

The integrative approach

The essence of various therapy models is combined under one umbrella model.

Six explanatory models are used

Each therapy model concentrates on one aspect of human nature. There's no unilateral approach based on an explanatory model, but rather we learn to apply all models in a creative and flexible way. The common denominator for all models is the person or the child.

- The medical/physical model.
The therapeutic strategy for the medical model is that it focuses on the body. Complaints are treated by dealing with the supposed physical disorder. The medical model also treats psychological complaints by influencing the body. .
- The behavioural model.
This therapy focuses on the coherence between cognition (what we think) – emotions (how we feel) – behaviour (what we do)
- The systematic model
This model focuses on the interaction between two or more persons that are part of one and the same system.
- The transpersonal model.
This model focuses on the spiritual dimensions of existence, a person's soul.
- The stress model.
Being able to solve problems in a flexible manner is essential for a state of stress. If an individual is not capable of successfully handling this, problems will occur that will manifest themselves at the behavioural, psychological and physiological level.
- The psychodynamic model
The theory model focuses on inner processes and sees people as a dynamic force field. These combined forces determine a person's actions and experiences. (Concept psychodynamic).