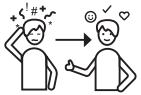
4 Psychologist package

+ Benefits

Getting help in making changes



Possibility of trauma processing

Dealing with difficult thoughts and feelings

Knowledge of yourself, your problems and reactions

Help to understand what you can and cannot change

Room for contemplation

- Harms

Requires stable attendance - preferably every week

Regular exercises in between the sessions

Emotional impact

Less space to talk about what is currently most urgent

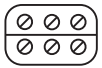
DECISION HELPER™ preview

4 Supportive package (Sessions with nurses)

+ Benefits

Flexible treatment process with a focus on current needs

Space to talk about problems and help to deal with them



Opportunity to focus on medicine

Strategies for dealing with thoughts and feelings

Help to create structure in your everyday life

Broad inter-disciplinary help

- Harms

Requires stable attendance every 14 days

Requires that you open up about problems

No deeper trauma treatment

No psychotherapy

DECISION HELPER™ preview

4 Doctor package

+ Benefits

Flexible attendance at 2-4 week intervals

Only a few clinicians to deal with

Few sessions and short course of treatment

Focus on medicine

Room to talk about current needs

The focus is on gaining knowledge about your illness

- Harms

Does not go deeply into your problems

No psychotherapy

No deeper trauma processing

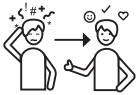
Small exercises to make changes in everyday life

DECISION HELPER™ preview

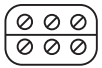
4 Trauma package (doctor + psychologist)

+ Benefits

Broad inter-disciplinary help



Possibility of trauma processing



Possibility of medical treatment

Help to understand what you can and cannot change

Room for contemplation

Focus on and knowledge about PTSD

- Harms

Stable attendance - preferably every week

Several different therapists to deal with

There will be regular exercises in between the sessions

Emotional impact

DECISION HELPER™ preview

4 Patient stories

1) I had conversations every week. I became better at understanding the connection between my past and my current problems. I learned how to
handle my problems in a new way. I have become better at regulating my emotions.
- Patient using psychologist package

3) It has been nice to have a place where I could put into words what is difficult.
It was good with meetings every 14 days. There was time to open up slowly.
I also learned about calming exercises and got advice and
guidance.
- Patient using a supportive package

2) It was nice that I only had to deal with a few people. I learned something about why I feel the way I do, and what I can do about it and expect in the future. I was given medication that
I thought helped me. The doctor told me about how the medicine works, so I was not so nervous about trying it.
- Patient using a Doctor Package

4) With the doctor, I got my medication under control. With the psychologist, I got my thoughts in order.
- Patient using a Trauma Package

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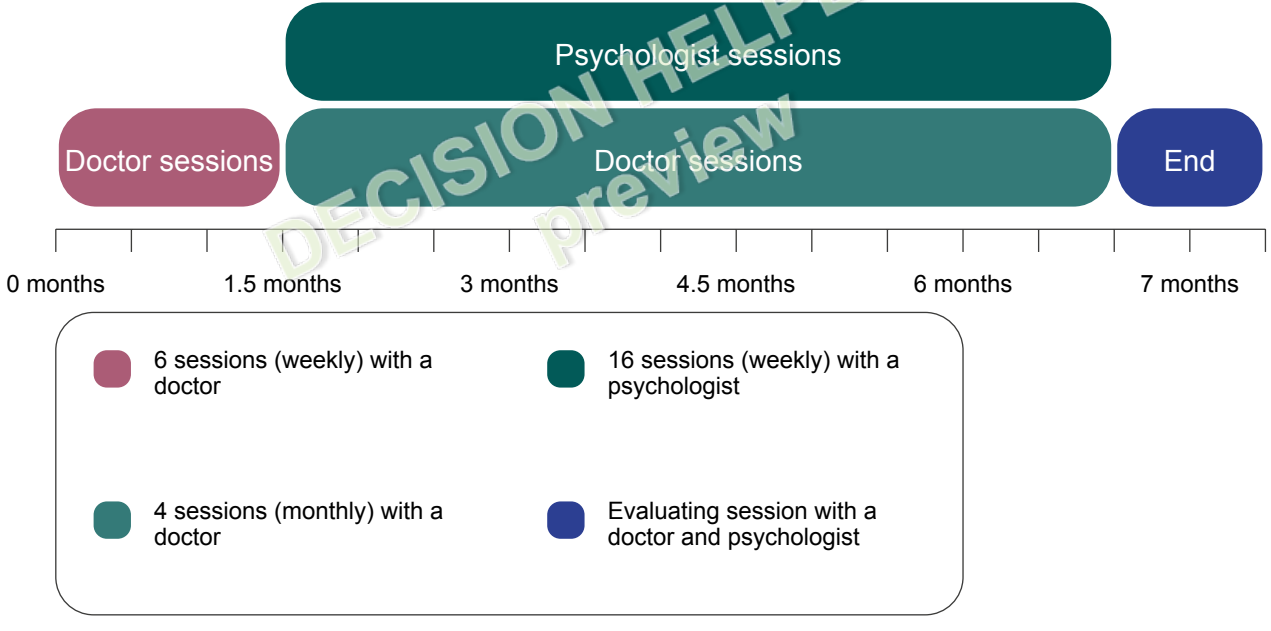
4 Trauma Package



