



MORE MEDICAL

MARINE OFFSHORE REMOTE EMERGENCY

INDIVIDUAL AND GROUP THERAPY



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MORE Medical is a partner for people and organizations in effective management of sources of stress and energy. With our partners we focus on finding a healthy balance between exertion and relaxation, giving and receiving energy, life and work. Only balance nurtures the creative impulse.

We are living in times of rapid change and new developments, and our aims are set high. Some people commonly go through the day in a furious, non-stop pace, whereas others prefer a part-time job. No matter what we choose, a flood of information overwhelms us every day, both at home and at work. And anyhow, our professional and private lives are continuously getting more intertwined, bringing the need for reorientation and a new balance.

However, not everybody finds it easy to maintain their balance in these circumstances. Unfortunately, the first, worrying signs are visible already: more and more people suffer from psychological complaints and find themselves unfit to work. Media reports about work stress, nervous exhaustion and burnout abound. Governments and organizations are aware of the need for action, that we live in a time that calls for a new corporate culture — one that can accommodate new, diverse desires and needs.

An important starting point is that, with the help of extensive diagnostics, a personal evaluation is made. Whether an individual or a group is concerned, on this basis a plan of action is made. This gives a foundation from which individuality/ idiosyncrasies can be recognised and influenced. Individuals, groups and families can go downhill through incorrect use or neglect of personal characteristics. Exhaustion, depression, irritation and disappointments are the result. Sometimes aims and wishes are pursued which are not (no longer) possible. The self-image differs from the actual inner potential. Charting the characteristics can provide an answer. The method used is clear and practical. The downhill trend is reversed, within the limits of the personal potential.

Our trainers and psychologists are specialists with a great deal of experience in work-related problems. We offer a wide range of set products, besides which we can develop workshops, courses and training in accordance with your wishes.



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.

We offer employers and employees practical tips and techniques to promote mental resilience and healthy functioning. We aim to make the tasks of life at work and at home manageable again. When sick leave is due to psychological problems, we help with solutions and reintegration. We also give team coaching and trainings "How to manage yourself" and "Personal management".

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.

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.

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.



COURSE MENTAL CONDITION

MENTAL HEALTH TRAJECTORY

It concerns short courses of 6 sessions, aimed at "mental condition".

This is used preventively or there is evidence of starting psychological complaints. In addition, there are 3 hours for intake, plan of action, advice and test diagnosis.

Employees get to know and use their personal instructions for use in relation to the learning points they stand for. There is a proactive effort to empower employees, so that they can cope with the life tasks they face with renewed energy and tools. In order to offer effective help, diagnostics, by means of online questionnaires and an intake interview, are necessary. The employee receives a brief report and plan of action. In view of the short trajectory, this is short and practical in content.

ACTIVITIES

The course includes the following: 3 hours of diagnostics/plan of approach/advice and a total of 6 sessions.

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