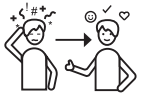
4 Psychologist package

+ 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)

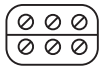
+ Benefits



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

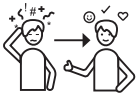
- Harms



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

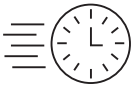
+ Benefits



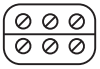
Flexible attendance at 2-4 week intervals



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

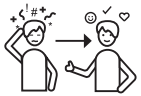
DECISION HELPER™ preview

4 Trauma package (doctor + psychologist)

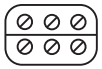
+ Benefits



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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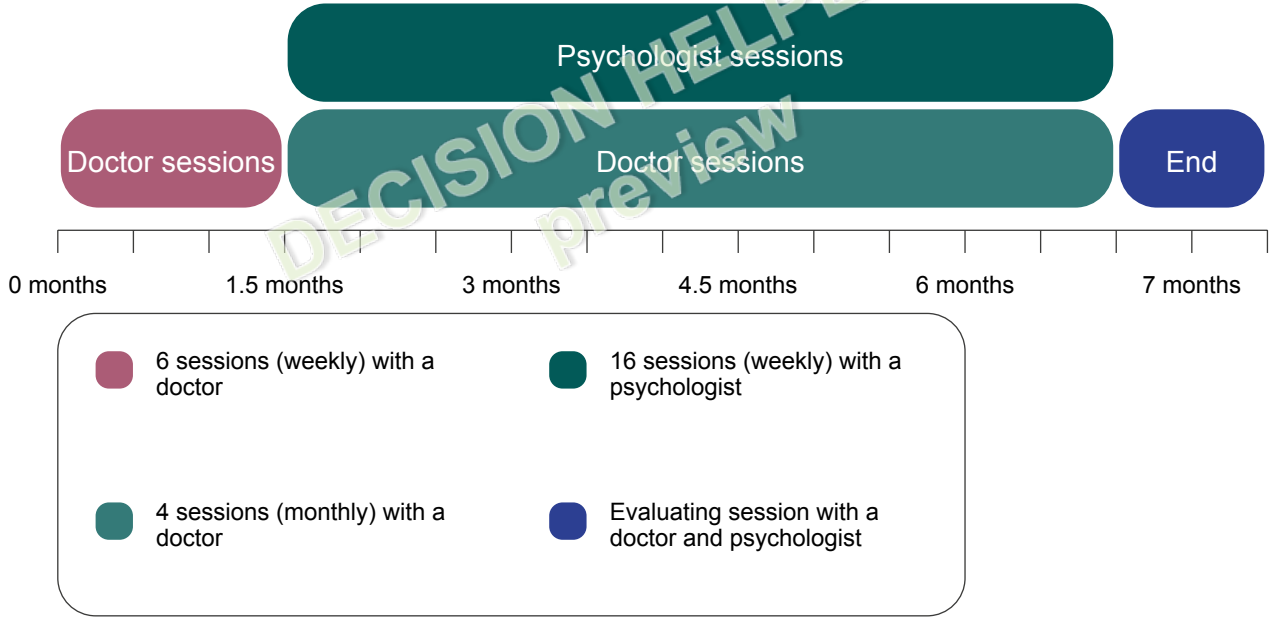
4 Trauma Package