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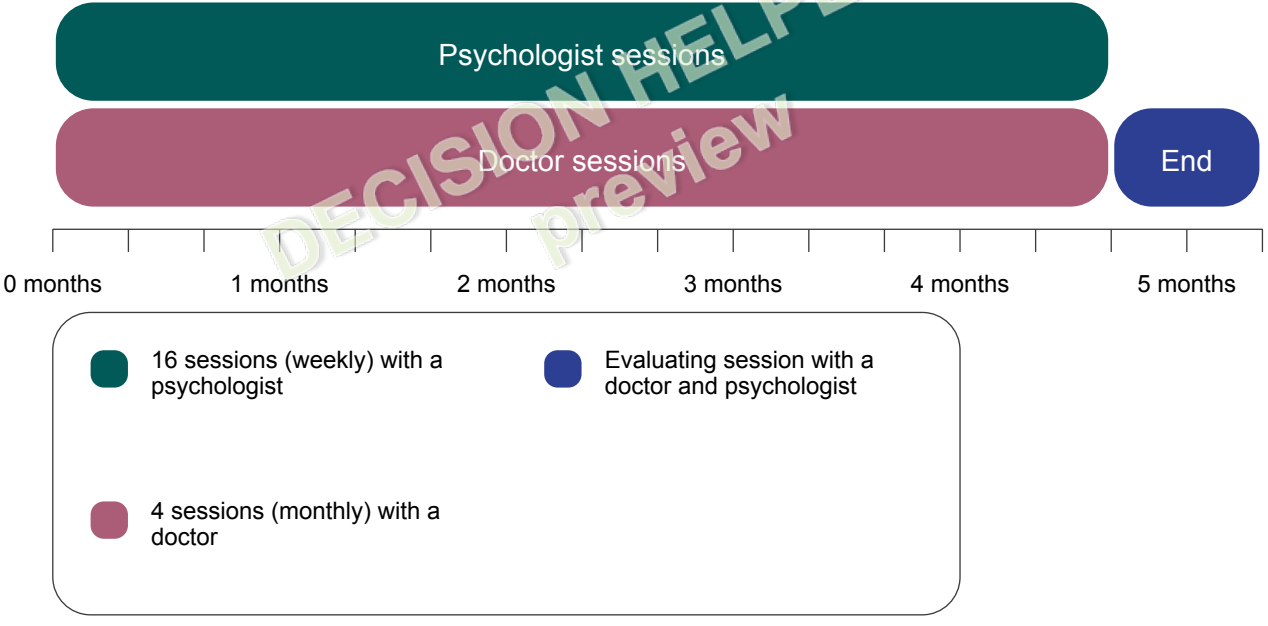
4 Psychologist package



