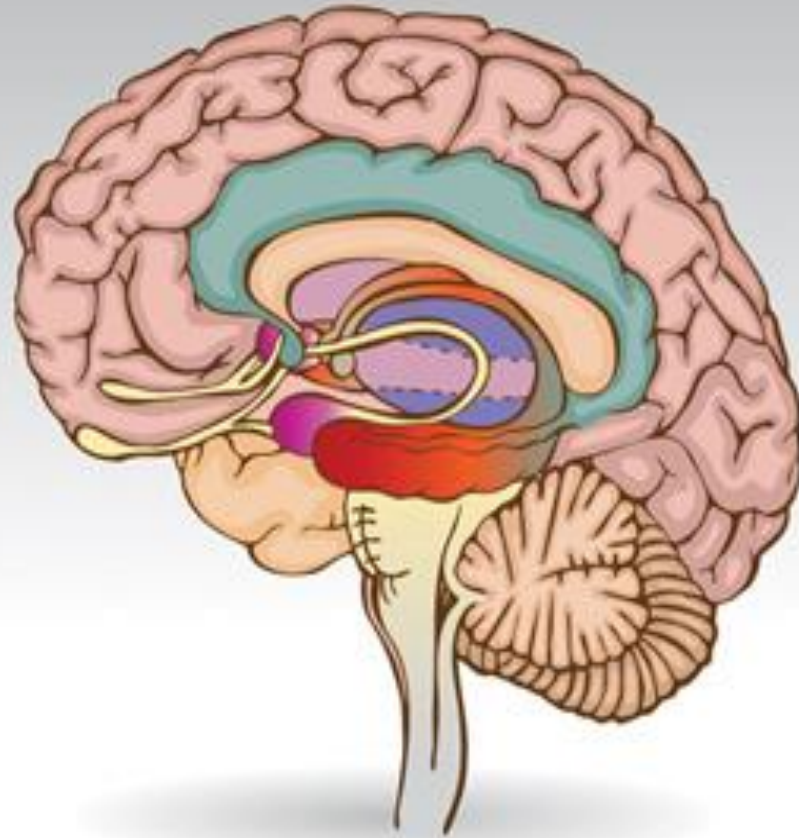


NAH – Rouw op je dak



Even voorstellen

Rionne Zorn

Neuropsycholoog, begeleider

Nu 33...

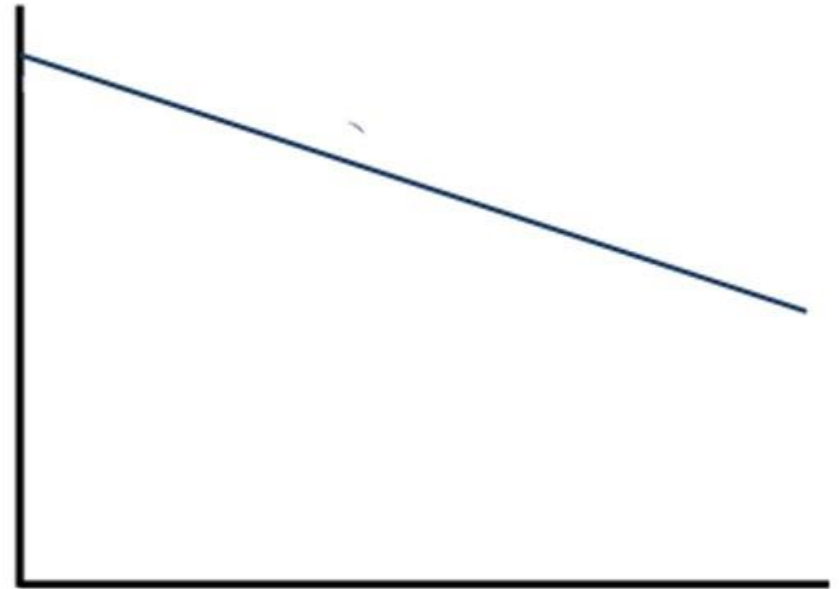
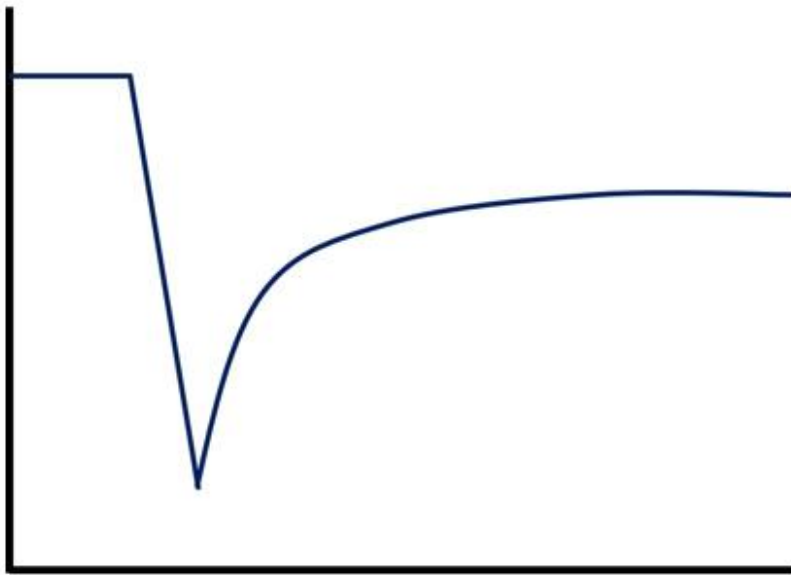


