



National  
Psychotrauma  
Centre

# 50 years of commitment

## Annual Review 2023

connected resilience  
proper coping and recovery  
hope potentially traumatic  
events connectedness personal  
involvement opening up to the other  
warmth solidarity space and respect  
developing and improving treatment  
sharing insights about prevention bringing  
people out of social isolation engaging in  
relationships with others supporting  
people with psychotrauma health  
work connectedness between  
employees developing new  
trust psychosocial impact taking  
made specialised care scientific  
research advice and training working  
sharing knowledge leading institute passionate  
researchers and practitioners innovation  
and new insights resilience proper coping  
and recovery a dignified life connected  
treatment methods supporting people  
passionate researchers opening  
up to the other warmth solidarity  
worldwide sharing knowledge  
human work trust

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Clickable! 



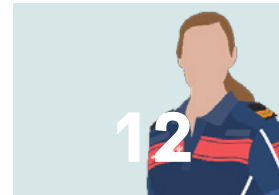
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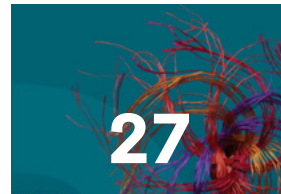
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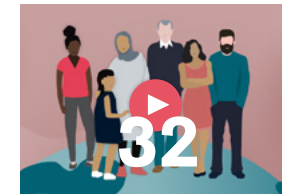
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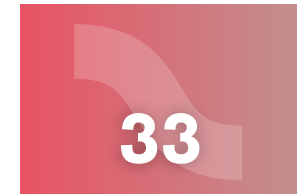
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## Foreword

### 50 years of commitment

In 2023, ARQ celebrated its golden anniversary and the organisation changed its Chair of the Board of Directors. Jan-Wilke Reerds started his well-deserved retirement after 24 years as Chair and 38 years as a psychotherapist at ARQ. It has been a huge honour for me to join Ate Osinga at the helm of this extraordinary organisation and lead its very passionate staff and partners since 1 December 2023.

Every day, I am surprised by the versatility of ARQ's work; prevention and treatment, supporting organisations and governments in disasters and crises, research and knowledge sharing, nationally and internationally.

In the ARQ Annual Review 2023, we will walk you through the celebrations of our anniversary year. In addition, you will read all about the importance of psychosocial support within a professional organisation, as well as ARQ's work in countries at war and in conflict such as Ukraine, Syria or the Democratic Republic of Congo. And about how context and history are crucial in terms of treatment and how we share knowledge around the effects of war. These are just a couple of examples. I am pleased to invite you to use this annual review to explore ARQ's

“Every day,  
I am surprised  
by the versatility  
of ARQ's work

website, read our stories there and be inspired by the full breadth of our services.

We cannot do our work without our staff, our Supervisory Board, our Works Council, the Patient Council and the Clinical Council. But that certainly also applies to you as our valued business or collaborative partner, funder, donor or other stakeholder. Many thanks to everyone who dedicates and contributes with enthusiasm to ARQ's still much-needed work – even after 50 years.

**Melina Kappeyne van de Coppello-Rakic**  
Chair of the Board of Directors





## A recap of a special anniversary year

In 1973, Dutch Queen Juliana and Prince Bernhard opened the doors of ARQ Centrum'45 in Oegstgeest. In 2023, we celebrated these fifty years with several events and with patients, staff and everyone we felt connected to. Under the motto: '50 years of ARQ: Connectedness. Then, now & in the future.'



**50**  
YEARS

12 January

**Kick-off of the anniversary year**

The kick-off of our anniversary year took place at the New Year's meeting where we presented our anniversary corporate identity. '50 years of ARQ. Connectedness. Then, now & in the future' has been integrated into all our communications.



26 January Visit by TOPGGz



The anniversary was a good occasion for a **visit by TOPGGz** (Top Clinical Mental Health Care Foundation) to the newly opened 2nd location of ARQ Centrum'45 in Oegstgeest. This afternoon was characterised by a specific focus on innovations such as modular treatments and the use of experiential expertise. Jan-Wilke Reerds talked about 50 years of connectedness.

