



MORE MEDICAL

MARINE OFFSHORE REMOTE EMERGENCY

MOVING ON AFTER A TRAUMATIC EVENT



COURSE MOVING ON AFTER A SHOCK

In some professions you are confronted with human suffering more than in others. Rescue workers, medics, military, policemen, seafarers and remote workers are examples of this.

The work is grateful when you can make a difference and you can actually ensure safety and save lives. However, you are also confronted with the hard side of life more than in other professions. You experience from close by that life is fragile and can end 'just like that'. You can also be confronted with intense emotional reactions of pain, sadness, anger from the people you want to help.

It is often thought that the more you experience, the better you can handle it. However, there are indications that the regular exposure to dangerous situations and serious suffering of people causes emotional wear and tear. Remember the saying: 'It is the steady drop that hollows out the stone'. You can notice this by the fact that you can handle less and are more likely to be upset after major events. Conversely, you may also become dull and indifferent.

WHAT DOES THIS TRAJECTORY ENTAIL?

The trajectory that MORE Medical has developed is intended for people who suffer from a traumatic event, for example due to constantly recurring memories (or dreams) about it. Complaints such as fatigue, irritability and loss of concentration are then common. Sometimes people try to avoid certain situations that are reminiscent of the event. These psychological complaints can lead to problems at work.

In the process, targeted work is done on recovery of the psychological complaints and processing of the event(s). The process consists of several phases:

- diagnosis and action plan
- recovery from the complaints, (re)finding a personal balance
- processing the traumatic event
- (again) taking up life tasks and responsibilities

We work on recovery in a practical way, using conversation, exercises and games. You will also receive information and explanation about the origin, influence and treatment of these complaints. The method of processing is chosen in mutual consultation. You can think of writing assignments, EMDR or play. The progress of the program is measured using questionnaires on psychological complaints. The environment, both the

work and private situation, is involved as much as possible in the process. Together we look at what you need at home and at work to be able to function healthily and energetically again.

GOAL OF THE TRAJECTORY

The goal of this process is to work on recovery from the complaints and (again) taking up life tasks and responsibilities. In the event of absenteeism due to illness, we work towards reintegration into work. The approach is that both employee and employer learn from absenteeism.

METHOD

Intake/Diagnostics

An employee can first receive a free introductory meeting. Based on this, a quote will be sent. As soon as the confirmation of the quotation has been received, the employee will receive an invitation for the start of the intake. This consists of a 1.5 hour interview and the completion of a few personality questionnaires. Based on this information, the psychologist will provide a diagnostics report and advice on recovery and reintegration within 1.5 weeks. The company doctor receives a copy of this information with the consent of the employee. In consultation with the employee, the client receives written feedback containing information relevant to the work.

Sessions

The process starts with a consultation based on the intake/diagnostics. When it comes to a one-off major event and there is no question of absenteeism yet, practice shows that a maximum of 10 coaching sessions are offered. In the event of an accumulation of several major events and when there is (partial) absenteeism, approximately 15 sessions are required. In addition, hours are reserved for intake/diagnostics and advice and consultation.

The process is completed when the employee functions optimally again in the work and private situation.

Advice/consultation

During the personal training, two consultations are held with all those involved (manager, company doctor, personnel officer, relevant employee and a psychologist). The central aim of this consultation is to work together on recovery and occupational reintegration/or strengthening the effective functioning of the employee. During the consultation, it is discussed what both the employee and the work situation can learn and advice is given that promote recovery and reintegration/or strengthening effective functioning. We pay attention to the interests of both employer and employee.

COSTS

MORE Medical draws up a quotation based on the free introductory meeting. After receiving a signed copy of this, the coaching will start. MORE Medical sends an invoice after confirmation of the quotation. The payment term is two weeks.

MORE INFORMATION

Please send an e-mail to info@more-medical.com and together we will find the most suitable solution.



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