Wat is rouw?

- Na overlijden van een dierbare
- Acceptatie?
- Verwerken, verweven, er omheen leven, overleven, ...
- Levend verlies
- Hoe dan?



Type NAH

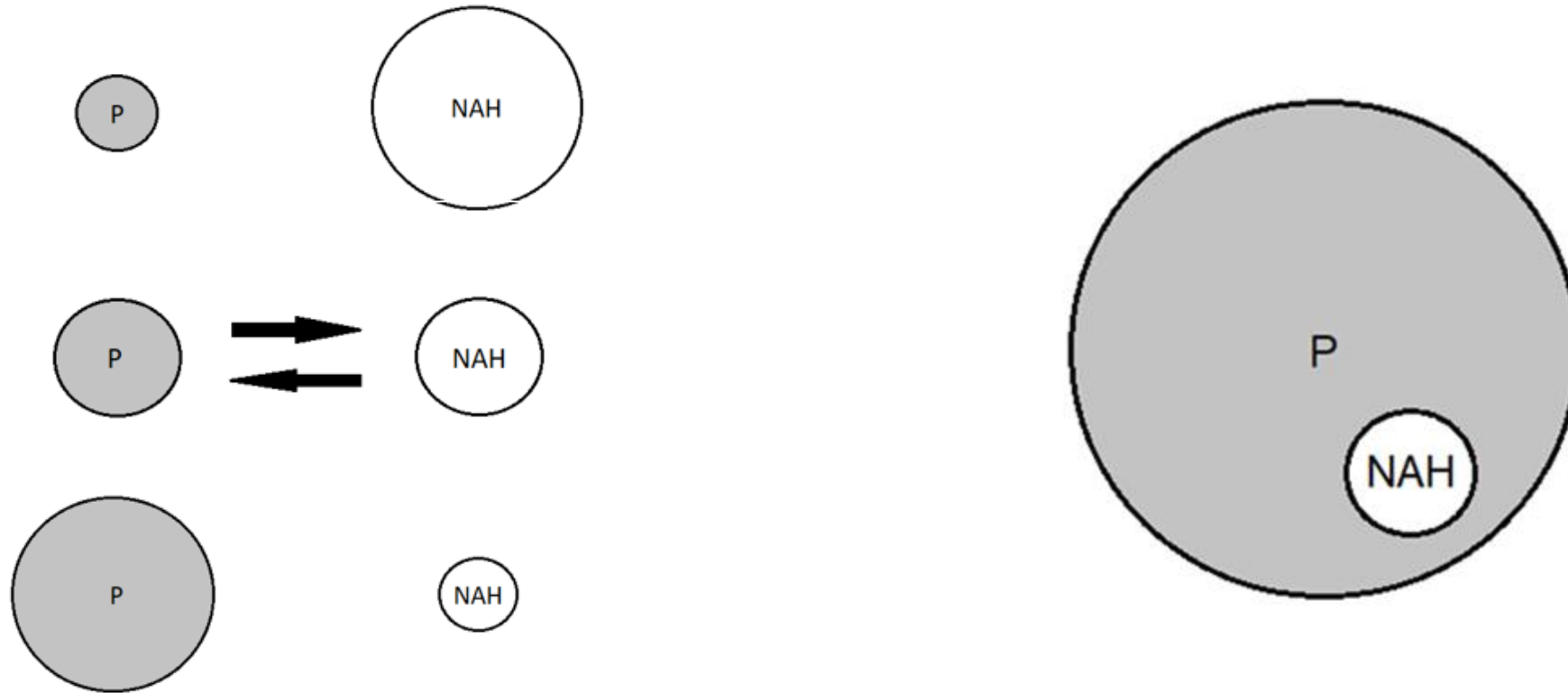


NAH Begeleiding



Professionals in NAH

Tóch 4 rouwfasen



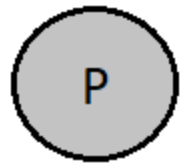
Bron: Ambulant Centrum Hersenletsel Nijmegen
(Radboud UMC)