16 March Symposium I



ARQ Academy organised the symposium **'In preparation lies the result'** which was also dedicated to 50 years of connectedness.

18 April Symposium II



ARQ Centre of Expertise for Migration organised the symposium **'Resilient status holders, prerequisite for successful civic integration'** which dealt with best practices to improve the psychosocial support of status holders in Dutch municipalities to facilitate their successful integration.

16 May Founding celebration



Official founding date of ARQ in 1973. At all ARQ sites, a treat was waiting for all staff and patients in attendance.

22 June Summer drinks



450 employees and retirees gathered on the beach for the **Summer Drinks**, celebrating 50 years of ARQ. The day was all about connecting with each other.

28 & 29 September ARQ conference



ARQ organised an international scientific conference **'Trauma, crisis and conflict: connecting research and practice'** at the Gooiland Event Venue in Hilversum, the Netherlands.

2 days of  
knowledge  
sharing with:

7 Internationally renowned  
keynote speakers

2 international  
panels

around  
**400**  
attendees

ARQ professors as moderators

29 break-out  
sessions

26 submitted posters  
& flash talks

a live stream with over  
**100** viewers



Julia-Beth Harris provided the poetic opening and closing performance to the musical accompaniment by Martijn van Ditshuizen.



A conflict is a clash  
Opposing forces collide and combust  
Until all that's left is ash  
A powdery grey layer of fragility  
A score that is kept in the body  
As the smoke of battles clear  
Today we celebrate those who lent an ear  
A hand  
Their hearts  
To help silent sufferers towards new starts

[➤ Read the whole poem](#)



17 October

Besides exchanging knowledge, we celebrated our anniversary year in other ways as well.

For instance, all ARQ colleagues did their bit to create a mosaic bench designed by MosaicAffairs.

The bench now stands in the courtyard of our treatment centre in Oegstgeest, where ARQ Centrum'45 started 50 years ago.



For the ARQ conference, we invited four partners of ARQ International to share their perspectives on mental health and psychosocial support (MHPSS) in conflict settings.

Read the personal stories of Mohammad, Oksana, Moses and Bayan on our website.

☪ We need to be *change agents*.  
It's our duty to advocate for the well-being of people's lives

Mohammad Abu Hilal  
Psychiatrist and Director of Syria Bright Future

➤ [Read Mohammad's personal story](#)

☪ We need a *holistic approach* to the mental well-being of the people in Kurdistan

Bayan Kader Rasul  
Psychiatrist and Director of the EMMA Organization for Human Development

➤ [Read Bayan's personal story](#)

☪ We need to consider the importance of *self-care*

Oksana Kryvonogova  
Psychologist and Director of Healthy Society

➤ [Read Oksana's personal story](#)

☪ We must make interventions contextually appropriate without losing sight of our *professional ethics*

Mukasa Moses Bwesige  
MHPSS advisor for Eastern and Southern Africa at Jesuit Refugee Services

➤ [Read Moses' personal story](#)





## Psychosocial support for distressing events at work

With the question 'How to organise optimal psychosocial support?', the ARQ Centre of Expertise for the Impact of Disasters and Crises organised a symposium linking science, policy and practice.

Good psychosocial support contributes to the (continued) good and pleasant functioning of professionals and increases their sustainable employability. This is especially true in high-risk occupations where workers frequently face distressing events.

It is important that support needs are identified in time and appropriate complementary care is available where necessary. This central principle is described in various guidelines for psychosocial support. But what does this require of an organisation, practically speaking? Preparation!



## 'We are catching up'

### Aftercare at the Amsterdam-Amstelland Fire Brigade

Fire service professionals regularly experience shocking events. It is part of their job. Direct contact with victims can be especially distressing. They are trained to act appropriately during these impactful events. But a pile-up of distressing incidents may cause the proverbial camel's back to break. This is why psychosocial care and aftercare are important in minimising stress-related health symptoms and occupational disability.

