



### AFFECT PHOBIA THERAPY – WHAT IS IT?

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 are afraid to be overwhelmed by our emotions, or when we learned not to express them, feelings can cause anxiety. This could be the beginning of an emotion – or affect phobia, resulting in 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.

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 through your emotions.

### WHY GROUP THERAPY?

At Adagio we provide Affect Phobia Therapy as group treatment. We believe that difficulties that people face in daily life will also occur in the relationships with group members and therapists. This way you will work on your patterns within the group. It offers the possibility to practice thinking and acting differently.



### FOR WHOM? WHEN

- 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 a social context.
- 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 willing to examine your patterns and their effect on your relationships with others in and with the group.



### WHEN NOT? WHEN

- you suffer from an acute psychiatric disorder like a psychosis or acute severe depression.
- you are addicted.
- you are homeless.
- you do not have enough social support.

### GROUP RULES

- We expect you to come every week; max 2 times absent in 6 months. Absence is always discussed in the group.
- Minimum of 6 months, a maximum of 24 months participation.
- Questionnaires before and after 6 months and when terminating the group therapy.
- 2 Weeks Christmas holidays, 2 weeks summer holidays.
- No (other) individual therapy.
- Phones off, no food or drinks, appropriate clothing.
- We speak English, but most of us are non-native speakers.

### HOW TO APPLY

Are you 25 – 45 years of age? Do you or your therapist think you meet the criteria? Then you can sign up for the group.

The group is an open group, you can join whenever there is an opening. There is a maximum of 8 participants.

When           Thursdays 4.30 – 6 pm.

Where          At Bluebirds. Address: Louise Wentstraat 186, in Amsterdam.

How            You can send an email to [marije@adagioamsterdam.nl](mailto:marije@adagioamsterdam.nl) or phone 020-7761042 to make an appointment for an intake with our APT-therapists to evaluate if this group therapy is right for you.

### FOR MORE INFORMATION

TEL. 020 – 7761043

or

[MARIJE@ADAGIOAMSTERDAM.NL](mailto:MARIJE@ADAGIOAMSTERDAM.NL)