NAH Begeleiding

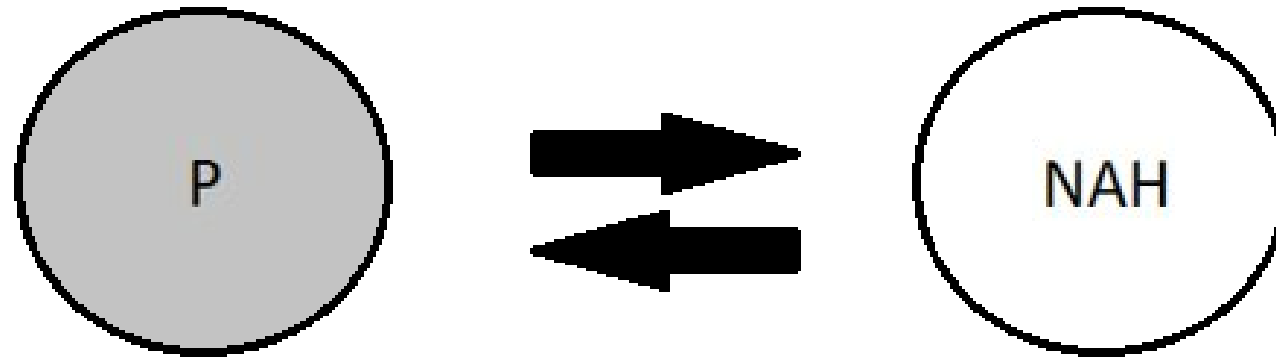


Professionals in NAH

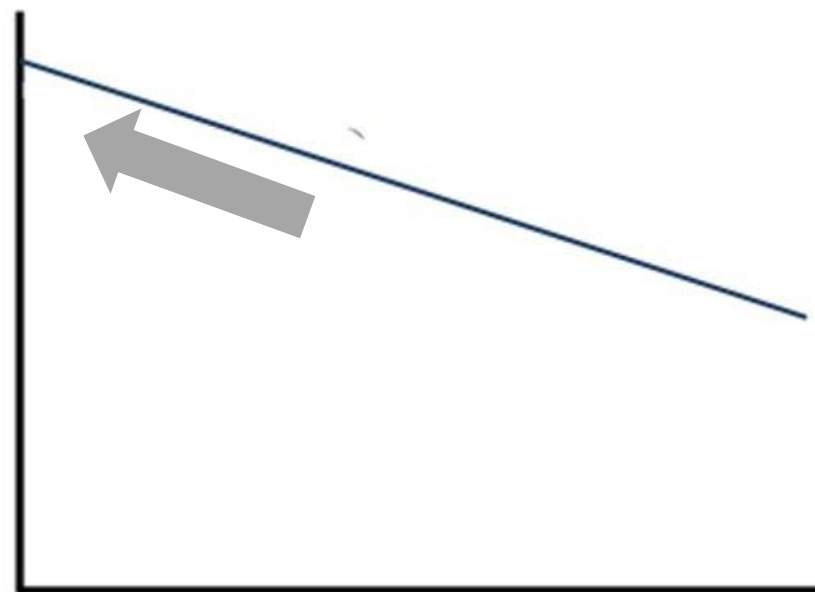
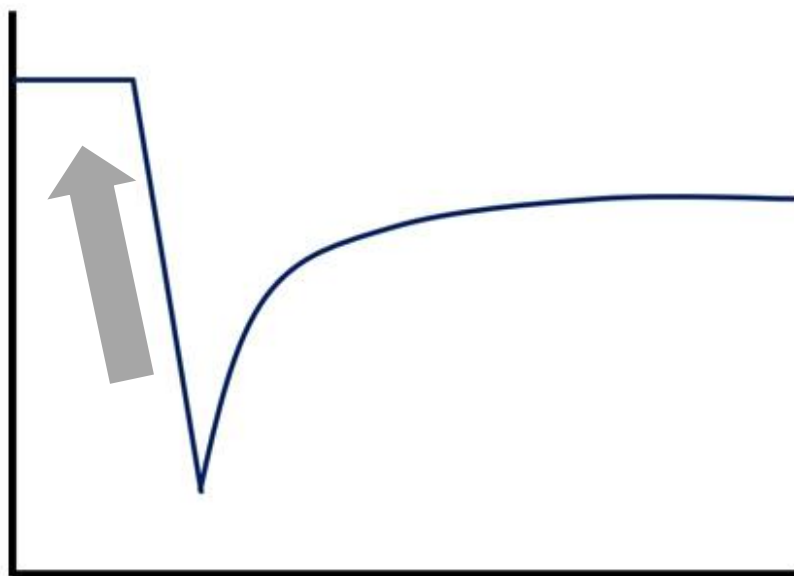
Acute fase



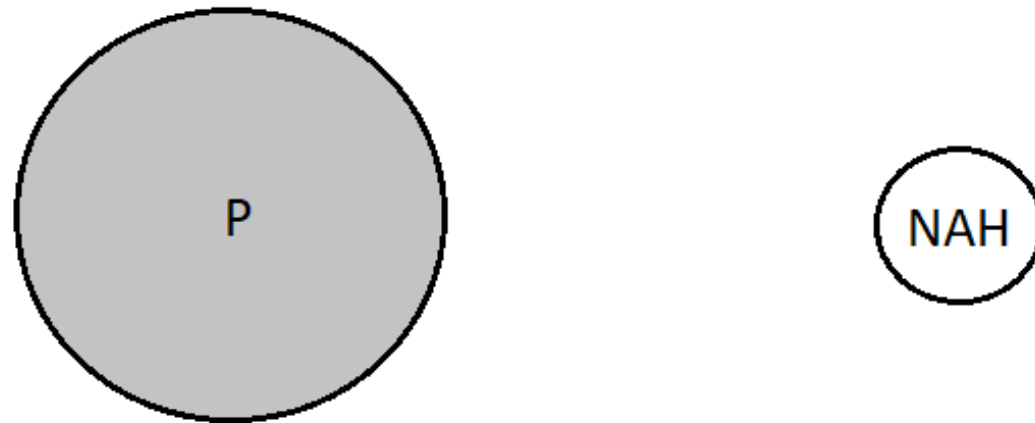
Strijd



Terug naar 'oude ik'