#### How should a fire brigade organise its relief and aftercare?

The Amsterdam-Amstelland Fire Brigade noticed that more was needed to provide employees with proper aftercare. A comprehensive programme was rolled out in 2022 and 2023, with meetings organised at all stations for all firefighting professionals. The

meetings revolved around raising awareness and making mental resilience a topic of conversation. Not only for fire professionals, but for their loved ones as well.

In addition, a 'Mental Check Up' conversation was introduced as a low-barrier opportunity for firefighters to discuss their resilience and adaptability. In an [interview with commander Tijs van Lieshout and Jelte Bosgra](#), consultant/trainer at ARQ IVP, you can read more about relief and aftercare and mental resilience for firefighting professionals (Dutch only).





## 'This really is my dream job'

### Crisis Consultant at ARQ IVP

Ine Spee has worked as a Crisis Consultant at ARQ IVP for 12 years, offering, among other things, psychosocial support and advice to organisations following a crisis or other high-impact event. She talks about what it is like to do this kind of work.

'I love the dynamics,' she says. 'I like the fact that the phone rings and I am right there for the organisation in an acute situation. We are usually asked to provide support to organisations in the Netherlands. But foreign assignments happen from time to time as well. We are almost always deployed during a major crisis in the Netherlands, such as the MH17 disaster in Ukraine or the tram attack in Utrecht. We are involved in national crisis consultations or join local organisations. Our perspective is always the psychosocial side of crisis management.'

### Ine in the media in 2023

Threats or harassment in work and/or private life can abruptly and dramatically change the life of a public office holder. Ine shares the knowledge present at ARQ IVP and the ARQ Knowledge Centre for the Impact of Disasters and Crises on the psychosocial effects of protection and security in [the May 2023 Mayors' Journal](#). (page 18, Dutch only)

### I love the dynamics



As a consultant, Ine was involved in the committee advising the Dutch cabinet on the COVID-19 commemoration. In this news broadcast (minute 23), Ine talks about commemorating the COVID crisis and the impact it had and still has on society today (Dutch only).

# Working with refugees and status holders

Almost all Dutch municipalities take in refugees and status holders. This demands a lot from employees. ARQ IVP and ARQ Academy provided training on a regular basis in 2023 to staff of organisations involved in sheltering refugees and status holders.

## How to deal with emotional impact

ARQ IVP

Employees who work with refugees often experience upsetting things. Interpreters are confronted with a lot of harrowing stories as well. How does one protect shelter staff and interpreters from this emotional impact? How do you take care of each other and yourself?

Interpreters and staff at the crisis shelter for Ukrainian refugees in Utrecht attended the course 'How to deal with emotional impact'. Healthcare Coordinator Meike Nachenius reports in [this interview](#) that the training was very helpful. 'In hindsight, we should have done this sooner (Dutch only).'

## MIRROR-V: early detection of mental health symptoms

ARQ Academy



Refugees have an increased likelihood of developing mental health problems. It is therefore important to identify symptoms and problems at an early stage. Organising appropriate psycho-social help prevents symptoms from escalating. This is why the workshop Early detection of mental health symptoms in refugees is a valuable piece of education for Dutch employees who work in places where refugees and asylum seekers are sheltered for an extended time.

## LGBTQ+

# 'It is about recognition and acknowledgement of what you are up against'

In conversation with psychiatrist Hugo Konz on developments in 2023 regarding the availability of treatment for LGBTQ+ refugees.

People who have fled because of their sexual orientation, gender identity or expression have often faced violence and/or persecution because of their identity on top of other experiences of rejection, exclusion and discrimination (a form of 'social trauma'), having grown up in an environment with religious and cultural taboos.

LGBTQ+ refugees may therefore experience issues with their self-image, self-acceptance, social relationships, sexuality and/or meaning, in addition to PTSD symptoms.

