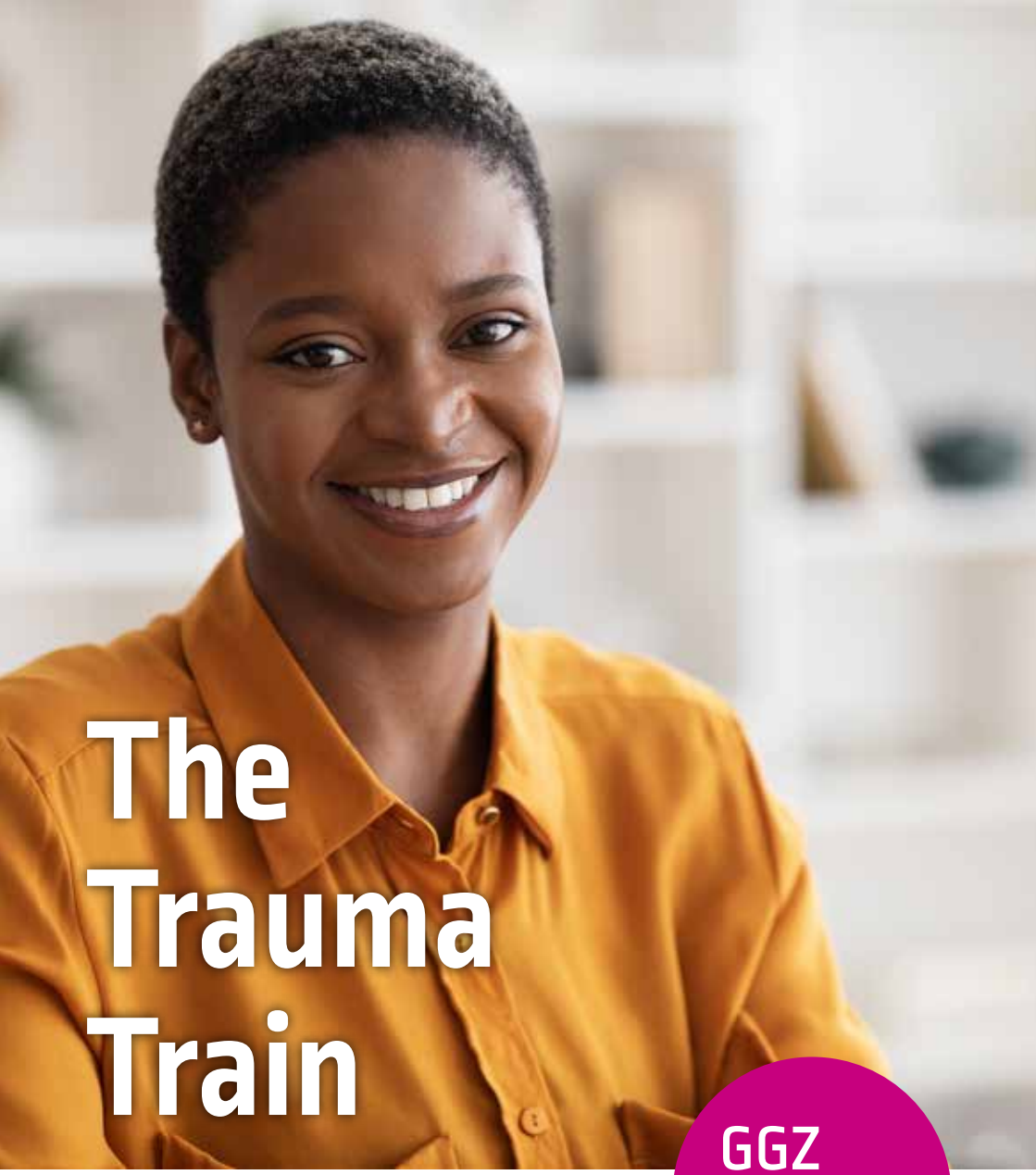


The Trauma Train

GGZ inGeest

Care path II: Trauma

Treatment of post-traumatic stress disorder in the Trauma Train

You have been registered for trauma treatment in Care path II: Trauma Train. The treatment consists of three sessions per week for four weeks (one session lasts 90 minutes).