Leren leven met



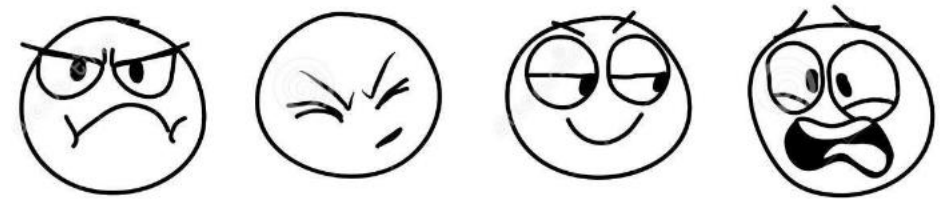
Coping

Praktisch

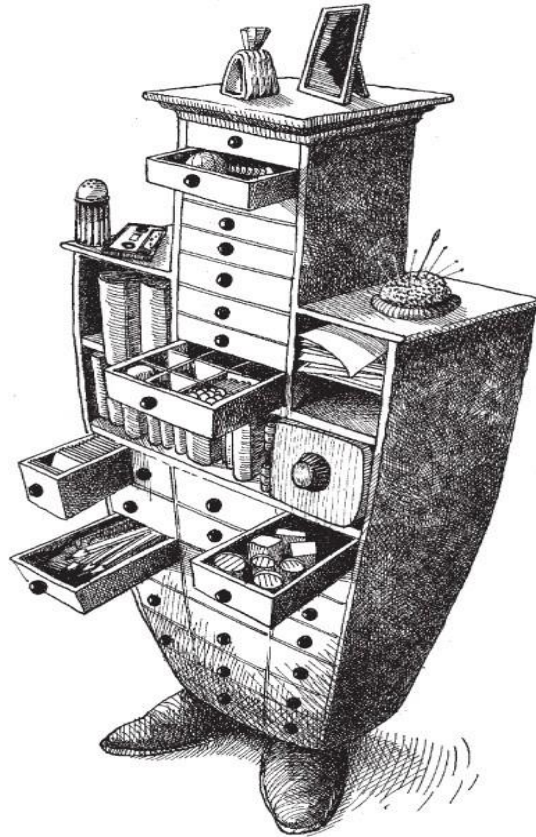
'Rouw is elke kleine aanpassing die je maakt'