Practitioners at ARQ have been working on a treatment offer for LGBTQ+ refugees for several years. 'This group was entering ARQ for trauma treatment or recovery-oriented interventions already. I noticed some unfamiliarity with the specific issues facing this group, such as self-image, self-acceptance, social acceptance and network building.'

Expertise on these topics has now grown tremendously and is embedded in individual interviews. In addition, **a group module was developed** in 2023 addressing these themes, with peer contact being an important factor as well.



'It is surprising to patients when they realise that you are familiar with the issues they are struggling with. They are used to feeling a lack of understanding. Now they see that we have 'insider knowledge' around these topics and want to address them. This is important to them. It is about recognition and acknowledgement of what you are up against.'

The ARQ treatment team working with LGBTQ+ refugees also focuses on 'lived experience' among professionals. Hugo explains: 'Some of us know from personal experience what it can be like with family and the context you grow up in. This (experience-based) knowledge and diversity in the team is key in serving this particular group well.'



**‘It is surprising to patients when they realise that you are familiar with the issues they are struggling with**

In 2023, Hugo started a PhD track to conduct research on the mental health of LGBTQ+ refugees who have experienced violence and/or persecution because of their identity.

'There is very little literature about this target group. By conducting more research, we connect theory and practice and hope to provide LGBTQ+ refugees with increasingly better treatment.'



## 3MDR-TG

# New treatment protocol for traumatic grief




**In conversation with expertise team leader and psychiatrist Sophie Hengst about developments regarding the Traumatic Grief treatment in 2023.**

Losing a loved one is devastating. When people experience intense, persistent grief symptoms that limit their daily functioning after the loss of a loved one, this is referred to as a grief disorder.

Sophie: 'As practitioners working with traumatic grief, we often see a broad spectrum of symptoms in the bereaved, including feelings of intense grief, loss, anger, shock, flashbacks, detachment/alienation and guilt.'

The new treatment protocol 3MDR-Traumatic Grief (3MDR-TG) was further tested in 2023 to better support patients with traumatic grief.'

3MDR is an innovative trauma treatment where the patient is exposed to the emotional event while performing a distracting task. The exposure consists of three elements:

-  Visual: the patient chooses images related to the loved one themselves. These images are displayed on a 180-degree screen.
-  Auditive: Music related to the loss is played.
-  Physical distractions and exercise: the patient walks on a treadmill while continuing to look at the screen, in order to break avoidance.



“As practitioners working with traumatic grief, we often see a broad spectrum of symptoms in the bereaved, such as anger, shock, flashbacks, intense grief and guilt

Exposures target memories of the loved one and the event of their death. Through a virtual visit to the grave, the bereaved is invited to an imaginary conversation and symbolic interaction with the deceased. As a distracting task, the patient's eyes follow a moving ball with numbers on it. Next, the treatment involves reviewing excessive grief behaviour and identifying new goals for the future.

ARQ first offered 3MDR-TG to a patient two years ago, in a research setting. After 10 sessions of 3MDR-TG, the patient's PTSD-PGD and depressive symptoms were found to be significantly reduced. In addition, the patient had experienced the treatment as very positive.

Because it is important to be able to study the 3MDR-TG treatment in more patients, the study was extended in 2023. Several patients are currently being treated with the 3MDR-TG protocol.



## Documentaries Living with War

'I stand on the shoulders of a giant, every day,' Vincent de Kom, great-grandson of resistance fighter Anton de Kom, explains in a short documentary. This documentary is part of the five-part series 'Living with War', where people talk about what the Second World War still means to them today. Anton de Kom's struggle for a just world is an important driving force in Vincent's daily life. And in the life of Elisabeth Oets. She hid her necklace with a silver Star of David for years, to conceal her Jewishness and not worry her mother. Today, she tells youths about the persecution of Jews and how it affected her family. Or in the life of married couple Martine Letterie and Rinke Smedinga. Martine's grandfather was murdered in concentration camp

Neuengamme. Rinke's father was a staunch Nazi and NSDAP member. Hardly a day goes by without them talking about the war.



