



De Evenaar

Veerkrachtgerichte behandeling van jonge vluchtelingen

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Oefening 1

In tweetallen bespreken:

Stel je voor er breekt een oorlog uit in Nederland en je moet vluchten.

- Wat zou je meenemen? (materieel&immaterieel)

- Wat zou je achter moeten laten?



We believe:
Treatment is possible
Program should be very divers
Symptom reduction is trauma-treatment
Family and support-system is very important



What kind of treatment should we give to asylumseekers and refugees?

Nickerson:

- Trauma focussed therapy: CBT
- Multimodal intervention: focus on the psychological reactions but also on psychological stressors, resettlement and acculturation challenges.



What kind of treatment should we give to asylumseekers and refugees?

Nickerson: Trauma focussed therapy may have some efficacy in treating PTSD in refugees, but limitations in the methodologies of studies caution against drawing definitive inferences.



What kind of treatment should we give to asylumseekers and refugees?

Recommendation for further studies:

Emphasis on the importance of recognizing the context of treatment (ongoing threats, grief, anger psychosocial difficulties with resettlementproces).



Waar halen ze de kracht vandaan?





Resilience

Resilience = the capacity to maintain or regain health and function ability despite past experiences and to endure stressors of the asylumprocedure and all daily living hassles.

Healing ability.

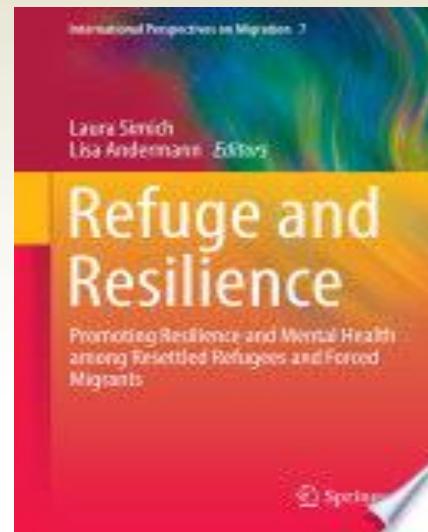
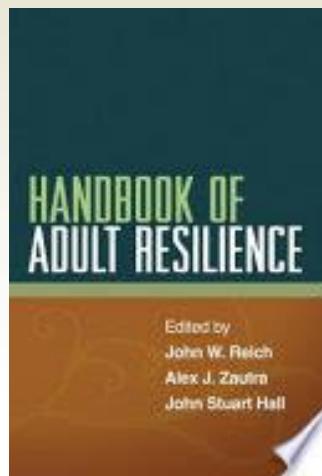
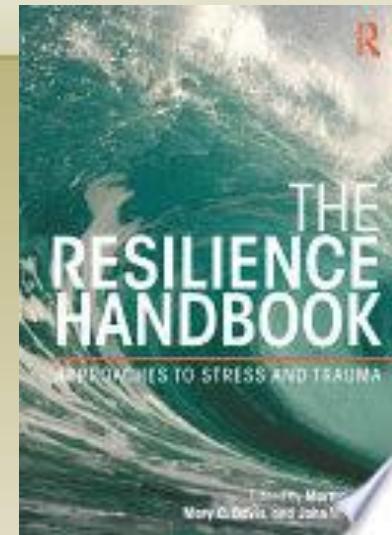
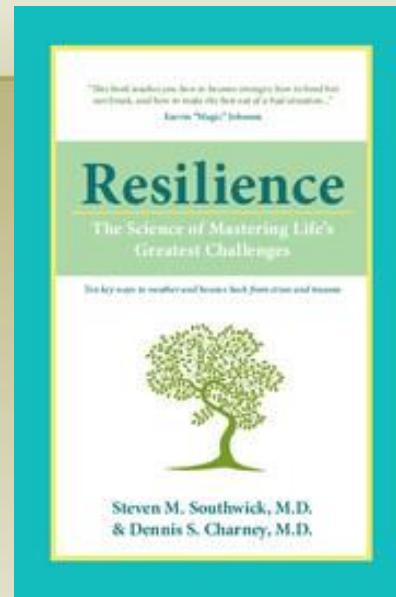
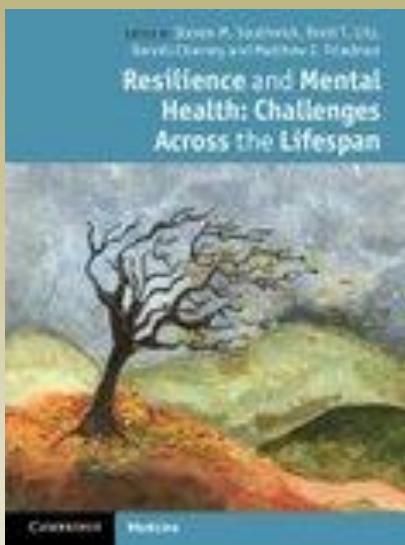