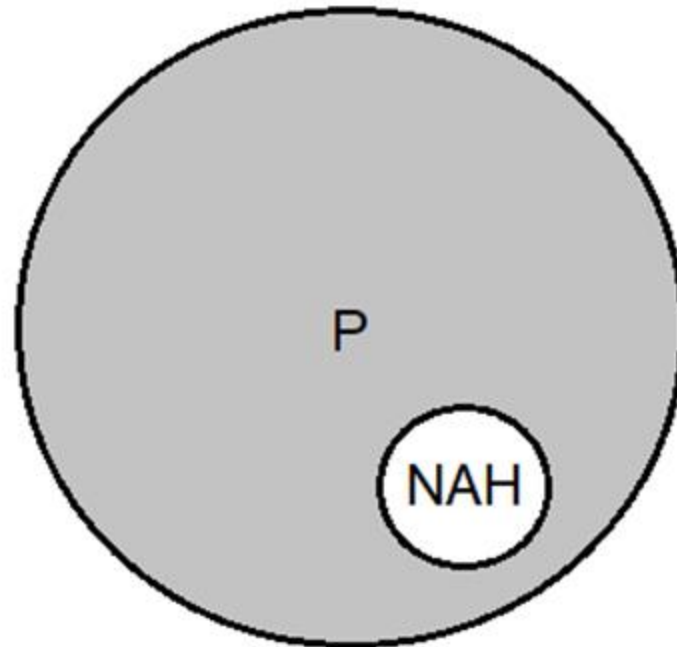
Emotioneel



De verlieskast



Verder leven



Rust

Vrijheid

Zelfontplooiing

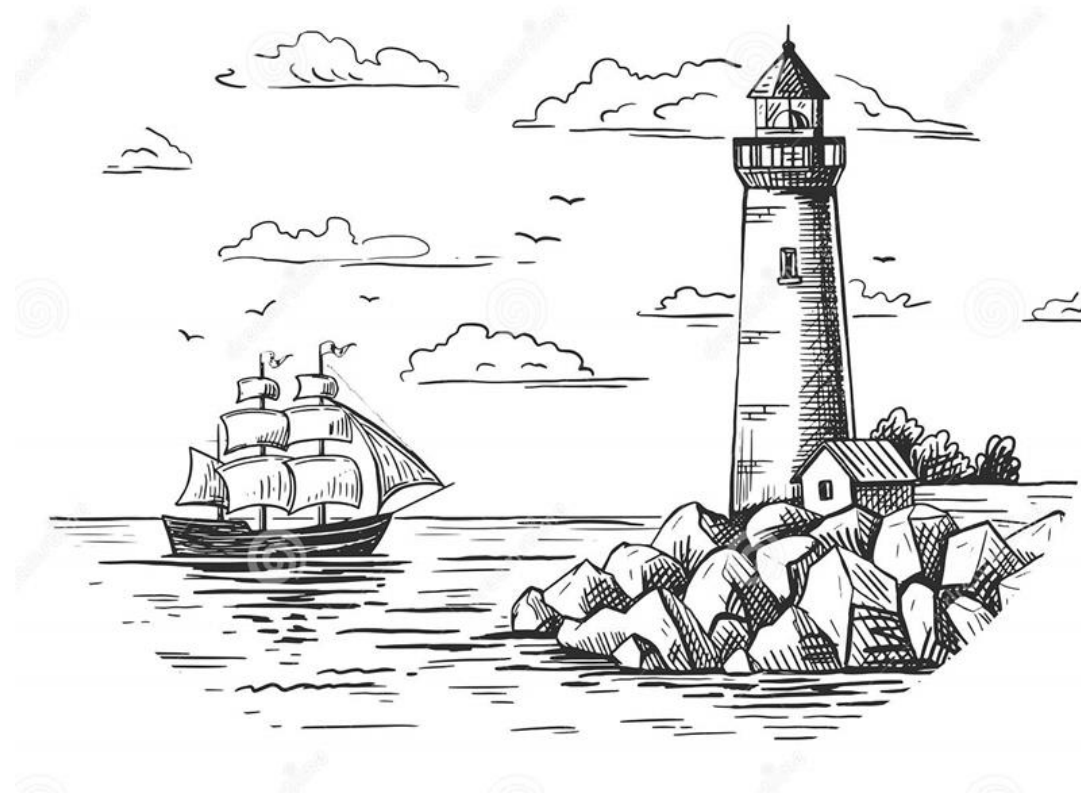
Verbinding

Zorgzaamheid

...



Waarden

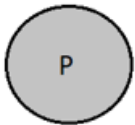


Handvatten

Acute fase

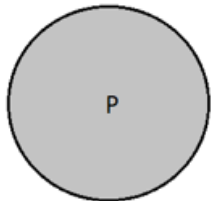