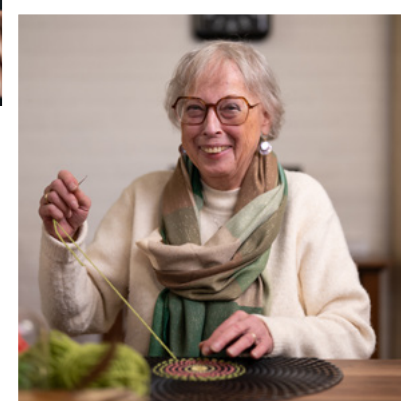
The theme year Living with War and the mini-documentaries associated with it also provided additional coverage in various digital, print and audio-visual media. The communication strategy resulted in a reach of over 2.3 million viewers, listeners and readers.

The series is the result of a collaboration between the ARQ Centre of Expertise for War, Persecution and Violence and the five Remembrance Centres in the Netherlands and was funded by Vfonds, VSBfonds and the ARQ National Psychotrauma Centre. The series was part of the theme year 'Living with War'.

## Understanding Care – Echos from the Dutch East Indies

To better align our care with people from diverse cultural or migration backgrounds, the ARQ Centre of Expertise for War, Persecution and Violence and Stichting Pelita put together a series of short films in 2023. Elderly people with a background in the former Dutch East Indies are featured together with their healthcare provider. They share their powerful story about what they experienced during the war, the lack of recognition when they came to the Netherlands and how care sometimes fails to properly align with their history and cultural background. Together with healthcare providers, they show how to build a good relationship and what this means to them.

Recording these videos was special both for the elderly and healthcare providers. Jan von Mansfeldt: 'I am proud. Pride is a strange word. But I liked being able to tell my story.' Lawrence Vrugteman, dementia case manager in Wierden, the Netherlands: 'I learnt a lot from my clients during the shoot and am very proud of them. It was also very moving to hear them say what I mean to them.'





# ARQ International

ARQ International has been committed to providing mental health and psychosocial support (MHPSS) to people affected by war and humanitarian disasters for more than 25 years. We do this by supporting healthcare professionals, conducting research and by sharing knowledge. This map provides a general overview of activities in 2023.

## Ukraine

Multiple programs in psychosocial support, knowledge exchange and training for Ukrainian healthcare providers working with internally displaced persons, survivors of sexual violence, veterans and families in armed conflict zones.

## Syria/Lebanon

Self-care and stress management workshops for Syrian and Lebanese healthcare providers.

## Jordan

Developing a curriculum to promote the well-being and healthy psychosocial development of adolescents in refugee communities.

## Kenya

Academic writing workshop for fieldworkers and researchers from Somalia, Kenya and the Democratic Republic of Congo

Research to improve access to mental health services for Somali and Congolese refugees.

## Democratic Republic of Congo

Psychosocial support, knowledge transfer and training for Congolese healthcare providers treating those affected by conflict-related sexual violence.

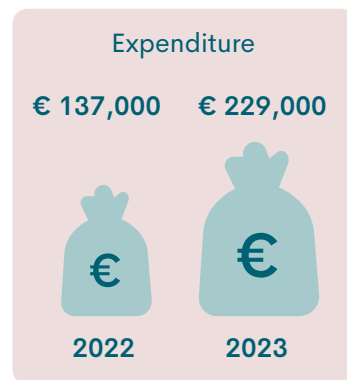
## Thailand / Myanmar

Developing an MHPSS training programme for local partners with a focus on conflict-related sexual violence.

## Friends of ARQ

### We have been able to help more again

Last year, Friends of ARQ saw a slight decrease in income; €65,000 in 2023, compared to €75,000 in 2022, but an increase in expenditure from €137,000 in 2022 to €229,000 in 2023. This increase is mainly due to our commitment of €100,000 to research into the use of MDMA in therapy.



