

ROME



EUROPEAN TELEMEDICINE CONFERENCE

7-8 OCTOBER 2014 | ROME, ITALY

INTERNETPSYKIATRIEN.DK

LARGE SCALE ICBT IMPLEMENTATION IN
THE REGION OF SOUTHERN DENMARK

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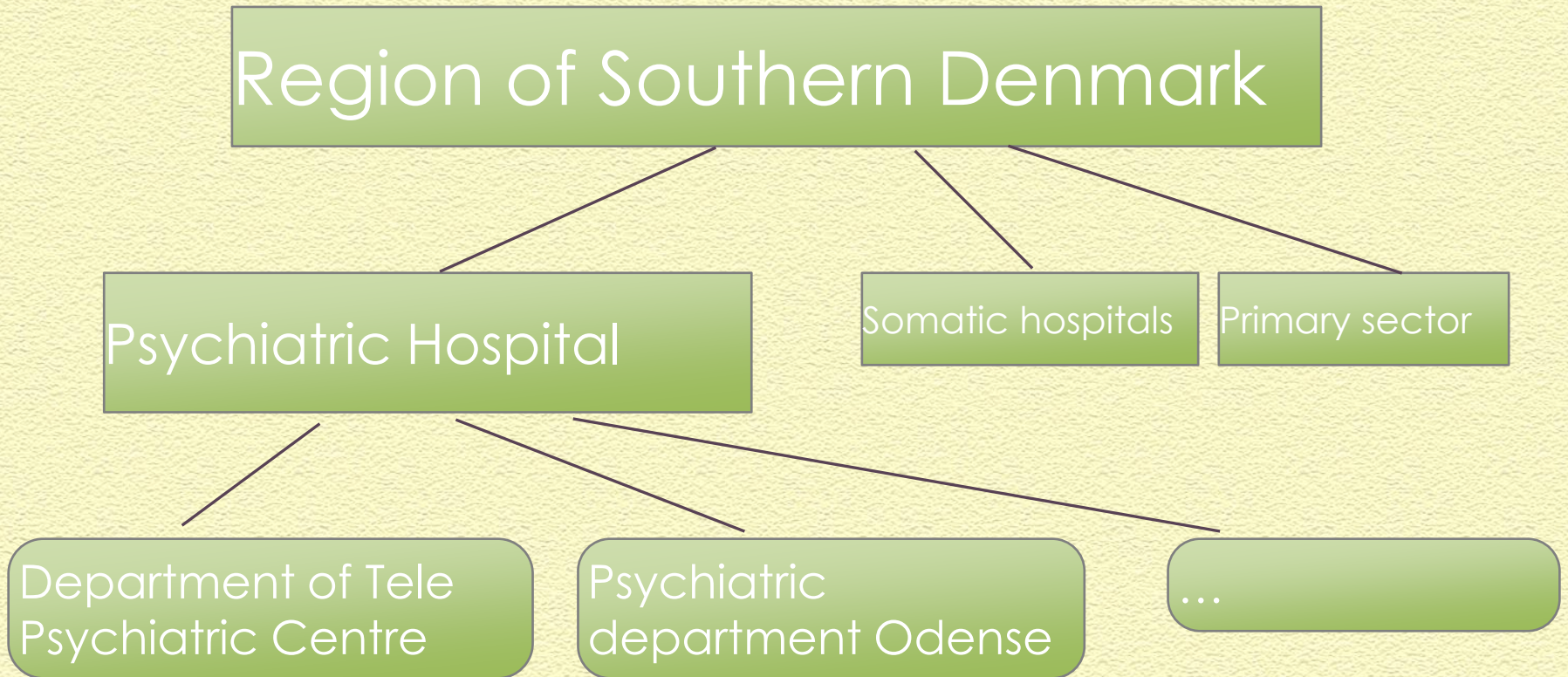
Internetpsykiatrien in bullets

- It is a new treatment format, to deliver cbt for depression
- Self referral
- All patients are assessed prior to treatment
- The patients are enrolled for 10 weeks, during which they go through 6-8 modules in an internet based intervention program
- They are supported by a psychologist
- A post assessment is carried out after end of treatment
- They have access to the program for another 6 months

The overall model

- Inspired by the swedish model at Karolinska Institute in Stockholm. (E.g. Hedman et al. 2014)
- 6-8 modules.
- Some adaptation to the individual (e.g. Carlbring et al. 2011 and Silfvernagel 2012)
- Written asynchronous support - based on a combination of experience with FearFighter at Aarhus University Hospital and visits to Karolinska Institute.
- Self-referral based on experiences from Karolinska.
- Assessment interviews using video conferences (SCID II, PSE and anamnestic interview).

Organisation



Ugeoversigt

uge 14

ÅBN

Behandling

6

Tilbagefalds forebyggelse

Forebyggelse af tilbagefald

OVERSIGT FORTSÆT

Brug for akut psykiatrisk hjælp?

ÅBN

Dagens positive oplevelse

Fredag 20. Juni
asdf

ÅBN

Aktivitetsskalender

24

Onsdag

ÅBN

Problem- og målliste

"Jeg vil gerne blive bedre til at komme ud af sengen om morgen"

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Aktivitetsliste

ÅBN

Negative automatiske tanker

Registrering

Den negative cirkel

Udfordring

ÅBN

Forebyggelse af tilbagefald



I hvilken situation havde du disse tanker? Beskriv situationen kort.

Klik i tekstfeltet for at begynde at skrive.

Situation

dsadas

✕ FORTRYD

→ NÆSTE

Adfærd

dsadsa

Negative tanker

rewrwe

0%

Alternative tanker

dsadsada

0%

Følelser og kropslige reaktioner

dsadas

0%

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