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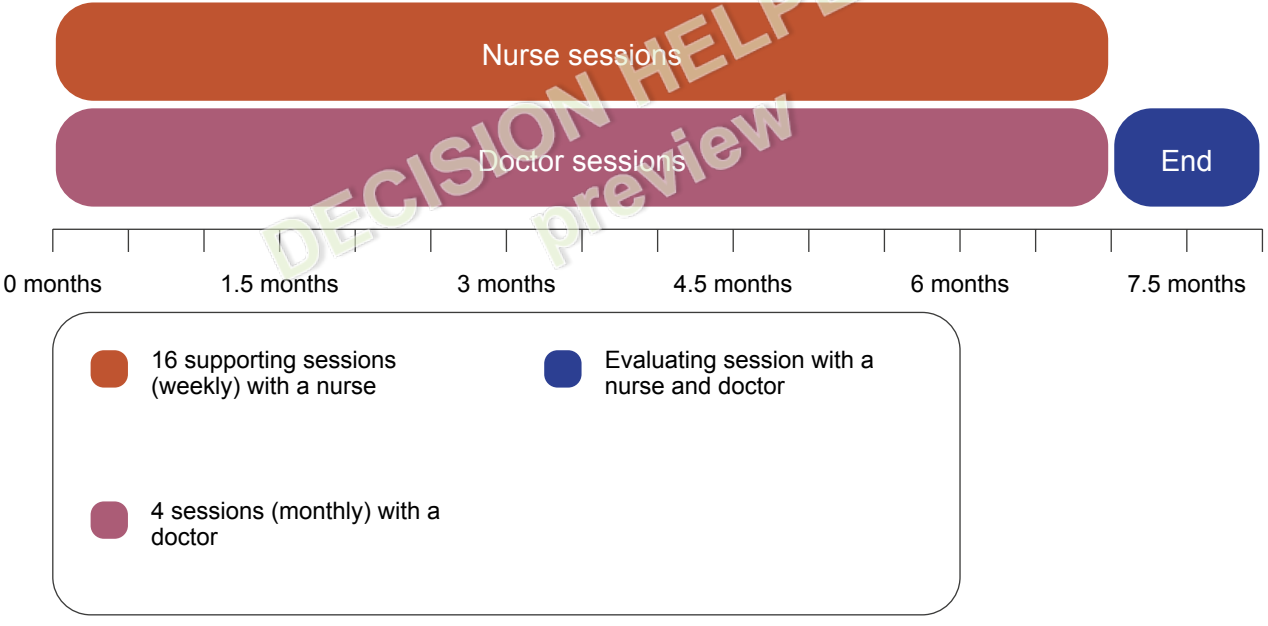
4 Supportive package



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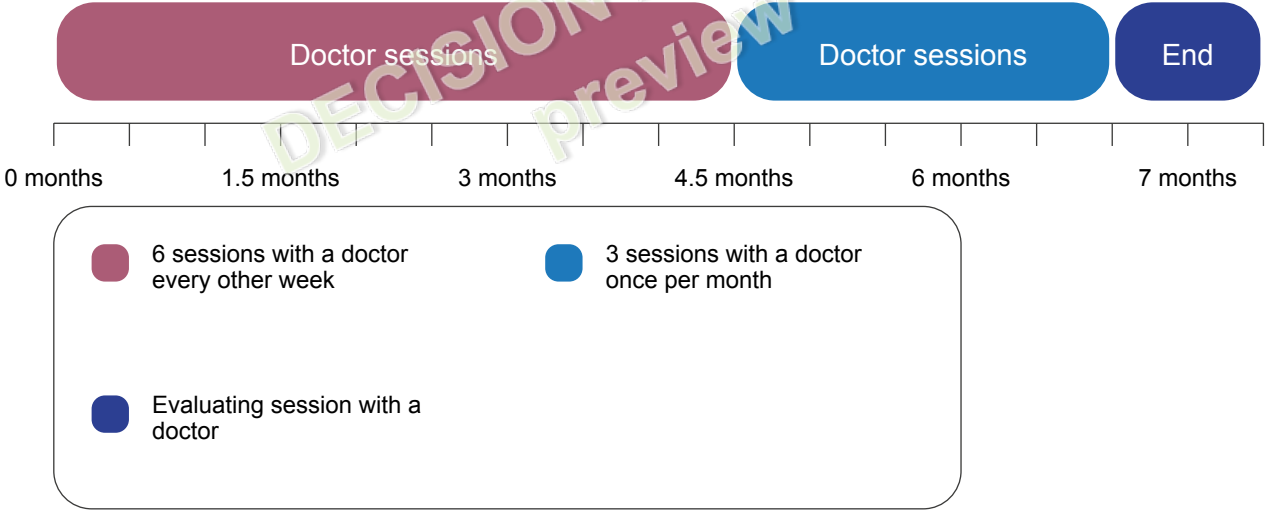
4 Doctor package



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