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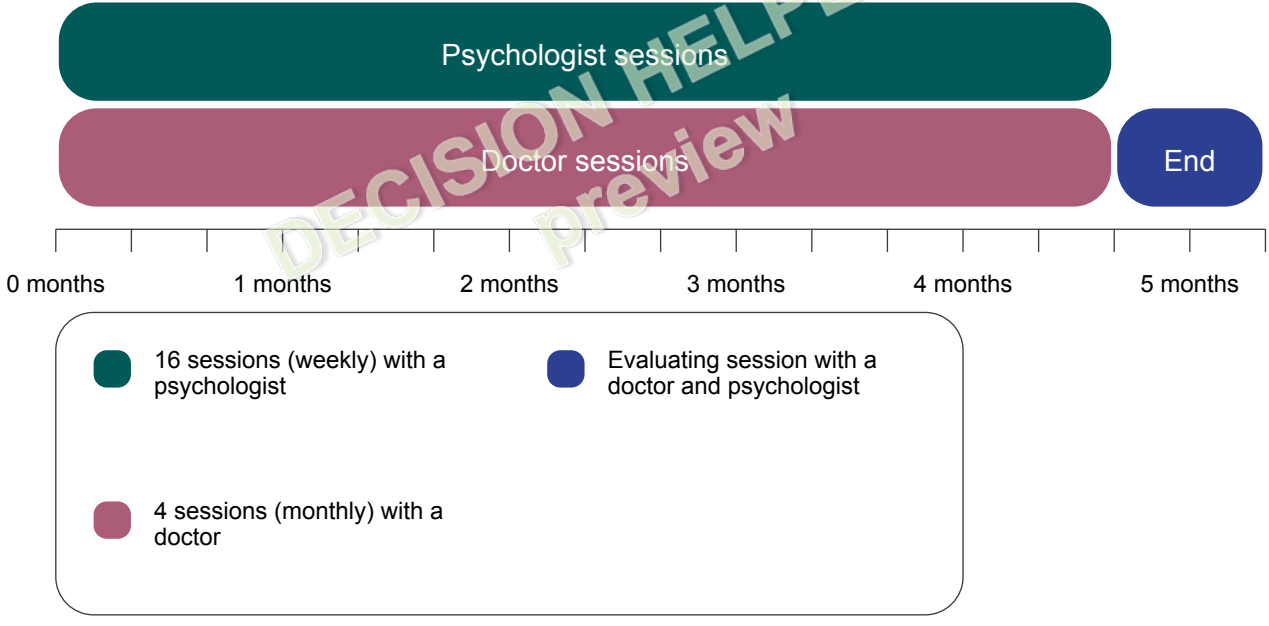
4 Psychologist package



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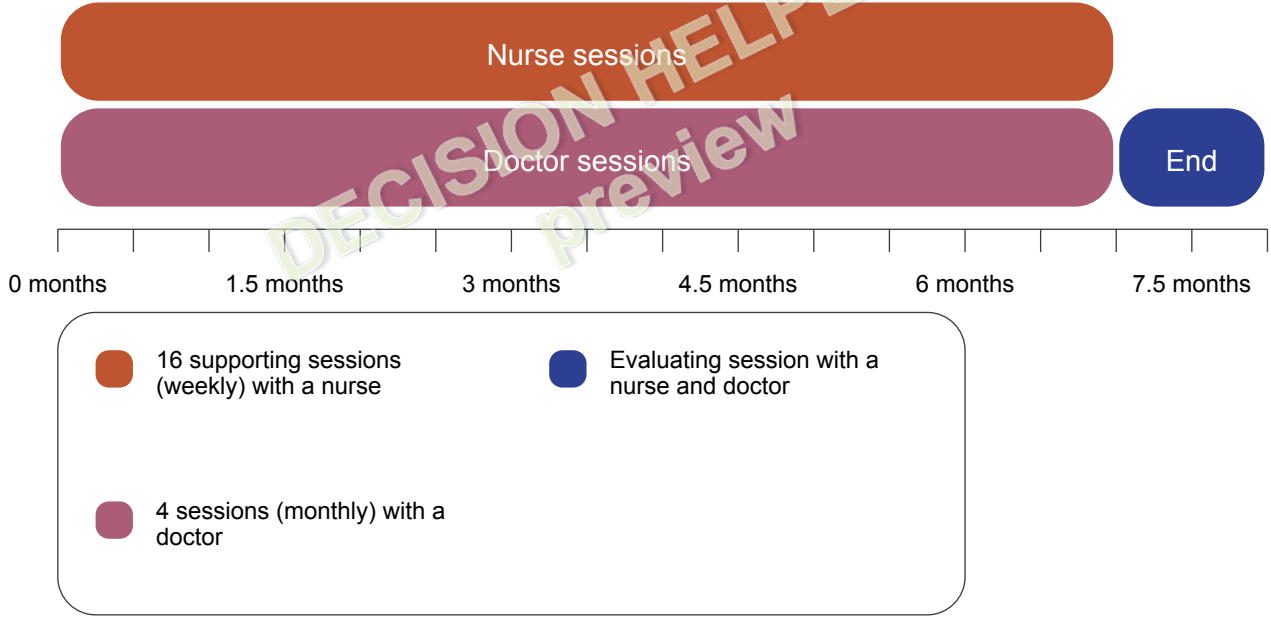
4 Supportive package



DECISION HELPER™ preview

4 Doctor package

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