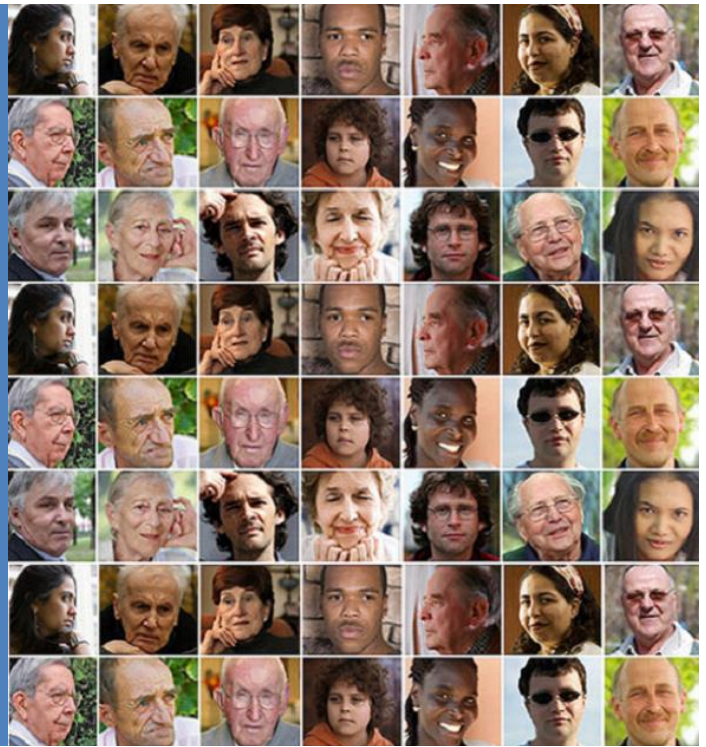


2018

Traumatic Grief



Traumatic grief can occur after an unexpected or violent loss of a loved one. Symptoms of traumatic grief include core symptoms of complex grief - such as yearning and emotional pain – as well as symptoms of posttraumatic stress disorder (PTSD) and / or depression. Arq/ Centrum '45 in Diemen provides outpatient and day patient treatment for traumatic grief for patients who are referred for specialized treatment following the traumatic loss of a loved one.

Aim

Treatment is aimed at processing the traumatic loss, so that symptoms of traumatic grief diminish and patients learn to live with the loss.

Outpatient treatment

Outpatient treatment consists of Brief Eclectic Psychotherapy for Traumatic Grief (BEP-TG), Cognitive Behavioral Therapy (CBT) or Eye Movement Desensitization and Reprocessing (EMDR) and sometimes medication. Usually, weekly sessions are scheduled with the therapist.

Day patient treatment

The day patient treatment for traumatic grief takes place every week on Monday from 10 am to 3:30 pm. The treatment duration is 1 year. It consists of three phases, each lasting four months.

- The aim of the first phase is to improve understanding of the symptoms and to become more familiar with the treatment. Psycho-education is offered during the first phase.
- During the second phase we focus on processing the traumatic loss. Weekly individual treatment is provided,

consisting of Brief Eclectic Psychotherapy for Traumatic Grief (BEP-TG).

- The third phase focuses on returning to society and completing the treatment.

In addition, the treatment program consists of art therapy, psychomotor therapy and sociotherapy. During the entire treatment, consultations with the therapists, i.e. psychotherapist, social worker, sociotherapist and psychiatrist can be scheduled.

Further information and referral

To further improve the treatment, ongoing scientific research takes place. Patient referral is possible in the following cases:

- confrontation with an unexpected or violent loss of a loved one, and
- a (tentative) diagnosis of persistent complex bereavement disorder, posttraumatic stress disorder and / or depression is made, and
- the patient wishes help with (among other things) processing the loss.

The Bureau Aanmelding en Informatie (information and referral office) can be contacted daily by telephone between 9 and 12 am via 088 – 3305511. A referral letter from the general practitioner is always required.

Please see also: <https://rouw.arq.org/>

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About Foundation Centrum '45

Arq / Centrum '45 offers nationwide specialist treatment and develops through scientific research knowledge and expertise in the area of serious mental health problems due to trauma and loss.