



# High Intensity Trauma Therapy (HITT) in the clinic

## Information for referrers

**ARQ Centrum'45 offers High Intensity Trauma Therapy (HITT) in the clinic, providing two trauma treatment sessions per day during a five-day admission.**

### Intensively treating trauma

Over the past ten years, the 'short and intensive' treatment of post-traumatic stress disorder (PTSD) has rapidly gained momentum. There is increasing scientific evidence that PTSD can be treated just as effectively in a short and intensive program as in a longer one. ARQ Centrum'45 is a frontrunner in the development of highly intensive treatment programs and has been offering the High Intensity Trauma Therapy (HITT) program since 2016. High Intensity Trauma Therapy is effective in reducing PTSD symptoms, even in individuals with highly complex issues, and helps to recommence stalled outpatient treatments. It is an intensification of ongoing trauma treatment. A dedicated team of highly trained and experienced therapists, all BIG-registered, deliver High Intensity Trauma Therapy. The program is both evidence-based and best practice-based. The patient is always the top priority.

### HITT

Since 2016, the High Intensity Trauma Therapy program has been available within the clinic.

The benefits of an intensive treatment week include:

- The patient can overcome avoidance and is less likely to drop out.
- The patient feels safe and secure within the clinic, allowing them to process the trauma.
- Less interference of external stressors (e.g., daily obligations)
- The therapy can be effectively combined with treatment for comorbid issues.

### Inclusion criteria

- PTSD as diagnosed using the Clinician-Administered PTSD Scale (CAPS-5)
- Motivation for a short-term admission focused on trauma treatment
- Presence of a crisis management plan
- An ongoing trauma treatment in specialized mental health care (SGGZ)
- Involvement of a significant other
- Proficiency in Dutch or English

### Exclusion criteria:

- Acute suicidality
- Severe psychotic phenomena
- Alcohol or substance dependence (including benzodiazepines)
- BMI < 17

### Visiting address

Location Diemen  
Nienoord 5  
1112 XE Diemen  
Reception: 020 - 840 76 40

Location Oegstgeest Rijnzichtweg  
Rijnzichtweg 35  
2342 AX Oegstgeest  
Reception: 071 - 519 15 00

Location Oegstgeest Kasteellaan  
Kasteellaan 1  
2342 EG Oegstgeest  
Reception: 088 - 330 56 99

### Team Registrations

Monday to Thursday  
from 09:00 - 12:00 am  
aanmeldingen@arq.org  
088 - 330 55 11





### **HITT intake**

The HITT intake process is spread over 2 days. The first day takes place at the location in Oegstgeest, where an intake interview is conducted, and the CAPS-5 is administered. On the second day, there is an online consultation with the intake specialist, the patient, and the referrer. If the indication is positive, the treatment plan for HITT is discussed, and a date is scheduled. The patient and referrer prepare for the HITT together and create a crisis management plan. The same referrer is responsible for continuing the treatment after admission.

### **HITT in the clinic**

The patient is admitted on Sunday evening and discharged the following Saturday morning. On Monday, Tuesday, and Wednesday, the day starts with psychoeducation sessions. The patient receives two trauma treatment sessions each day for five consecutive days (Imaginary Exposure in the morning and EMDR in the afternoon). The remaining 'free' time is allocated for the patient to work on their own exposure in vivo tasks. Trauma-Sensitive Yoga is offered at the end of the day.

During the admission, the patient is encouraged to take a proactive and self-reliant role as much as possible, and the clinic operates as an open setting.

### **Information**

If you wish to refer someone, you can register via ZorgDomein or send the referral form and referral letter to [aanmeldingen@arq.org](mailto:aanmeldingen@arq.org). For any questions, you can contact the Admissions Team by phone at 088-3305511 (available Monday through Thursday from 9:00 AM to 10:00 AM). For any content-related questions regarding this brochure, please contact: Linda Doef, GZ-psychologist and coordinator HITT, or Mayaris Zepeda Méndez, clinical psychologist, via 071-5191500.

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