

Overview		
Therapist / coach / psychologist/ center	Name	Type of therapy
@ease	/	Listening ear
Academie voor Schematherapie	Wiesette Krol and colleagues	Schema therapy
A. Guzzardi Praktijk voor Psychotherapie	Angela Guzzardi	Psychoanalytic, psychotherapy
Beter Zijn	Loes Wolfs	Coaching and counselling for stress and burn out
Centrum Vaktherapie	Gerard Bekker	Mental coach
Centrum Vaktherapie	Leonie der Kinderen	Expressive Arts Therapy
Domentis	Joyce Groenveld	CBT, EMDR, ACT
EDT Maastricht		SGGZ, psychotherapy, EDT, psychodynamic
Griend 3	Ingrid Leenders	CBT, EMDR, ST, ACT
Griend 3	Marie Joanne Haack	Psychotherapy, psychiatric consultation and assessment, pharmacotherapy
Lieverzijn	Hanneke Voermans	Specialized GGZ, diagnosis and treatment of psychiatric problems
Lieverzijn	Mr. Dr. R. (Ritsaert) Lieveise	Mental health care, therapy, coaching
Marius Poelmann		Acceptance and commitment therapy
Drs. Marly Senden		Behavioural therapy – couple therapy
MindMotions	Yvo in den Bosch	Client-centered psychotherapeutic approach (including emotionally focused therapy / EFT, MBCT, MBSR, ACT, existential therapy)
Perspectief	O.K. Nouri	Schema therapy, CBT, interpersonal psychotherapy and client-focused psychotherapy
	Oh My Mood	CBT, positive psychology
Praktijk Lijnen	Drs. Msc. Mireille Adriaansens	EMDR, CBT, schema focused therapy
Psychologenpraktijk Maastricht		Psychotherapy, client-centered, CGT
Psychologie Maastricht		Cognitive behavioural therapy, Acceptance and Commitment therapy, relationship therapy, EMDR, Mindfulness, Social skills training
Psycholoog Maastricht	Drs. Co Wildeboer Schut	Behavioural therapy – mindfulness
Psycholoog Maastricht	Drs. Diana Rongen	Behavioural therapy – family therapy and adolescents
Psycholoog Maastricht	Luuk Stijns	Behavioural therapy – family therapy
Psychotherapie Heuvelland	Daniëlle Theunissen	CBT
Psychotherapist	Leonard Sijben	Psychoanalyst/behaviour therapist/medication therapy
Psychotherapy Practice Limburg	Dr. Anna Huyse-Gaytandjieva	Psychodynamic Therapy, Emotionally Focused Therapy (EFT), Interactive psychotherapy, Cognitive Behavioural Therapy

Psychotherapiepraktijk Decker- Henquet	Cecile Henquet / Lizy Decker	Individual and group psychotherapy for adolescents/young adults (personality problems, identity)
PsyQ		Evidence-based therapy for psychiatric disorders
Remind Psychology	Dr. Denise Pluymaekers	Coaching and therapy – CBT, mindfulness, positive psychology, acceptance and commitment therapy, trauma release practices
Rena Psychotherapie	Mw. R. van Roosmalen	Client-centered therapy for women, trauma, emotional problems, students
Sander Videler		Depth psychology (Jungian therapy and psychoanalysis)
Suzanne Dear		Stress-reduction, relaxation exercises, meditation, breathing exercises, mental coaching, healthy life style, mindfulness training (Member VMBN)
Therapie Schäfer	Anke Schäfer	Drama therapy, psychotherapy
Transformerend Theatre	Aram Merlijn	Drama therapy, training and creative coaching
U-center		Psychological disorders and addiction intensive inpatient therapy
Youz		Anxiety, OCD, depression, trauma, eating disorders, ADHD, autism spectrum disorder
Zielkracht	Anouk Prop	MBCT, positive psychology, trauma therapy, somatic psychotherapy

Abbreviations

GP	General Practitioner = family doctor
CGT	Cognitive Behavioural Therapy
ACT	Acceptance and Commitment Therapy
EMDR	Eye Movement Desensitization and Reprocessing
ST	Schema Therapy
EFT	Emotionally Focused Therapy
MBSR	Mindfulness Based Stress Reduction
MBCT	Mindfulness Based Cognitive Therapy
EDT	Experiential Dynamic Therapy
CFT	Compassion Focused Therapy
VMBN	Vereniging Mindfulness Based Trainers Nederland
OCD	Obsessive Compulsive Disorder
ADHD	Attention Deficit Hyperactivity Disorder
PTSD	Post-Traumatic Stress Disorder
Bggz	Basic Mental Health Care
Sggz	Specialized Mental Health Care

