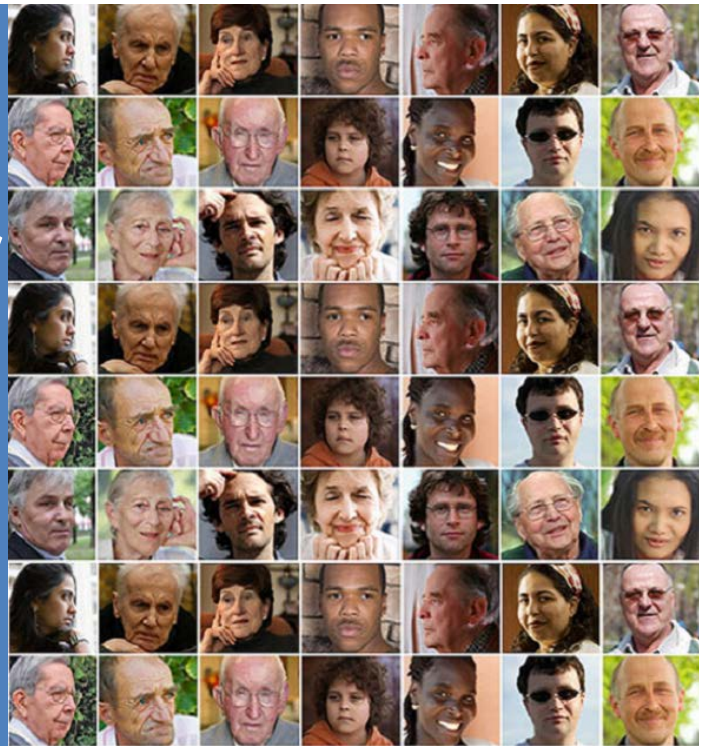


2019

# Trauma-oriented day treatment for Refugees

Information leaflet



**This day treatment is for refugees with a residence permit who suffer from complaints due to a posttraumatic stress disorder or a depressive disorder, and who have a sufficient command of the Dutch language.**

Refugees have frequently endured many hardships, besides having to build a new life in the Netherlands: in a new culture, with different ways and traditions, rules and values. A number will develop psychological and physical complaints because of all the traumatic events they have gone through. The trauma-oriented day treatment is designed to support refugees effectively in processing their traumatic experiences.

## Form and procedure

The treatment program consists of 3 phases, each with a duration of 4 months.

- The first phase is aimed at enhancing insight into the complaints and coping skills and to introduce further to the treatment. During the first phase you will be offered group psychotherapy.
- The second phase addresses the processing of traumatic events. Every week you will be given individual treatment with Narrative Exposure Therapy (NET).
- The third phase is directed at participation into society and closure of the treatment.
- In addition, the program consists of art therapy, psychomotor therapy, sociotherapy, modules about sleep and emotion regulation and social skills. Throughout your treatment a multidisciplinary team is available. Family or close friends will be involved in the treatment by us. You will also be asked

actively to take part in research into possible improvements of the treatment.

## Objective

Upon completion of this day treatment refugees are better able to live with their traumatic events. This will enhance participation in society.

## Practical matters

The treatment program takes place on a weekly basis and takes 1 year.

## Information and registration

For more information, advice, for admission or consultation requests, please phone the Admissions and Information Office (088 – 3305511 on Monday - Thursday between 9.00 and 12.00 hrs), or e-mail: [bai@centrum45.nl](mailto:bai@centrum45.nl). In order to register, you will always need a referral from your family doctor.

## About us

Foundation Centrum '45 offers nationwide specialist psychotrauma treatment and develops knowledge and expertise in the field of psychotraumatology.

Stichting **Centrum '45**



Nienoord 5  
1112 XE Diemen  
020 – 627 49 74

Rijnzichtweg 35  
2342 AX Oegstgeest  
071 – 519 15 00

[mail@centrum45.nl](mailto:mail@centrum45.nl)  
[www.centrum45.nl](http://www.centrum45.nl)