



Centrum'45



# Child, Family and Psychotrauma

Psychotrauma care for children and adolescents  
aged 0–23 and their loved ones

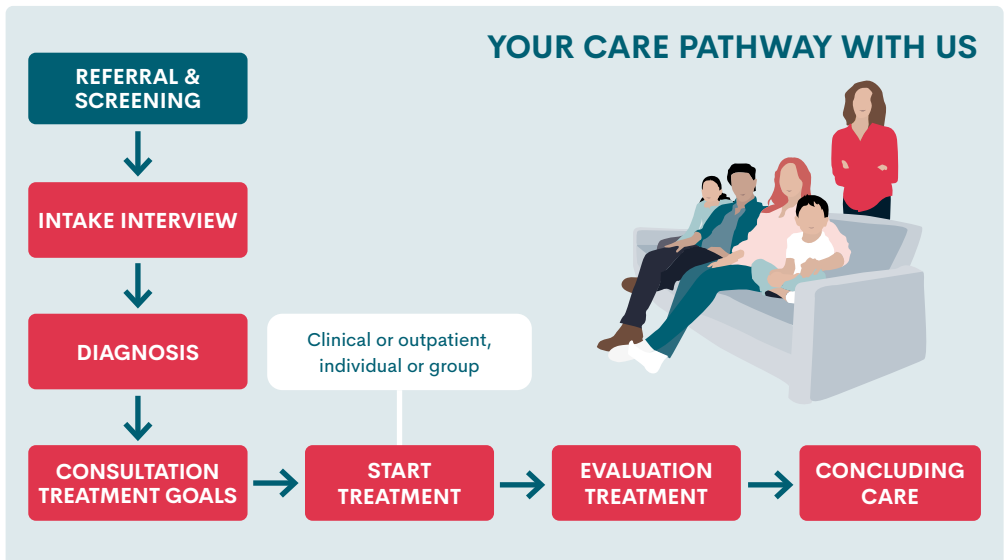
# Child, Family and Psychotrauma

ARQ Centrum'45 provides highly specialized diagnostics and treatment to children and adolescents, along with their families, who are experiencing trauma-related issues as a result of shocking events, such as war, domestic violence, or sexual abuse. There may also be comorbid issues, such as anxiety or depressive symptoms. In some cases, the issues are intergenerational, where the traumatic experiences of one or both parents have affected the child or adolescent, leading them to develop symptoms.

## Diagnosis and treatment

Children and families can turn to ARQ Centrum'45 for individual treatment or family therapy. When a child or adolescent (seeking help) is referred to ARQ Centrum'45, the process begins with diagnostics.

Afterwards, we work together with the child and/or parents to determine the goal of the treatment and create a treatment plan, taking into account the cultural background.



## Trauma treatments

Trauma treatment aims to reduce posttraumatic stress disorder (PTSD) complaints. In therapy, the patient works with the memories of their traumatic experiences in order to process them. Each trauma treatment has unique characteristics. The treatment often consists of several steps and therapies and lasts as long as necessary. Below are some examples of individual trauma treatment and treatment with loved ones (system treatment).

### Individual treatments

- ***Eye Movement Desensitization and Reprocessing (EMDR)***

In this treatment, the patient mentally returns to a specific moment from their memory that evokes a lot of tension and emotions. At the same time, the therapist provides a distracting task, which helps reduce the tension. This creates space for new insights. The memory is stored in the brain with less tension. Together with the therapist, the patient decides which memories to work on.

- ***KIDNET: Narrative Exposure Therapy (NET) for children and adolescents***

In KIDNET, the patient, together with the therapist, creates a lifeline, consisting of flowers (representing positive and enjoyable events) and stones (representing negative events). The patient and therapist then discuss all these important life events in detail. A report is written for each event, and at the end of the treatment, a booklet is created.



### High-intensity treatments

- ***HITT Junior***

HITT stands for High-Intensity Trauma Therapy. During HITT Junior, a child and it's parent/guardian/caregiver stay for five days at our family clinic at ARQ Centrum'45, where two trauma-focused therapy sessions are offered per day: EMDR and Imaginary Exposure. In addition to the trauma-focused therapy, there are contact moments with socio-therapy, combined with sessions for the parent/guardian/caregiver, as well as activities such as psychomotor therapy (PMT) and trauma-sensitive yoga.



## Family treatment with attention to intergenerational transfer

- **Multi-Family Therapy**

Families can participate in Multi-Family Therapy (MFT). This is a combination of system and group therapy, where different couples or families help each other achieve change and improvement. Family members learn, among other things, to view situations from each other's perspective. Ultimately, mutual support increases. This treatment is outpatient.

- **Infant Mental Health Group**

The day clinic group treatment (1 day per week) is an Infant Mental Health/ Multi-Family Therapy group for parents with PTSD and/or depression and their young children, aged 0–6 years. The focus of this group treatment is on shaping parenthood in difficult circumstances with a lot of current stress. The work centers on restoring safety, enhancing parent–child relationships, and promoting secure attachment, as well as encouraging the mentalization of parents and children, strengthening parental availability and skills, promoting the child's developmental opportunities, and building the family's resilience.

## Specific group treatment

- **Diemen youth group Child and Family**

The youth group is intended for refugees aged 16 to 23 who have experienced traumatic events and are receiving treatment at ARQ Centrum'45, and who want to gain more balance and control over their daily lives. The group meets weekly and lasts for 12 weeks. Every 4 weeks, there is an opportunity for new participants to join. The group program consists of 4 modules, each lasting 3 weeks.

- **Family clinic**

If several family members require trauma-focused treatment, an inpatient stay is an option. Refugees, in particular, are eligible for this family clinic. During the clinical stay, which lasts up to 8 months, the focus is on restoring attachment and safety.



## Registration

### *Referral needed*

A referral from a general practitioner, youth doctor/school doctor, treating psychiatrist from a referring institution, certified institution (such as Nidos), or the local Child, Youth, and Family team of a municipality is required to register for treatment. If you, as a referrer, are unsure whether your patient is suitable for this treatment, please submit a consultation request to us via [www.123consultatie.nl](http://www.123consultatie.nl).

### *Team Registration*

[aanmeldingen@arq.org](mailto:aanmeldingen@arq.org)

088 – 330 55 11

(available Monday to Thursday between 9.00 – 10.30 and 13.15 – 14.15)

“ **At first, I always slept in my mom and dad’s bedroom because I was scared that an airplane would come and destroy everything again. Now I sleep in my own room, in my own bed. I’m also not scared anymore when I hear airplanes, and I manage to just go to school and hang out with my friends.** ~ Girl, 7 years old

“ I’m not as easily scared anymore and can concentrate better at school. I also enjoy playing soccer again. ~ Boy, 17 years old



### **ARQ Centrum'45**

#### **Location Oegstgeest**

Rijnzichtweg 35  
2342 AX Oegstgeest  
071 – 519 15 00

#### **Location Oegstgeest**

Kasteellaan 1  
2342 EG Oegstgeest  
088 – 330 56 99

#### **Location Diemen**

Nienoord 5  
1112 XE Diemen  
020 – 840 76 40

[arq.org/en](https://arq.org/en)