Name	@ease
Therapist/coach/psychologist/center	Listening ear and psychological support
Address	Bogaardenstraat 35A
Contact details (phone/e-mail)	maastricht@ease.nl / 043-205 81 06
Website	www.ease.nl
Coaching or therapy	Listening ear
Type of therapy	Listening ear
Specialties	N.A.
Exclusion criteria	N.A.
GP referral needed	No
Languages	Dutch and English
International insurance accepted	Free of charge
Short description of the service offered:	
<p>Are you @ease? Are you not OK and do you want to talk to someone about it? Youngsters from 12 to 25 years old can walk in at @ease in Maastricht: without an appointment and free of charge. A team of young volunteers and professionals is ready to listen to your story and can (if necessary) help you find the right care outside of @ease.</p> <p>People come to talk to us about study stress, loneliness, gloom, insecurity, drug abuse or something else. Taking that first step to talk about your problems is quite difficult for most people. Sometimes you just don't dare to bother your friends or you may feel embarrassed. Then it can be nice to talk to someone you don't know, without feeling any obligations. That is possible at @ease: very accessible, confidential, free of charge and no waiting list! Look at www.ease.nl for our opening hours.</p>	
Additional info:	

Name	Wiesette Krol, Guido Sijbers, Rosi Reubsaet, Judith Vanhommerig, Judith Hollands
Therapist/coach/psychologist/center	Academie voor schematherapie
Address	Vaubanstraat 15 6217 LK Maastricht Per 1-1-2020 nieuw adres
Contact details (phone/e-mail)	info@academievoorschematherapie.nl , as of 1-1-2020 info@huisvoorschematherapie.nl
Website	Under construction (www.huisvoorschematherapie.nl) www.academievoorschematherapie.nl
Coaching or therapy	Therapy
Type of therapy	Schema therapy
Specialties	Schema therapy
Exclusion criteria	Addiction, severe mental illness, crisis
GP referral needed	Yes
Languages	English, German, Dutch
International insurance accepted	Not certain yet, contact us.
Short description of the service offered:	
<p>Students who suffer from:</p> <ul style="list-style-type: none"> Negative thinking patterns Fear of failure Unrelenting standards, perfectionism Shame 	
Additional info: "Huis voor Schematherapie" is a new treatment centre which starts at 1-1-2020, we will offer a special group schematherapy treatment for students who suffer from complains explained in the short description.	

Name	Angela Guzzardi
Therapist/coach/psychologist/center	A.Guzzardi Praktijk voor Psychotherapie
Address	St.Servaasklooster 36 6221TE Maastricht
Contact details (phone/e-mail)	0628823383 info@angelaguzzardi.nl
Website	www.angelaguzzardi.nl
Coaching or therapy	Registered Psychotherapy; Registered Clinical psychologist
Type of therapy	Psychoanalytic Psychotherapy
Specialties	Check the website
Exclusion criteria	Acute Crisis, drugs en alcoholabuse , suicidality , autisme
GP referral needed	Yes
Languages	Dutch , Italian
International insurance accepted	Yes when is there een european health insurance
Short description of the service offered:	
<p>Description available on the website</p> <p>www.angelaguzzardi.nl</p>	
Additional info: Only specialised GGZ not Basis GGZ	

Name	Loes Wolfs
Therapist/coach/psychologist/center	Beter Zijn
Address	Brigidastraat 22, 6255 AW Noorbeek
Contact details (phone/e-mail)	+31-6 15 08 24 89 / info@beterzijn.nl
Website	www.beterzijn.nl
Coaching or therapy	Coaching for stress and burn-out
Type of therapy	Coaching and counseling
Specialties	Stress and burn-out
Exclusion criteria	--
GP referral needed	No
Languages	Dutch, English
International insurance accepted	No
Short description of the service offered:	
<p>When you are tired or exhausted perhaps, it is difficult to keep track on things. To prevent getting a burnout, take a look at my website www.beterzijn.nl or contact me to make an appointment. I can help you!</p>	
Additional info: Dutch supplementary medical insurance can cover part of the costs	

