

BinnensteBuitenTuin

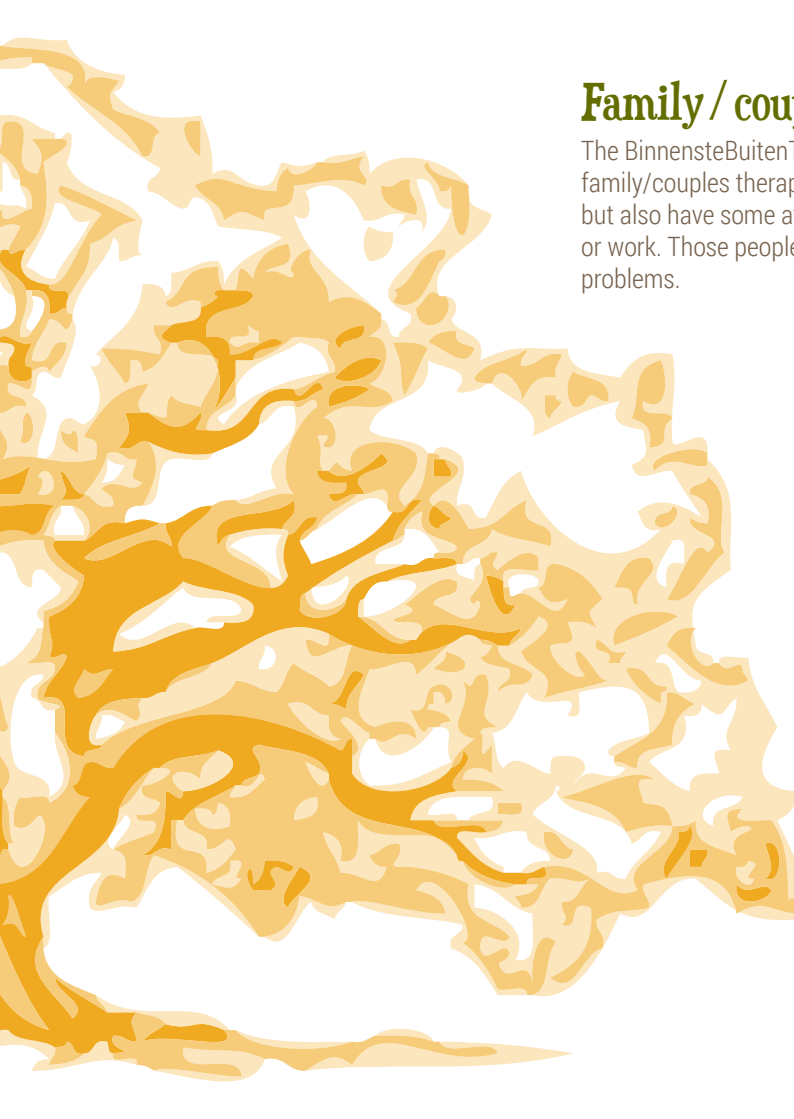
Do you have individual problems? Are there worries in your family? Do you need support with raising the children? Are you or the children entangled in a divorce? Are you looking for good daytime activities?

The BinnensteBuitenTuin offers daytime activities and family therapy on a unique outside location with a (kitchen) garden. Here you can find help that is fine-tuned to your needs and questions. This can vary from a short-term therapy to an intensive daytime project. With an eye for your strengths and worries we offer personal contact and customized assistance. This means working together, transparency and a personal therapist.

More info on www.BinnensteBuitenTuin.nl



BinnensteBuitenTuin



Family / couples therapy

The BinnensteBuitenTuin offers both daytime activities and family/couples therapy. The family/couples therapy will not only focus on the problems and worries of an individual but also have some attention for the environment. For example the family, friends, school or work. Those people can have a great influence on the origination and solution of many problems.

Treatment

At the beginning of the therapy we will look where the worries, opportunities and goals lie. This will be worked out in a personal plan that will be constantly monitored if it still fits your development. Most treatments have a short term character. In an average treatment the sessions will take place every other week. At the BinnensteBuitenTuin are giving different group trainings like a social skills training or a life-style training.

Alone or together?