This leaflet provides you with additional information on this treatment. The goal of this treatment is to reduce flashbacks, nightmares and other PTSD symptoms.

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. It means losing 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 there. 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 would benefit from PTSD treatment in the Trauma Train?

The programme offers treatment to people aged 18 and over who suffer from PTSD, are greatly distressed from multiple traumatic experiences and are motivated to get treatment. Taking part in the programme can be in addition to your regular treatment, or it can be your only treatment.

What kind of treatment will you receive?

During the four-week Trauma Train treatment programme, you will participate in three Eye Movement Desensitization and Reprocessing (EMDR) or Imaginal Exposure (IE) therapy sessions per week.

At the start of the treatment you will be asked to identify the shocking events that you have
unpleasant memories of and what these memories are. The memories that are most stressful for you and trigger the most tension when recalled will be the primary focus of the remainder of the treatment programme. The treatment plan will specify which session will deal with which memory. Before the start of the treatment, you will discuss with your practitioner whether you will receive EMDR or IE therapy. The treatment team will consist of health psychologists (or psychologists in training), mental health nurse specialists and/or psychotherapists experienced with PTSD and EMDR. You will see a different practitioner at each session, although you may see certain practitioners a second or third time within this programme.

Motivation and commitment

Treating PTSD requires a great deal of effort and personal commitment, even at times when you are not directly engaged in therapy. It is vital for you to be prepared for four demanding and intensive weeks. We work on the basis of maximum effort that is feasible for you, so that you can benefit optimally from the treatment. We will discuss this during the intake phase of the treatment plan.

How to proceed after treatment?

Your symptoms may have disappeared after participating in the treatment programme and thus you can stop therapy. If you still have symptoms that you would like to continue to work on, discuss this with your attending practitioner.

EMDR

During EMDR therapy, the therapist will ask you to recall a traumatic memory and will, together with you, determine the most disturbing image of that memory. While you keep this image in mind, you will be asked to engage in a distracting task, such as following the movement of a finger or a light with your eyes. The perceived stress 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 what comes to mind. This could be thoughts, feelings, physical sensations, or other images.

Exposure

During Imaginal Exposure therapy, the therapist will ask you to repeatedly recall a traumatic memory during the session. You will be asked to give an exact account of what happened to you and focus on the most fraught moments of the memory. These fraught moments (the hotspots) will be repeated over and over again. Frequent exposure to these memories will gradually reduce anxiety and lead to a shift in wrong thoughts about the event.

Registration and intake interview

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 interview. The intake interview is intended to help you identify the questions or problems you may have and the appropriate help that we can provide.

On the basis of this intake interview, you can be referred to the Trauma Train. If you are currently receiving treatment at GGZ inGeest, your practitioner will discuss participation in the trauma treatment with you.

You can participate in the treatment programme if:

- you have been diagnosed with PTSD
- you have multiple objectives that are a crucial element of the treatment
- you are able to come to all the sessions
- you can be provided with sufficient support in your own environment and have opportunities to relax
- you and your practitioner have drawn up a crisis plan.
- return to the referrer is agreed in the treatment plan.

You cannot participate if:

- you are using substances (alcohol, drugs) and are not willing to discontinue using these substances throughout the treatment period
- you are taking sedatives and are not willing to discontinue using these throughout the treatment period
- you are unable to come to all the sessions.

Scan the QR code for the contact details of our locations

Helping individuals to re-engage with society and participate meaningfully to the best of their abilities. Driven by broad and impactful cooperation with our partners in the healthcare and social sectors, always within the triangle formed by client, immediate family member and (healthcare) professional. Focusing on what we do best: treating complex mental health issues. Scientific research and continuous training of our professionals form a strong foundation for constant development of the range of treatments we offer. That is what defines GGZ inGeest.



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Juni 2026