### Ukraine

For the benefit of Ukrainian refugees in the Netherlands, Friends of ARQ funded the continued development of the [Mind-Spring trainings](#), where refugees from various countries with potential PTSD symptoms can be identified and addressed early. Now they can share stories in their own language and learn how to deal with stress, fear and grief of having fled their country.

### Patient support

Unfortunately, it is quite common for ARQ patients to require financial support to undergo the treatment essential for their recovery.

This is when Friends of ARQ jumps in if, for example, a patient has no money to reach ARQ by public transport. Or we help pay for school supplies for a girl going into family therapy with other family members on site, with the girl's integration at school being an important condition for successfully undergoing therapy.

Last year, that patient support amounted to almost €7,000, an increase of nearly 40% compared to 2022.

## Research and innovation

Friends of ARQ also contributes to various forms of research and innovation, such as research into High Intensive Narrative Exposure Therapy (HI-NET). In 2023, we could once again count on a contribution of € 30,000 from a donor for this purpose, for which we are immensely grateful.

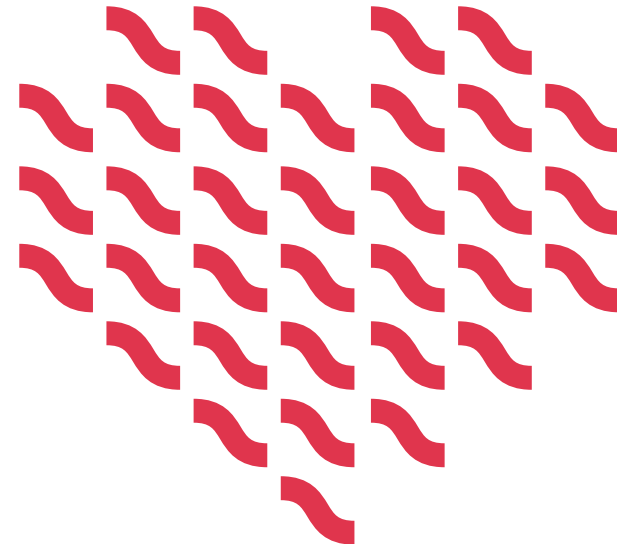
The study seeks to establish effective treatment for people with multiple traumatic experiences in their lives. The group of patients participating in the HI-NET study has long-term symptoms and does not respond well to regular treatment methods.

HI-NET helps by placing traumatic events more in perspective in their life story. As a result, patients feel heard and can carry on with their lives with greater peace of mind.

## Support the Friends of ARQ

For over 50 years, ARQ has been helping people affected by war, persecution, violence or other distressing events. But ARQ cannot do it alone, not without you!

[Donate](#) and help a patient, support cutting-edge research or help healthcare providers in post-conflict areas. Any contribution, big or small, makes a difference.



## 2023 in figures

ARQ Centrum'45 had  
**2,233**  
patients in treatment



**993**

registrations at ARQ IVP  
for employee relief

**545**

training courses provided  
by ARQ IVP Training &  
Consultancy



**123**

scientific  
publications



**7,486**

mental check-ups  
by ARQ IVP



**656**

Diagnostic  
tests



**24** PhD students

ARQ Centrum'45 had  
**1,058**  
new patients



**7** professors



Certifications  
and quality  
labels:



**112**

training courses and workshops  
for healthcare professionals through  
ARQ Academy





## Personnel & organisation

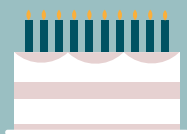
**416**

employees on  
31 December 2023



**45**

was the average age  
of all employees  
at ARQ



**54**

people have joined  
the organisation



**58**

people have  
left the organisation



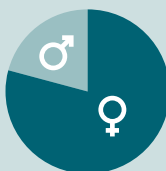
ARQ has **312**  
part-timers and **104**  
full-timers on board