It depends on your personal situation and needs if you are coming alone, together or with the family. This always be planned in consultation with you.

For more information or application go to the website www.BinnensteBuitenTuin.nl



For whom?

Adults, families, children and adolescents whom can benefit family/couples therapy at the BinnensteBuitenTuin can have for example:

- ~ parenting issues
- ~ relationproblems
- ~ divorceproblems
- ~ ADHD, ADD or Autism
- ~ physical complaints with a properly cause
- ~ behavioral problems
- ~ depression
- ~ anxiety
- ~ diffulculties with social contact
- ~ compulsions
- ~ loss and mourning
- ~ workproblems
- ~ eating problems



Daytime activities

Besides the family/ couples therapy the BinnensteBuitenTuin offers the whole year true daytime activities for children ranged between 6-18 years of age. It is the ideal place to settle down, but also to work at possible obstacles/problems and solutions.

When?

For example things are not going well in school. Often those problems are long existing. A short period of time out on the BinnensteBuitenTuin can be a solution. That way the problem can not only be addressed in time but also makes the chance of worsening smaller. Or perhaps there is a need of good daytime activities after an inpatient hospitalization. Other children may benefit a longer period of daytime activities. They also are welcome with the BinnensteBuitenTuin.

How often?

It varies between one to multiple dayparts a week. This depends on your personal needs and wishes. Some come for a couple of weeks, others for a longer period. It is also possible to come to the BinnensteBuitenTuin in combination with partime school. We try to work intensively together with the school.

Personal plan

With the parents, school and the child we look where the concerns, goals and possibilities lie. Every situation is different. That's why we make a personal plan.

Activities

You can do the activities together or alone. A few of the things you can do in- or outside:

- ~ Greenery
Maintain the (kitchen) garden, sow, cultivate vegetables or harvest.
- ~ Repairs
Little repairs and maintenance in the garden and the surroundings.
- ~ Cooking
Making lunch, can vegetables and fruit.
- ~ Activities on the computer
Website and media, making recipes, writing.
- ~ Creative activities
Painting, wood, music and photography.
- ~ Other activities
Exercise, games, reading.
- ~ Making homework

For whom?

Everyone has his own reasons to come to the BinnensteBuiten-Tuin. We offer daytime activities o.a (what is the abbreviation i.e.??) to children and adolescents who:
have ADHD, ADD, Autism, a developmental disorder, anxiety, depression, eating problems or compulsive behavior;
who (risk) dropping out of school;
longterm illness;
with behavioral problems;

For more information or application go to the website [www. BinnensteBuitenTuin.nl](http://www.BinnensteBuitenTuin.nl)



General information

The BinnensteBuitenTuin offers both daytime activities and family/couples therapy. With a connection between nature and care. Together with its professional care adjusted on your needs is this unique in the region.

Therapists and counselors

Quality stands in the first place at the BinnensteBuitenTuin. There are different disciplines within our (small) team. This makes it possible to deliver customized help.

Collaboration

It is important for the BinnensteBuitenTuin to have a good tuning with i.e. the social network, general practitioner, possible other counsellors and school. In between there is the possibility to consult with each other and adjust the personal plan.

Sign up for family/ couples therapy or day activities.

There are many ways to end up with the BinnensteBuitenTuin. The general practitioner, the jeugd- en gezinsteam or the school can sign you up. You can also contact the BinnensteBuitenTuin yourself. You can sign up with our contact form on the website. Within two working days you will be contacted for a first interview.

Compensation

A family/couples therapy is mostly partially compensated by the insurance. You can contact your own insurance to find out what is your compensation. Daytime activities can be compensated by your town, Personal Budget or private pay. The BinnensteBuitenTuin will help you to find the right compensation for you.





Location

We are located in Warmond and have a beautiful outside area and a many sided indoor area. On the site there's a (kitchen) garden and a piece of forest.

The BinnensteBuitenTuin is a non-religious organization and welcomes people with all kinds of cultural or religious backgrounds.

Questions or consultation

For questions or consultation you can always email or call with:

Yonina Hordijk MSc

Psychologist, SPH en Family/ couples therapist (in training whats is the abbreviation???)

06 - 38 06 77 28

info@BinnensteBuitenTuin.nl

Address

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