

## Therapion

*Therapion* er vefsíða sem inniheldur upplýsingar um rafræna þjónustu á 15 mismunandi tungumálum. Boðin er ráðgjöf og sálfræðimeðferð af sérfræðingum á þessu sviði.

Einnig má finna upplýsingar um námskeið fyrir einstaklinga (bæði börn og fullorðna) ásamt skriflegu efni og myndböndum um málefni tengd heilsu og lífsstíl. Therapion býður jafnframt námskeið fyrir fagmenn á sviði sálfræði þar sem þeir geta bætt hæfni sína í rafrænni ráðgjöf. (Online Methods-Training for professionals). Frekari upplýsingar má finna á vefsíðunni, <http://www.therapion.com/pt/cursor/>).

**Frekari leitarorð:** Einmanaleiki, Lágt sjálfsmat, Ástarsorg, Vandí, Samskipti foreldra og barna, Starfsráðgjöf, Þjálfun í rafrænum aðferðum fyrir sérfræðinga

Markhópur	Efni	Tegund	Land
<ul style="list-style-type: none"><li>• Fullorðnir</li><li>• Börn / unglingar</li><li>• Foreldrar</li></ul>	<ul style="list-style-type: none"><li>• Almennt</li><li>• Þunglyndi</li><li>• Kvíði</li><li>• Átröskun</li><li>• Stress</li><li>• Erfiðleikar í samböndum</li><li>• Fjölskylduárekstrar</li></ul>	<ul style="list-style-type: none"><li>• Náms- og starfsráðgjöf</li><li>• Meðferð</li><li>• Markþjálfun</li></ul>	<ul style="list-style-type: none"><li>• Portúgal</li><li>• Spánn</li></ul>

*Therapion* is a website in 15 different languages (Portuguese, Spanish, Italian, French, English, Danish, Suomi, Swedish...) that offers online services in the field of clinical psychology, therapy and counselling. These services are carried out by psychologists and psychotherapists of different nationalities who speak at least one of 15 languages. These professionals are highly trained and skilled in different areas of clinical psychology, therapy, and counselling, and offer their services via the internet. Some online therapy and online counselling specialties of *Therapion* are: stress, depression, anxiety, loneliness, self-esteem, social anxiety, eating disorders and obesity, shyness, guilt, anger, relationship advice, marriage and couples counselling, life transition counselling, and expat coaching.

*Therapion*, besides being able to provide online therapy and counselling services to the general public (adults, young children) offers training courses, videos, and articles on some topics in the field of health and wellness.

This website also offers courses for professionals (psychologists and psychotherapists) with the aim of training them on online services providing (such as the course on Online Methods- Training for professionals, psychologists and psychotherapists. <http://www.therapion.com/pt/cursor/>).

## Upphaflegt tungumál

Spanish

Portuguese

## Land

Spain, Portugal

## Tengill

<http://www.therapion.com/es/>

<http://www.therapion.com/pt/>

(access date: 20/05/2017)



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ESS|P.PORTO. *Therapion*. Retrieved on Sunday November 24, 2024 from <https://www.ecounselling4youth.eu/online-material/courses/TGP611/>



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

Framkvæmdastjórn Evrópusambandsins, styrkir verkefnið en er ekki ábyrgt fyrir skoðunum eða innihaldi efnis tengdu verkefninu.

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