Name	Gerard Bekker
Therapist/coach/psychologist/center	Coach
Address	Elisabeth Strouvenlaan 51A 6214 AX Maastricht
Contact details (phone/e-mail)	0620560662 info@centrumvaktherapie.nl
Website	www.centrumvaktherapie.nl/en
Coaching or therapy	Coaching
Type of therapy	Mental Coach
Specialties	Goalsetting and support Solutions focused coaching Rational emotive therapy Assertiveness Stress management Soft skills training Massage and self-care
Exclusion criteria	Severe mental disorders
GP referral needed	No
Languages	English and Dutch
International insurance accepted	No
Short description of the service offered:	
<p>Centrum Vaktherapie is a therapeutic center for self-development. We offer therapy, coaching and skill-building in the form of workshops. Our approach is experience based and uses the arts like drama, dance and music to practice soft skills.</p> <p>My services include the following:</p> <ol style="list-style-type: none"> 1. Personal coaching sessions to work on self-development goals and skills building. 2. Workshops on assertiveness, goalsetting and holistic effectivity management 3. Goalsetting support group: open group for goalsetting support that meets every two weeks on Wednesday. 	
Additional info:	

Name	Leonie der Kinderen – Centrum Vaktherapie
Therapist/coach/psychologist/center	Therapist / coach
Address	Elisabeth Strouvenlaan 51A 6214 AX Maastricht
Contact details (phone/e-mail)	l.derkinderen@centrumvaktherapie.nl 0622328501
Website	www.centrumvaktherapie.nl/en
Coaching or therapy	both
Type of therapy	Expressive Arts Therapy (vaktherapie)
Specialties	Dramatherapy Self-esteem Assertiveness Consent & boundaries Stress management Trauma Anxiety (non-violent) communication
Exclusion criteria	psychosis
GP referral needed	No
Languages	English & Dutch
International insurance accepted	No
Short description of the service offered:	
<p>We offer various forms of experience based therapy at Centrum Vaktherapie. All our therapeutic practices are connected with the arts. Our conviction is that people learn through experience and practice. We achieve this by using physical, playful and creative aspects to assist you in your process.</p> <p>All our therapists have a degree in one of the forms of the expressive arts therapies. If you are interested or just curious, you are warmly invited to <u>contact us</u> for a phone call or a cup of tea. We'd love to tell you more!</p> <p>My personal style of treatment is to find a way of working that matches the client's interest or that is within their comfort zone. Examples include writing/poetry, dance and movement, drama or art. I then create a personalized treatment plan (including exercises for them to work with outside of the therapy hours) that helps them reflect on the problems at hand and challenges them to practice new behavior.</p>	
Additional info:	

Name	Joyce Groenveld
Therapist/coach/psychologist/center	GZ-psychologist
Address	Tongerseweg 330 A, 6215 AC Maastricht
Contact details (phone/e-mail)	info@domentis.nl tel: 06-44770119
Website	www.domentis.nl
Coaching or therapy	Therapy
Type of therapy	CGT, EMDR, ACT
Specialties	
Exclusion criteria	
GP referral needed	Yes if insurance pays, otherwise it is not necessary
Languages	Dutch, English
International insurance accepted	No
Short description of the service offered:	
See website for extra information and current waiting time.	
Additional info:	

Name	EDT Maastricht
center	Sggz outpatient mental health care institute
Address	Capucijnenstraat 92
Contact details (phone/e-mail)	info@edtmaastricht.nl
Website	www.edtmaastricht.nl
Coaching or therapy	Sggz / psychotherapy
Type of therapy	experiential dynamic therapy (EDT)/psychodynamic
Specialties	personality issues, mood issues, more complicated
Exclusion criteria	violence, addiction, psychosis
GP referral needed	Yes
Languages	NL, English, German, Italian
International insurance accepted	Yes, but only European Health Insurance Card
Short description of the service offered:	
Psychodynamic and experiential psychotherapy.	
Additional info: www.edtmaastricht.nl/aanmelding/nietnederlandssprekend.html	