Resilience

Conservation of Resource Theory (COR)
(Hobfoll 2011):

If people are able to regain their material, psychosocial and financial resources after experiencing adversities the chances of developing psychopathology are much less.

Resilience





What helps children and youngsters recover from trauma and loss?

Ann Masten:

- Competent and caring adults in the family and in the community, 'hopefull attachments'
- Cognitive and self-regulation skills
- Positive view of self
- Motivation to be effective in the environment



What helps children and youngsters recover from trauma and loss?

- Positive emotions and humor
- Facing fears (CBT, EMDR, NET)
- Flexibility in mind
- Self-esteem, identity
- A role model
- Acceptation of unchangeable issues
- Variability in coping strategies
- To mean something to somebody else

R e s i l i e n c e

SSKK



health
disability
quality of life

Stress

- Verlies van familie
- Verlies van cultuur
- Verlies van
- Trauma's
- Marginalisatie
- Procedure-stress



Steun

Emotionele steun

Informatieve steun

Practische steun



Resilience / kracht

- Zelfvertrouwen
- Hoop voor de toekomst
- Persoonlijkheid
- Actieve coping

Religie, spiritualiteit

Positieve emoties en humor



Kwetsbaarheid

- Genetische kwetsbaarheid
- Trauma's op jonge leeftijd
- Chronische klachten
- Schuld en schaamte





Oefening 2

In dezelfde tweetallen:

Wat zijn jouw bronnen van veerkracht?



Er zijn veel verschillen in hoe mensen omgaan met verlies en trauma.

Bij intake bij De Evenaar altijd de kracht en steun uitvragen en kijken naar de context.

- Wat heeft gemaakt dat de jongere alle ellende heeft kunnen overleven?
- Wat maakt dat hij desondanks door kan gaan?
- Welke steun heeft hij nodig?



Onze ervaring met veerkrachtgericht werken

- Het benadrukt de eigen helende kracht die mensen hebben.
- Het is eenvoudig uit te leggen aan jongeren en geeft een gezamenlijke taal binnen De Evenaar.
- Het betrekt de jongere bij zijn/haar eigen behandelproces.



Het verhaal van Youssouf

Behandeling

- Altijd veerkrachtgericht
- EMDR
- NET Narratieve Exposure Therapie
- Non-verbale behandelgroep beeldende en dramatherapie
- Medicatie
- Ouderbegeleiding
- Advisering docenten, voogden enz.





