Mental Health Care Through Innovation

THE COMPANY

Soultech, founded by clinical psychologist Davíð Haraldsson, is a pioneering digital treatment company. We specialize in developing psychological treatments and making them available through our app.

Our platform also enhances the collaboration between psychologists and their clients making the lives of Psychologists much easier. We believe that psychological treatments should be available to everyone. We're dedicated to making our treatments universally available, user-friendly, and above all, effective.

UNIQUE VALUE

Start Now - Everyone can start evidence-based treatments immediately.

Chaos to Clarity - Saves therapists valuable time, boosts their effectiveness and eliminates paper-based chaos.

MILESTONES

Grants - Fræ, Sproti
Contests - Gulleggið, 2nd place
Collaborations - University of Reykjavík, University of Iceland, Domus Mentis Mental Health Clinic

WHY US

Our team includes a psychologist-programmer, a CEO with psychology and programming experience, and a technical lead specializing in AI education - each member is an expert in their domain. We are extremely well-equipped to carry out this important vision.

VISION

To organize the world's psychological information, making it universally accessible and useful. We aim to empower psychologists to excel, enhance the therapeutic journey for clients, and ensure treatment is available for everyone.

PROJECT DESCRIPTION

Soultech is a holistic digital platform for psychologists, clients, and the public, offering evidence-based mental health solutions that address waitlists and treatment duration with validated therapies.

THE TEAM

Davíð Haraldsson
CEO

Bryndís Lóa Jóhannsdóttir
Clinical Lead

Dr. Stefán Ólafsson
Technical Lead

Pétur Örn Jónsson
UX Lead

Sophia Barcala
Project Coordinator

Kristín Hrefna Halldórsdóttir
Business Consultant

Páll Kr. Pálsson
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CONTACT US

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Treatment - Depression
This program is designed to help you overcome negative thinking patterns, improve your self-image, and build self-confidence.
Step 1

ASSIGNMENT
Goals Through Values
Setting goals aligned with your values provides a sense of purpose and direction, ensuring that your actions are in line with your beliefs and priorities.
This can increase motivation and satisfaction, leading to a more fulfilling and meaningful life.

Depression   Anxiety   Panic   Social Anxiety
Recents