Name	Ingrid Leenders
Therapist/coach/psychologist/center	Clinical Psychologist
Address	Griend 3 6221 AJ Maastricht
Contact details (phone/e-mail)	Ingrid.leenders@ptpl.nl
Website	www.griend3.nl
Coaching or therapy	Therapy
Type of therapy	CBT, EMDR, ST, ACT
Specialties	Psycho diagnostic testing e.g.. AD(h)D, Autism, Intelligence
Exclusion criteria	We don't have crisis interventions. In case of crisis, clients are referred to hospital or crisis team of Mondriaan GGZ.
GP referral needed	Yes
Languages	Dutch and English
International insurance accepted	Yes, payments in advance
Short description of the service offered:	
<p>I work in a collaborative practice at Griend 3. We offer therapy for different psychiatric diseases and psychological problems e.g. anxiety, depression, identity problems, impulse regulation problems, psychoses, bipolar disorder. Problems can be mild or severe. Most therapy is done in groups when possible.</p> <p>For people living in city area 6221, 6222, 6211 and 6212 there is no waiting list.</p>	
Additional info:	

Name	Marie Jeanne Haack
Therapist/coach/psychologist/center	Psychiatrist
Address	Griend 3 6221 AJ Maastricht
Contact details (phone/e-mail)	m.haack@griend3.nl
Website	www.griend3.nl
Coaching or therapy	Therapy
Type of therapy	Psychotherapy, psychiatric consultation and assessment, pharmacotherapy
Specialties	None, general psychiatric treatment and assessment
Exclusion criteria	We don't have crisis interventions. In case of crisis, clients are referred to hospital or crisis team of Mondriaan GGZ.
GP referral needed	Yes
Languages	Dutch and English
International insurance accepted	Yes, payments in advance/at consult
Short description of the service offered:	
<p>I work in a collaborative practice at Griend 3. We offer therapy for different psychiatric diseases and psychological problems e.g. anxiety, depression, identity problems, impulse regulation problems, psychoses, bipolar disorder. Problems can be mild or severe. Therapy is done in groups when possible.</p> <p>I work only with patients living in city area 6221, 6222, 6211, 6212.</p>	

Name	Hanneke Voermans
Therapist/coach/psychologist/center	Praktijk voor psychiatrie Hanneke Voermans
Address	Bergerstraat 2, 6226 NA, Maastricht
Contact details (phone/e-mail)	h.voermans@lieverzijn.nl
Website	www.lieverzijn.nl
Coaching or therapy	Therapy
Type of therapy	Specialized GGZ, diagnosis and treatment of psychiatric problems
Specialties	Depression, seasonal affective disorder (winter-depression), anxiety disorders, obsessive compulsive disorder, ADHD, substance abuse, mild personality disorders
Exclusion criteria	in need of emergency psychiatry
GP referral needed	Yes
Languages	Dutch, English
International insurance accepted	Depends on insurance, generally accepted
Short description of the service offered:	
<p>Psychiatric diagnosis and treatment: holistic approach, psychotherapeutic approach, pharmacotherapy, mindfulness. Patients with chronic or complex problems and/or comorbidity are also welcome, as long as they do not need crisis-interventions (I only have a small private practice).</p>	
Additional info:	
<p>I do not have contracts with Dutch health insurance companies so with Dutch insurances pay attention: RESTITUTIE polis = fully covering the costs of treatment NATURA polis = patient has to pay for approximately 25-35% of the treatment, dependent on the insurance (zie www.eiswijzer.nl)</p>	

Name	Mr. Dr. R. (Ritsaert) Lieverse, MD., PhD
Therapist/coach/psychologist/center	Psychiatrist
Address	Bergerstraat 2, 6226 NA Maastricht
Contact details (phone/e-mail)	r.lieverse@lieverzijn.nl ; 043-2041183
Website	www.lieverzijn.nl
Coaching or therapy	Mental Health Care, Therapy, coaching
Type of therapy	Diagnostics, Psychiatry, psychotherapy, pharmacotherapy
Specialties	Diagnosis, seasonality, chronotherapy, sleeping problems, depression, anxiety problems, stress response disorders, amotivational syndromes, substance abuse.
Exclusion criteria	Suicidal risk behavior, need for crisis care (24hr), severe aggressive, acting-out or psychotic behavior.
GP referral needed	If you want to apply for a treatment and you have a Dutch health insurance, a referral from YOUR GP for Specialized Mental Healthcare (SGGZ) is needed. Once you have a referral letter an intake appointment can be scheduled.
Languages	NL, ENG
International insurance accepted	If you have an international health insurance a referral letter from a GP is not always required. To check your coverage please contact your insurer.
Short description of the service offered:	
<p>As a psychiatrist running a small private practice, I am a medical doctor, working from the bio-psycho-social model providing state of the art, comprehensive mental health care. This means that I will collaborate with my patients in working on symptoms and signs in the context of personal lifestyle choices, physical and social circumstances. Together we investigate what you need to feel better and more competent.</p> <p>As a psychiatrist it is my core business to work with people dealing with difficult, chronic or recurrent mental health problems. During the intake your specific request for help will be discussed and you will be advised about the treatment I can offer you. I consider it to be important that you are able to express yourself and feel recognized. Therefore, I find it important that you will only deal with only me as a therapist and don't need to repeat your story to several persons. Sometimes I will prescribe medication, but only if you need and prefer this.</p>	
Additional info: I work with a short waiting list for individualized treatment that best meets your needs. CALL ME to check the actual waiting list or to inquire about availability. During therapy sessions, I will never answer my phone personally. Please provide your contact information on the voicemail and will get back to you as soon as possible. I fully respect the importance of privacy and ensure the most confidential service possible.	

