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## ART

FOR PEOPLE IN  
STRESS-RELATED  
PROFESSIONS AND  
VETERANS



**ADAPTATION**  
STRENGTHEN  
RESILIENCE



**RECOVERY**  
QUICK AND  
SUSTAINABLE



**HUMAN CAPITAL  
SOLUTIONS**

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# STRESS MANAGEMENT UNDER DIFFICULT CIRCUMSTANCES

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## Preface

In a rapidly changing world, many of us can become overwhelmed. As the work place has become increasingly demanding, people are struggling to cope with the pressure. Eduquest and our sister organization, Educoach, are working alongside each other to use our extensive experience, and the most recent scientific research to help. Together, we have developed the Adaptation and Recovery Treatment program (ART) for individuals and teams that function under extreme and aggravating circumstances, frequently, and over long periods of time. This program works to address the stressors involved and its serious consequences regarding physical and mental health.

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### FACT

**Four out of five  
European managers  
are worried about the  
increase of work  
related stress**

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# Content

The Adaptation and Recovery Treatment program includes a four-day expedition to our training and treatment centre in Norway. The rugged, untouched nature is the ideal environment to relax and create a safe environment to work on recovery. Together with your group members, your journey of discovery will take you from stunning lakes to beautiful mountain peaks. The program is a combination of psycho-education, individual conversation, and is distinguished by

- Comprehensive diagnostics
- Evidence based methods and interventions
- Prevention
- High impact and short-term
- Tailor made and no nonsense
- Multi disciplinary approach
- Specialized and experienced psychologists

# Target audience

The ART program is intended for professionals who work in stress-related professions and who have (had) to function under aggravating circumstances in the performance of their duties. Whether in the Netherlands or abroad, we work with employees of:

- Defence and post-active veterans
- Police and other security and intelligence forces
- UN, EU, OESO, NATO and NGO's
- Healthcare institutions
- Fire brigades

The program is open to groups and individuals and is provided several times a year. There's room for a maximum of eight participants per expedition.

## Adapt Improvise and Overcome



Interested in our  
programma? Please  
contact us.



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