

## Schön Klinik – Online Therapie

Schön Klinik – Online Therapie. Á vefsvæðinu er boðið upp á rafræna meðferð fyrir einstaklinga sem þjást af þunglyndi. Stuðst er við atferlismeðferð. Meðferðin miðar að því að draga úr einkennum þunglyndis. Einstaklingar eru hvattir til virkni og sjálfshjálpar með því að læra ákveðnar aðferðir sem í boði eru. Þeir einstaklingar sem nýta þjónustuna verða að mæta í fyrsta viðtalið en fá síðan rafræna þjónustu.

### Markhópur

- Fullorðnir

### Efni

- Þunglyndi

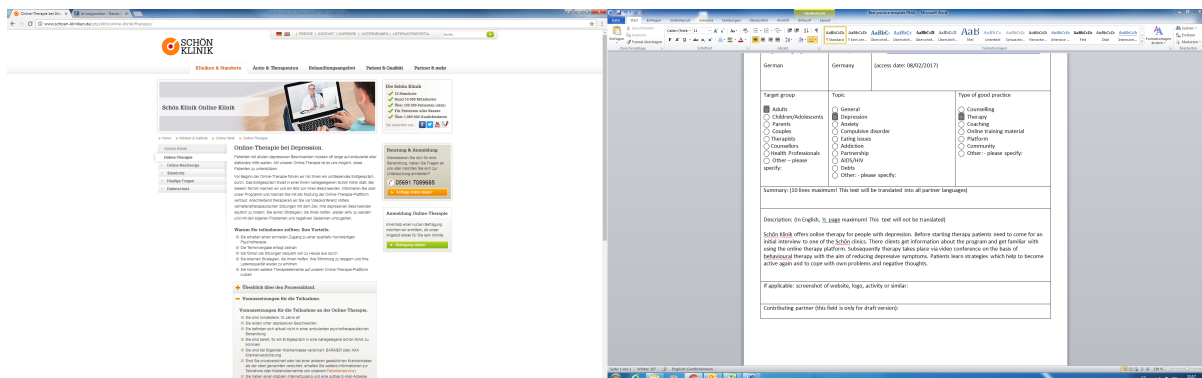
### Tegund

- Meðferð

### Land

- Þýskaland

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 parts: on the left, a screenshot of the Schön Klinik website's 'Online Therapie bei Depression' page, which includes a navigation menu, a main heading, and several text blocks describing the program. On the right, a screenshot of a metadata form for the program, with fields for 'German', 'Access date (08/02/2017)', 'Target group' (Adults), 'Topic' (Depression), and 'Type of good practice' (Therapy).

## Upphaflegt tungumál

German

## Land

Germany

## Tengill

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

(access date: 08/02/2017)



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