

De Evenaar, Centrum voor Transculturele Psychiatrie

Therapies and Activities

"De Evenaar" (*The Equator*)

Centre for Crosscultural Psychiatry Noord-Nederland (*Northern part of The Netherlands*)

Therapies and Activities

The Evenaar, Centre for Crosscultural Psychiatry, offers mental healthcare to immigrants with psychiatric problems who are also faced with crosscultural problems or traumas.

In this pamphlet you can read more about the various therapies and activities which may form part of the treatment in the Evenaar

Activities Therapy

During this therapy we work with various materials, like textile, wood and paper. To be “active” may result in a pleasant diversion. Activities therapy might result in improving the concentration and increase self-confidence. Also attention can be paid to trying to find ways to spend your days like doing (voluntary) work or schooling.

Creative Therapy

This is an experience-oriented therapy whereby not talking but doing is the most important thing. There are two different forms of therapy:

- *Plastic arts therapy*

During this therapy various materials like paint, pencils, paper and clay offer the possibility to draw or to paint those things which are important to someone. In this way feelings like sorrow and happiness can be made visible and perceptible.

- *Drama therapy*

In this kind of therapy use is made of everything connected with acting and theatre. For instance, role playing, improvising, but also writing texts, making costumes or masks and applying make up. In this way feelings are experienced and expressed, without talking about these feelings (having to talk about these feelings).

Course: People & Culture

This is a meeting in the form of a group conversation in which the central theme relates to culture. This course may help you better understand the Dutch culture. Another important objective is reflection about and discussion of positive items of one's own culture.

Medication

Normally also treatment with medicines will be started in The Evenaar. The psychiatrist is the person responsible for prescribing medication. The medicines will be supplied by your own pharmacy.

Module Body & Stress

When people are referred to this module, they usually are in a very bad condition and have many physical complaints as a result of long lasting stress. In the module ‘Body and Stress’ we work on improving the general physical condition and on how to better recognize and handle complaints resulting from tension.

Dutch language

If necessary people may be referred to Dutch classes to be taken with a teacher of GGZ Drenthe. For instance, in the case that a client is not sufficiently able to undergo treatment because his knowledge of the Dutch language is not sufficient.

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Psychomotor Therapy (PMT)

This therapy focuses on moving and becoming conscious of one's body. PMT is taking place in sports facilities. If no or little physical activity has been practiced for a long time, exercising can become pleasant and relaxing (again). It might be nice to wear sports clothes or sports shoes

Psycho-Soma Education

Information about mental and physical complaints as well as the relation between body and mind forms part of the Psycho-Soma Education. During this therapy subjects like sleep, stress and relaxation, trauma and emotion are discussed. The objective is to improve the way people can recognize his complaints.

Psycho Therapy / Verbal Therapy

When indicated, psycho therapy will be offered by a psychologist or psychiatrist. In principle this will be of an individual nature. Different kinds of verbal therapy will be used.

System of Positive Proof

In the system of positive proof, attention is not only paid to the individual client, but also to his/her family members as well as to the relation between the client and his/her family. It often happens that when one person gets sick in a family, all the other family members also suffer because of this illness. Together we try to find a maximum of mutual support, so that everyone will have more energy to deal with the problems.

Guidance

Already during treatment, a start can be made with orientation on activities in one's own living environment. An inventory can be made about how satisfied the client is with the way he presently spends his time. Earlier trainings and skills and the actual strong and weak sides of the client will be analyzed after which we try to determine an objective which can be achieved in how the day can be spent. After that external guidance can be started, for instance a reintegration agency, foundation "Emplooi" (organization for refugees) or social cultural work.

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GGZ Drenthe

The Evenaar
Centre for Crosscultural Psychiatry
1 Altingerweg
9411 RA Beilen
P.O. Box 30000
9410 RA Beilen
Telephone (0593) 53 58 42
Fax (0593) 53 58 51
E-mail: deevenaar@ggzdrenthe.nl

The Evenaar is located in the building named " De Weijerd". Clients coming for the first time should report through the Secretariat, through the main entrance of the building next-door "The Etstoel.

www.ggzdrenthe.nl

What does GGZ Drenthe offer? (*GGZ Mental Health Care*)

GGZ Drenthe offers ambulatory, out-patient and clinical mental healthcare. The mental healthcare is offered in three regional divisions: Northern part of Drenthe, South-eastern part of Drenthe and the South-western part of Drenthe. Moreover, GGZ Drenthe offers clinical and ambulatory forensic psychiatry.

Nursing of and caring for the elderly is offered in and from two nursing homes and two homes for the elderly.

Prevention, social services and scientific research belong to the core tasks of GGZ Drenthe. GGZ Drenthe offers a different kinds of education, like schooling to be a psychiatrist, health care psychologist, clinical psychologist, nurse and assistant nurse.

Approximately 3000 people work with GGZ Drenthe, divided over dozens of locations in Drenthe. Annual over 15,000 persons make use of our services

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