**26**

interns  
completed  
their internship  
at ARQ



The female/male ratio  
is **330** women  
and **86** men



## Finance

Revenue ARQ  
**€ 42 million**

### ARQ IVP

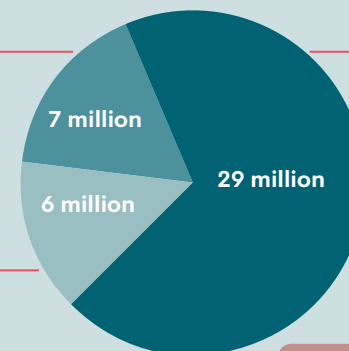
- Assistance
- Training
- Prevention

### ARQ

- Policy advice
- Research especially  
via the Centres of  
Expertise

### ARQ Centrum'45

- Treatment
- Research
- Knowledge  
sharing



Total donations received:  
**€ 65,931**

# ARQ library

## Tailored information

The ARQ library was once again a frequently used resource in 2023. Some numbers:

Psychotraumanet was visited more than **157.000** times by over **97,000** mostly new users. **80%** of visitors were from the Netherlands.



Supply of (chapters from) books and journal articles via interlibrary loan traffic: **774** different items.

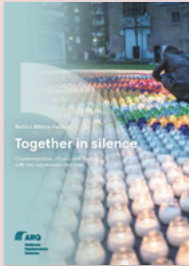
The ARQ library is part of the ARQ Centre of Expertise for War, Persecution and Violence and includes a broad collection of books, articles and online resources on the psychosocial impact of distressing events such as war, persecution and violence. Psychotraumanet and the ARQ catalogue are the first online entry points for finding information.

ARQ library staff keep interested parties informed about new publications and support searches in international and scientific databases.



## Special publications

### Thesis by Bertine Mitima-Verloop



**'Together in silence'**  
Commemoration, rituals, and coping with war experiences and loss. This thesis examines the individual effect of collective remembrance and rituals on mental health. It highlights the role of support, connectedness and a sense of meaning in coping with war experiences and loss, despite possible stress symptoms.

[➤ Go to publication](#)

### Thesis by Jetske van Heemstra



**'Recovery in context'**  
Mental health in relation to psychotrauma and postmigration stress among forced migrants. The study offers valuable insights into the complex relationship between psychotrauma, postmigration stress and mental health among forced migrants.

[➤ Go to publication](#)

### Thesis by Patricia Dashorst



**'Unraveling intrusions'**  
Intrusions are spontaneous, involuntary, intrusive images or thoughts of a traumatic event that also occur in people who did not experience the event themselves, such as children of war victims. The study shows that these intrusions are similar among both direct and indirect victims, with potential long-term consequences even for future generations.

[➤ Go to publication](#)

## Taking Action Towards Sustainable Peace



'Integrating Peacebuilding and Mental Health and Psychosocial Support'

This policy document by ARQ International calls on global experts to act:

integrate peacebuilding and mental health and psychosocial support (MHPSS) for post-violent conflict reconstruction and sustainable peace.

[➤ Go to publication](#)

## National social map of culture-sensitive mental healthcare and social support (updated)



With over 100 organisations, the ARQ Centre of Expertise for Migration's updated social map provides a general overview of the Dutch supply of culturally sensitive mental health and social support services.

## Policy guideline on psychosocial relief for healthcare professionals



Together with the full breadth of the Health-care & Welfare sector in the Netherlands,

ARQ developed a national policy guideline full of insights and advice for optimal psychosocial support for healthcare professionals.

## Outreach for Resilient Status Holders



Outreach for Resilient Status Holders: best practices for Dutch municipalities to promote psychosocial support to status holders.

## Multidisciplinary Guideline on Psychosocial Crisis Management: Disaster and crisis support and care



The Multidisciplinary Guideline on Psychosocial Assistance in Disasters and Crises has been revised and continues under the name 'Multidisciplinary Guideline on Psychosocial Crisis Management'. The Dutch guideline contains knowledge to reduce the psychosocial impact of disasters and crises and enable those affected to resume their daily lives.



