

Clinic Amstelmere PTSD-5



Information and regulations
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GGZ
inGeest

PTSD-5

An intensive five-day treatment for people suffering from post-traumatic stress disorder. During PTSD-5, you will be admitted to our clinic in Amstelveen for five days. On a daily basis, you will follow an intensive course of EMDR and exposure therapy.

These are proven and effective treatment methods for PTSD. The goal of this treatment is to reduce flashbacks, nightmares and other PTSD symptoms in a short period of time.

Research has shown that 75% of people who receive intensive trauma treatment no longer meet the DSM criteria of PTSD after completion. Trauma-focused exercise and psychoeducation are additional threads running through the treatment. The clinic is part of the Amstelmere outpatient psychiatric circuit run by GGZ inGeest.

What is PTSD?

Post-traumatic stress disorder (PTSD) is a long-term, intense stress reaction to a terrifying event: a trauma. You suffer from constant stress, flashbacks, feel excessively alert, and develop all kinds of physical symptoms. You feel easily threatened and withdraw into your own world. You lose grip on your daily life.

Events that can cause PTSD include:

- wartime experiences
- severe abuse
- a serious accident
- an assault or rape
- a robbery involving violence.

If you have PTSD, anxiety is always with you. Your mind and body continue to react to a danger that is no longer there. Approximately 7% of people in the Netherlands are diagnosed with PTSD once in their lifetime.

Who is the PTSD treatment intended for?

The PTSD-5 treatment run by GGZ inGeest is offered to people of 18 and older who suffer from PTSD or complex PTSD. You will receive five days of specialised and targeted treatment with the combination of EMDR and exposure therapy, supplemented by exercise (psychomotor therapy, PMT) and psychoeducation. You will be admitted to the PTSD-5 clinic at Amstelmere, and stay from Sunday afternoon to Friday afternoon. The group consists of a maximum of six persons.

What kind of treatment will I receive?

There are effective, evidence-based treatment methods for PTSD including EMDR (eye movement desensitisation and reprocessing) and exposure therapy.

EMDR

EMDR is a treatment that was developed in the 1980s by Francine Shapiro. It is used for people who continue to suffer after experiencing a traumatising event and who have developed PTSD. During your treatment, the therapist will ask you about the stressful event and which image from this event is still the most stressful. While you hold this picture in your mind, you will be given a distracting task to do, such as following the movement of a finger or a light with your eyes. The perceived stress (SUD) will be continuously monitored by your practitioner. We work with a set of distracting stimuli after which you will rest for a time and be asked to describe anything that comes to mind. This might be thoughts, feelings, physical sensations, or other images. Before the start of treatment, we will work with you to compile a list of the targets (images) that will form the focus for the work. In addition, we will also work with you to consider your tolerance and any other individual characteristics in conjunction with your symptoms. We do this with a view to implementing the treatment in the most targeted way possible.

Exposure

In exposure therapy, you recall the traumatising event in detail from memory. You give an exact account of what happened to you and focus on the most challenging moments. These intense moments (hotspots) are repeated over and over again so that you can experience being able to

cope with sharing this experience. You will notice that the intensity of the tension will decrease. You will do this until the event becomes more of a memory in the past rather than an anxious expectation in the present. Your anxiety level will decline and you will regain confidence. This form of treatment is effective in breaking through avoidance strategies and has been shown to work in combination with EMDR.

General daily programme

The daily programme runs from 7.00 to 21.00 and consists of:

- breakfast
- opening group session of the day
- exposure treatment session
- run-through / break
- exercise
- lunch
- EMDR treatment session
- run-through / break
- exercise
- psychoeducation
- dinner
- psychoeducation
- closing group session of the day

Motivation and active engagement

Overcoming PTSD requires a great deal of effort and personal commitment, even when you are not directly engaged in therapy. It is vital for you to be prepared for an active and demanding therapy week. We work on the basis of maximum effort that is feasible for you, so that you can benefit optimally from the treatment methods used. Trauma-informed movement (PMT) is planned in line with your

capabilities under the supervision of trained psychomotor therapists. During treatment and in between therapy sessions, this movement helps you release built-up tension and break the cycle of avoidance behaviour. This will restore your confidence in yourself, but also in other people.

Registration and intake

To be eligible for treatment at GGZ inGeest, you require a referral from your GP. The Application and Information department will contact you for a first interview, also referred to as an 'intake'. The intake is intended to help you gain an overview of the questions or problems you may have and the help we can provide.

On the basis of this intake, you can be referred to the PTSD-5 treatment. If you are currently receiving treatment at GGZ inGeest, your practitioner will discuss participation in the PTSD-5 treatment module with you.

Criteria for participation

- Adults with a PTSD diagnosis according to the criteria of DSM-5.
- Sufficient motivation for intensive clinical treatment:
 - a specific request for help with PTSD
 - motivation for a five-day admission
 - ability to commit fully to the treatment programme
 - a level of understanding about the condition
 - sufficient emotional self-regulation (see exclusion criteria)
- 5 days of inpatient hospitalisation is practicable (work/home situation etc.)
- At least 5 targets/trauma images (may also be five troubling images from a single trauma event).
- Up-to-date signalling plan.
- Return to referring physician is agreed in the treatment plan.

Unfortunately, you cannot participate if any of the following apply in your situation:

- severe active suicidal tendencies and/or a suicide attempt in the last 3 months.
- self-harming behaviour without the motivation to stop during treatment.
- severe substance use (all types of drugs and alcohol).
- use of benzodiazepines and sleeping pills, without the motivation to stop during admission.
- co-morbid problems that cause too much interference (e.g. psychotic problems or current mania).
- co-morbid obesity (BMI 40> OR 35> plus additional health problems) or severe underweight (BMI <16.5).

Research

When you take part in the PTSD-5 treatment, you may be asked in advance to participate in a scientific study. The aim of this study is to improve the care of patients with PTSD. The decision to take part is entirely voluntary and will not affect your chances of joining the treatment programme. The person who conducts your intake interview or your practitioner will discuss participation with you.

Registration and information

T 088 788 5015

E aanmelding@ggzingeest.nl

Want to know more about PTSD and how it is treated?

www.emdr.nl

Everybody is unique. So we need to support recovery to the individual's needs. With this in mind, GGZ inGeest offers specialist psychiatric care to young people, adults and the elderly. Care with an eye for the individuals situation and the immediate environment. Care that is tailored to the mind and body and is supported by the latest scientific insights.

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