

Culture & Identity

Creating your own melting pot



FOR WHOM?

Affect Phobia Therapy is the apt treatment for you if you recognize yourself in the following features:

- you suffer from persisting mental problems, such as anxiety, depression and low self-esteem. The complaints may fade, but then they return. It seems to be a pattern
- you have identity issues, e.g. it's hard to find your identity within a new culture or within more than one culture at once
- it's hard to set boundaries and express yourself in social contact
- you tend to withdraw from contact with others. For example, in your family, work or study
- you have trouble adjusting to a new phase in life
- you are now willing to examine your patterns and their effect on your relationships with others in and with the group

WHAT IS AFFECT PHOBIA THERAPY

Affect is another word for feelings. Feelings add energy and colour to our life. They help us make the right choices, set boundaries, and be satisfied in contact with others.

When we're afraid to be overwhelmed by our emotions, or when we learned not to express our emotions, feelings can cause anxiety. This could be the beginning of an emotion- or affect phobia. With as a result withdrawal, fear to be vulnerable, impaired relationships and difficulty to enjoy life to the fullest.

Consequences can be: depression, anxiety, panic attacks, tension, agitation, tiredness, vague physical complaints or being overwhelmed by emotions.

The purpose of Affect Phobia Therapy is to improve your mental health by experiencing all feelings freely. In that way you can express what moves you in relation to people around you.

WHY GROUP THERAPY?

At Adagio, we provide Affect Phobia Therapy as group treatment. We believe that group therapy is the preferred treatment, since difficulties that people face in their daily life will also occur in the relationships with group members and therapists. The strength of the group is that you get to work on your patterns within the group. It offers the possibility to practice thinking and acting differently.

WHEN NOT?

You are ...

- suffering from an acute psychiatric disorder, like a psychosis or acute severe depression
- addicted
- homeless
- not having enough social support

GROUP RULES

- We expect you to come every weeks, maximum of 2 times absent in 6 months, absence is always discussed in the group
- Minimum 6 months, maximum 18 months participation
- Questionnaires before, after 6 months and at terminating the group therapy
- 2 weeks Christmas holiday, 2 weeks summer holiday
- No other (individual) therapy
- Phones off, no food or drinks, appropriate clothing
- We speak English, but most of us are non-native speakers

THE APPLICATION PROCESS

Are you in the age of 25-40 and do you (or your therapist) think you meet the criteria; you can sign up for the group starting this September.

When? Wednesdays 4.30-6.00 pm

Where? Adagio Psychologenpraktijk, Mauritskade 22-D

How? You can send an email to marije@adagioamsterdam.nl or call 020-7761042 to make an appointment for an intake with the APT-therapists. With this intake you'll evaluate with the therapists if APT group therapy is a good fit for you.



MORE INFO:

020-7761042

MARIJE@ADAGIOAMSTERDAM.NL