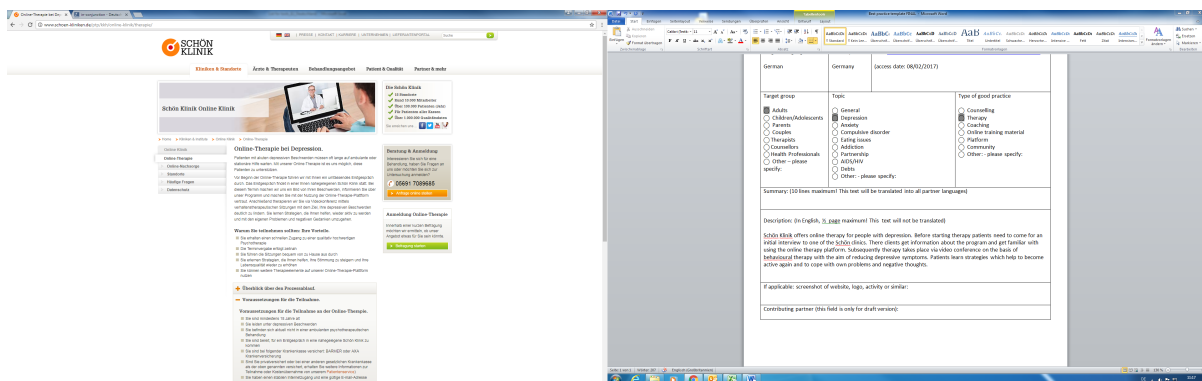
- Therapy

### 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. The left screenshot is the Schön Klinik website page for 'Online-Therapie bei Depression'. The right screenshot is a data entry form for this program, showing fields for 'Target group' (Adults), 'Topic' (Depression), and 'Type of good practice' (Therapy).

## Original language

German

## Country

Germany

## Link

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

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