

Specialized Trauma Therapy

EVIDENCE-BASED PSYCHOLOGICAL TREATMENT FOR ADULTS

I specialize in the treatment of trauma and PTSD. I also treat a wide range of psychological difficulties, including anxiety, depression, stress-related issues and low self-esteem.



TREATMENT AREAS

- Trauma (PTSD & C-PTSD)
- Depression
- Anxiety & Panic Disorders
- Stress-Related Issues
- Obsessive-Compulsive Difficulties
- Low Self-Esteem



TREATMENT METHODS



EMDR



CBT



ACT



SCHEMA
THERAPY



SOMATIC
INTERVENTIONS



MY APPROACH

I tailor treatment to each client by integrating evidence-based methods including EMDR, CBT, ACT, Schema Therapy and Somatic Interventions.

Treatment is collaborative, trauma-informed and adapted to the individual's goals, history and current needs.



PLEASE NOTE

I do not provide crisis intervention, treatment for acute suicidality, severe substance dependence, eating disorders, active psychosis, or court-mandated assessments.



FREE 30-MINUTE CONSULTATION

For consultation please contact me directly or visit my website.



Scan to
visit my
website



Lysander Verschuur

PSYCHOLOGIST & TRAUMA THERAPIST



WHY REFER?

- ✓ Psycholoog NIP
- ✓ Specialized trauma therapist
- ✓ MSc Psychologist
- ✓ Dutch & English
- ✓ Online & Amsterdam (in-person)
- ✓ Short waiting time
- ✓ Evidence-based care
- ✓ Not covered by Dutch insurers
- ✓ Invoices can be provided for reimbursement where applicable



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