## Impact Magazine

Disasters, crisis, war and violence have psychosocial consequences for people and society. Impact Magazine, published by the ARQ Centre of Expertise for War, Persecution and Violence, focuses on the impact of such disturbing events. With insights from a variety of disciplines, Impact Magazine makes this subject accessible to a wide audience.

This puts Impact Magazine at the crossroads of psychology, history and contemporary social developments.

Impact Magazine published four editions in 2023 (Dutch only):



**No. 1**

Psychotrauma through the ages, with a special on the theme year Living with War



**No. 2**

Slavery and exploitation



**No. 3**

Language



**No. 4**

In plain sight - war suffering on the silver screen



## Intervention Journal

*Intervention, Journal of Mental Health and Psychosocial Support in Conflict Affected Areas*, is a peer-reviewed scientific journal published by ARQ International. It provides a platform for professionals working in conflict-affected areas and the aftermath of natural disasters and those working with refugees from these regions.

### 20 years of accessible knowledge

*Intervention* had an anniversary year as well. The first edition was published in Sri Lanka in 2003.



April 2023 — Volume 21, issue 1

[Go to publication](#)



October 2023 — Volume 21, issue 2

[Go to publication](#)

## What else did ARQ do in 2023

Researchers from the ARQ Centre of Expertise, Persecution and Violence appeared in the media on a regular basis. Bertine Miti-ma-Verloop spoke about the meaning of remembrance during the live broadcast of the Dutch Remembrance Day on 4 May 2023 on NPO Radio 1. She did the same in newspaper Trouw ahead of the National Indies Commemoration on 15 August.

Researcher Bart Nauta was featured in several radio broadcasts of OVT (Onvoltooid Verleden Tijd). For example, on Vilnius and the significance of the Lithuanian capital for the Jewish community. And on the book 'Sonder-behandlung, My years in the crematoria and gas chambers of Auschwitz' with author Arnon Grunberg.



This year, 3MDR was introduced for the first time to an adolescent with therapy-resistant PTSD. It made a very positive impact.

2023 saw the completion of the study KIDNET versus EMDR (KIEM): which therapy best suits young refugees? The KIEM project reached a milestone by reaching the number of required participants and thus completing the study.

The FLIP-IT study was kicked off thanks to ZonMw funding. This funding will enable research into what works better for patients with complex trauma: intensive or standard trauma-focused therapy.

**View our animation ARQ in 100 seconds**





## Management & supervision

### ARQ National Psychotrauma Centre in short

ARQ has been helping people overcome disturbing events and psychotrauma for over 50 years. We offer people and organisations tailor-made care, conduct research, advise and train. We share our knowledge worldwide. ARQ has all psychotrauma expertise under one roof and is therefore unique in the world.

### Management and supervision

ARQ National Psychotrauma Centre and its subsidiaries ARQ Centrum'45 and ARQ IVP have the same board and supervision and apply the principles of the Dutch Health-care Governance Code. The full list of members of the Supervisory Board and Board of Directors can be viewed on [our website](#).

The Supervisory Board of ARQ National Psychotrauma Centre appointed [Melina Kappeyne van de Coppello-Rakic](#) as Chair of the Board of Directors effective 1 December 2023. Melina Rakic thus succeeds Jan-Wilke Reerds, who retired in early 2024.

### ARQ consists of

- ARQ IVP
- ARQ Centrum'45
- ARQ Diagnostic Centre
- ARQ Academy
- ARQ International
- ARQ Centre of Expertise for
  - War, Persecution and Violence
  - the Impact of Disasters and Crises
  - Migration
  - Traumatic Grief
  - Child, Family and Psychotrauma
- Stichting 1940-1945
- Stichting Pelita

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ARQ National Psychotrauma Centre

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Do you have questions or comments regarding the annual review? Please contact [communicatie@arq.org](mailto:communicatie@arq.org) or visit

[arq.org](#)

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