Name	Marius Poelmann
Therapist/coach/psychologist/center	coach
Address	Margrietstraat 4 6267 BS Cadier en Keer
Contact details (phone/e-mail)	0683965675 mpoelmann@poelmannsleebe.nl
Website	www.poelmannsleebe.nl
Coaching or therapy	Coaching and therapy
Type of therapy	Acceptance and Commitment Therapy
Specialties	Burn-out treatment, fear of failure
Exclusion criteria	
GP referral needed	No
Languages	Dutch and English
International insurance accepted	No
Short description of the service offered:	
<p>Acceptance and Commitment Therapy is an evidence-based therapy that can help people to deal with fear, negative thoughts and burnout. The therapy teaches the client to deal with negative thoughts and feelings by several kinds of practice.</p>	
Additional info:	

Name	Drs. Marly Senden Msc
Therapist/coach/psychologist/center	Psychologist
Address	Mergelweg 47, 6212 XA Maastricht
Contact details (phone/e-mail)	info@marlysenden.nl / 0031(0)629448836
Website	www.marlysenden.nl
Coaching or therapy	therapy
Type of therapy	Behavioural therapy – couple therapy
Specialties	Walking sessions if preferred
Exclusion criteria	
GP referral needed	No
Languages	Dutch/English
International insurance accepted	Client has to arrange his/her insurance
Short description of the service offered:	
Therapy for anxiety, depression, motivational problems, mourning therapy, life balance problems, relationship problems, burnout, study-problems, self-confidence	
Additional info: Small private practice, privacy is very important	

Name	Yvo in den Bosch
Therapist/coach/psychologist/center	Psychologist, Psychotherapist at MindMotions
Address	Sint Annalaan 21, 6214AA, Maastricht
Contact details (phone/e-mail)	info@mindmotions.nl
Website	www.mindmotions.nl
Coaching or therapy	Therapy & Coaching
Type of therapy	Client-centered psychotherapeutic approach (including emotionally focused therapy / EFT, MBCT, MBSR, ACT, existential therapy)
Specialties	Dealing with trauma, fear, anxiety, depression, burnout, addiction, chronic pain
Exclusion criteria	Psychiatric problems (e.g. suicidality, psychosis, severe mental breakdowns that require acute pharmacological treatment)
GP referral needed	No
Languages	Dutch, English
International insurance accepted	Yes
Short description of the service offered:	
<p>Integration of Mind, Body & Nutrition</p> <p>Happiness is the result of mental, physical and relational health. In regular care, the focus is often only on one aspect. The power of my work as a therapist, trainer and teacher is mainly in the fact that I integrate a great diversity of insights and techniques from my background in psychology, yoga therapy and personal training. To make structural and lasting progress, I help you to get to the core of your complaint or ambition. From this core I then guide you step by step in a safe and trusted environment towards a happier, freer and more valuable life.</p>	
Additional info:	

