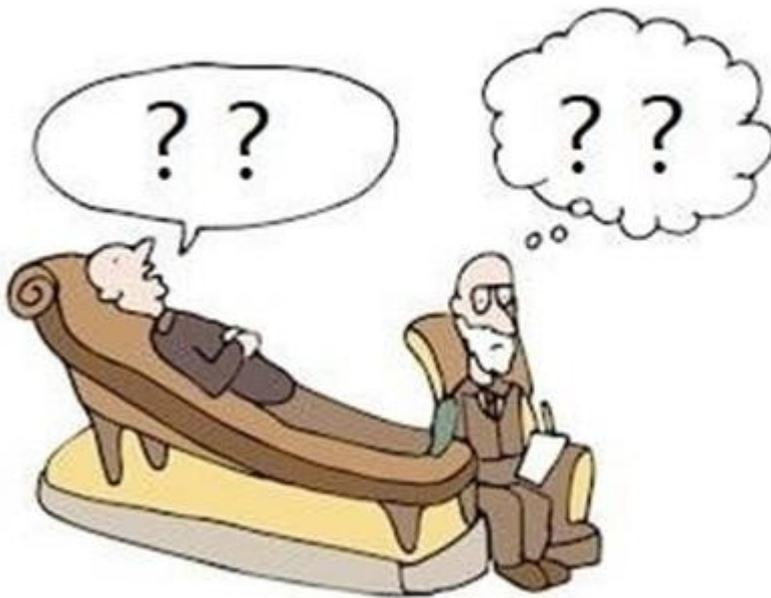


Finding a therapist or “in-therapy”

Due to the increasing attention for (complex) PTSD, there are also "therapists" who offer EMDR, but have little or no education or lack training/ experience or worse are no qualified therapist, creates the danger of emotional recurrence or damage due to incompetence by lay therapists offering EMDR. In other words, ask if someone has a official registration. Someone who doesn't want to answer that, is probably not. Why it is so important that someone has experience with the subject of traumas and therefore treating clients with traumas is that you will not get better if you run into problems due to lack of expertise or that other complaints remain untreated. So it's not so strange to ask about someone's experiences and education. I speak from experience and believe there are people who think they can help you, but due to lack of experience and education you may be able to damage more than you already are. A good therapist will want to know first or foremost what your experiences are. So an estimate of your life course and your traumas. He / she also knows that you can sometimes forget. A good therapist not only focuses on (complex) PTSD complaints, but also asks others out.



Diagnosis...

It can be assumed that PTSD is more than just what constitutes as a composition of complaints. The context is always somehow denying emotionally what it did to you. With a good therapist you feel at ease. Here you can cry, be angry, be quiet and work on your resilience and a better future. You are not forced and he / she knows better than anyone that it is about trust, without trust in some form there cannot be any progress. Because shame and hurtful things are only expressed in confidence. He / she will also make it clear that you are more than just your traumas and destigmatize and apologize you as being a victim. That is very important emotionally. You were innocent. He / she will also not let you down if for

some reason things get worse. He / she will keep in touch and get you back on track as quickly as possible. He / she will work on your resilience and learn to dare to sail more on your feelings and intuition, no matter how confusing that may be for you. He / she is aware that you can be fragmented, dissociate or handle your memories and feelings and thoughts about them differently. So a dissociation questionnaire must be taken as part of the diagnosis. Many visit a health care worker with a range of complaints - arise over time - then professional help should be offered. A good therapist will suggest that you also do and develop haptonomy, meditation, relaxation, activity, etc. A good therapist (does not shy away from shame and does not scare you if you are frank. He / she also knows that your partner may also have a talk once. He / she knows that it must be done bit by bit and not all at once. It takes time and you can take the time. Finally, a good therapist also knows that with psychoses there is certainly no contra-indication for processing therapy, see it as "from confusion to out of confusion" and that traumatic experience may be a reason for psychotic phases, but certainly not a definitive answer to therapy. I myself, after being confused for decades, I have been free of psychosis for more than 6 years, it was as if silence and space in my head arose.