Strijd



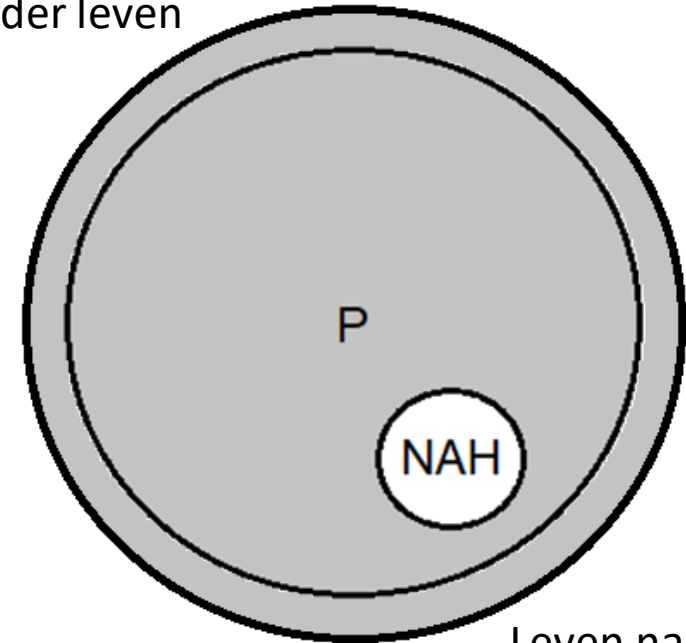
Wat is er nog hetzelfde?
Actief naar op zoek!

Leren leven met



Praktisch: Rouw is elke (kleine) aanpassing die je maakt
Emotioneel: Emoties onderzoeken, verlieskast

Verder leven



Leven naar je waarden
Groeien als persoon