Non-verbale behandelgroep beeldende en dramatherapie

Voor jongeren 12-21 jaar

Wekelijks

Doorlopende open groep

One day or
day One.
you decide

Don't
Give
up

Don't
Give
in

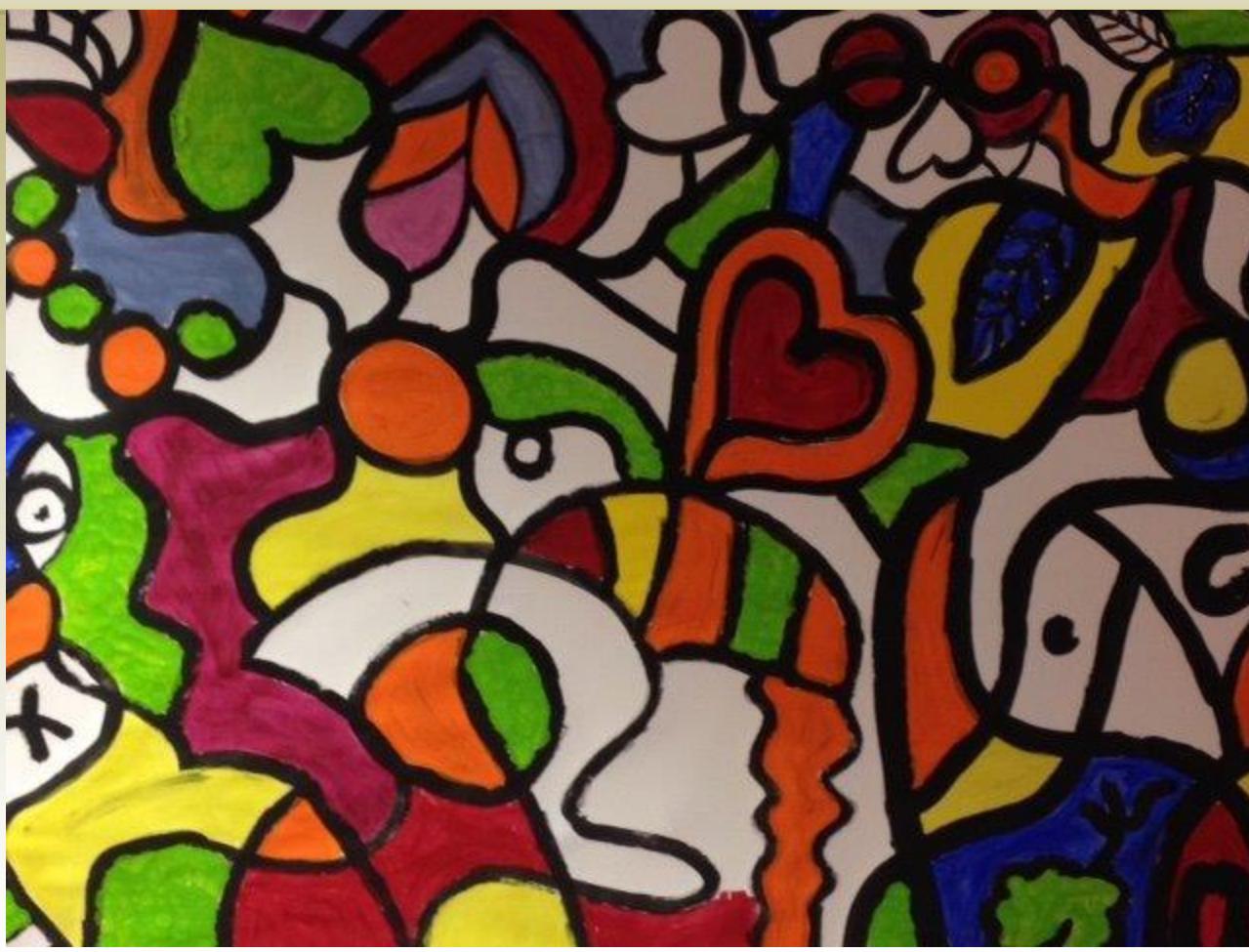
every scar i have makes me who i am

Hard
Work
IS the
Key

"If you want to go fast, go alone.
If you want to go far, go together"

"Pain is temporary,
Glory is forever"





Narrative Exposure Therapie (NET)









Ronja





Bedankt voor uw
aandacht



1 Characteristics of the group

- Background of loss and trauma's
- Different expressions of complaints
- More members in one family have problems
- Unfamiliarity with the Dutch healthcaresystem
- Language problems
- Lack of a social network
- Worries about the family back home
- Intens relation between socio-economic position and health problems
- Developmental process in the context of severe adversity.
- They lose their guardian and right to go to school when they become 18 years old.





10 Resilience-oriented treatment

A resilience oriented approach encompasses: trauma focussed therapies AND multimodal interventions.

What can be done to lower the stress and vulnerability and what can be done to increase resilience (social support and personal strength)?



Bij 13: SSKK-model

Expansion of the stress-vulnerability model (Zubin & Spring).



Shift of attention

“A shift in focus has been to move away from the negative aspects related to being a refugee towards emphasising positive aspects and resilience in the face of adversity.

A focus on resilience in young refugees may aid in adequately representing their response to adversity, understanding their needs, and shaping any interventions” (Sleijpen, 2017).