Name	O.K. Nouri
Therapist/coach/psychologist/center	Perspectief Maastricht/Psychotherapie Praktijk Nouri
Address	Annalaan 21 6214 AA Maastricht
Contact details (phone/e-mail)	k.nouri@perspectiefmaastricht.nl
Website	www.perspectiefmaastricht.nl
Coaching or therapy	beiden
Type of therapy	Schematherapie, cognitieve gedragstherapie, interpersoonlijke psychotherapie en clientgerichte psychotherapie
Specialties	Alle as I, as II, cluster C problematiek. Daarnaast gespecialiseerd in eetstoornis behandelingen (met uitzondering van anorexia) en burn-out behandelingen
Exclusion criteria	Suïcidaliteit, cluster B en A problematiek, justitieel kader, hoge crisis gevoeligheid, psychoses, anorexia
GP referral needed	Ja
Languages	Nederlands
International insurance accepted	Ja
Short description of the service offered:	
<p>Gratis kennismakingsgesprek, waarbij zowel de therapeut als de student kunnen kijken of er een wederzijdse klik is. En waarbij er een ruwe inschatting gemaakt wordt of de student bij mij aan het juiste adres is.</p> <p>Bij twijfel over de doorverwijzing bestaat er altijd de mogelijkheid voor telefonisch overleg of overleg per mail</p> <p>De gesprekken zullen gevoerd worden in het Nederlands. Het is hierbij geen probleem als de student soms Engelse woorden moet gebruiken.</p> <p>Er wordt uitgebreid diagnostiek gedaan. Indien de student niet bij mij aan het juiste adres is zal samen gekeken worden waar hij/zij wel goed geholpen is.</p> <p>Er wordt gewerkt op restitutie basis. Bij vragen hierover kan er altijd contact opgenomen worden.</p> <p>Wachlijst op de website is niet altijd actueel. Het beste is om hier gewoon even naar te informeren</p>	

Name	Oh My Mood
Therapist/coach/psychologist/center	Oh My Mood
Address	Lage Kanaaldijk 115, 6212 NA Maastricht (postadres)
Contact details (phone/e-mail)	+31 20 241 54 36 /info@ohmymood.com
Website	www.ohmymood.com
Coaching or therapy	Therapy
Type of therapy	CBT, positive psychology,
Specialties	Online therapy by video calls is also possible
Exclusion criteria	Psychosis, complex personality disorders
GP referral needed	Yes
Languages	Dutch, English, German
International insurance accepted	Yes, if not insured you're also welcome!
Short description of the service offered:	
<p>Oh my mood is a therapy programme in which you work intensively together with your practitioner for you to get back on your feet.</p> <p>In 11 weeks you are going to work on hope, confidence, optimism and resilience. You will also learn how to better cope with setbacks, changes and stress and you will discover how you can calm down and what can add meaning to your life. All in a personalized setting. The oh my mood programme starts with an extensive one on one conversation to get to know you and listen to your story. After that, you will continue with a series of one on one conversations, various workshops and exercises that you will work on independently. Completely dedicated to your needs and wants. Exactly how you can decide on together with your practitioner.</p> <p>One on one conversations are scheduled every two weeks and last about 20 minutes. You can choose whether you want to come to the practice or whether you prefer a conversation by phone. During these conversations with your practitioner, there is plenty time for your own story, to discuss the difficulties you face as well as the things you feel good about.</p> <p>The workshops are very practical and last about an hour. They are designed to teach you skills that you immediately can make use of.</p> <p>By practicing through our digital platform, you familiarize with and get a better grip on everything you learn. You can access it at any time and we recommend that you use it regularly.</p> <p>Does oh my mood interest you or would you like to receive some more information? Let us know!</p>	
Additional info: No waiting list!	

Name	Drs. Msc. Mireille Adriaansens Psychotraumatologist, EMDR Practitioner, Cognitive Behavioral Therapist, Schema Focus Therapist
Therapist/coach/psychologist/center	Praktijk Lijnen
Address	Lange Raarberg 56, 6231 RN Meerssen
Contact details (phone/e-mail)	0031(0)611306168
Website	www.praktijklijnen.nl
Coaching or therapy	Therapy
Type of therapy	EMDR, Cognitive Therapy, Schema Focus Therapy
Specialties	Trauma
Exclusion criteria	Serious drug addict
GP referral needed	No
Languages	Dutch and English
International insurance accepted	Yes/No
Short description of the service offered:	
<ul style="list-style-type: none"> • A lot of experience with: depression, anxiety disorder, fear of failure, anger attacks, abuse, emotional neglect, emotional abuse, low self-esteem, PTSD, sleeping problems and nightmare • No waiting list. • Possibility for consults in the evening. • You get mobile number from the therapist in case of problems. • Email: info@praktijklijnen.nl 	
Additional info:	
Qualifications	
<ul style="list-style-type: none"> • Registered Cognitive Behavioral Therapist (VGCT) • Psychotraumatologist • EMDR Practitioner • Schema focus therapist • Mindfulness MBCT trainer • EFT Practitioner (Emotional Freedom Technique Practitioner) • BEPP therapist (Brief Eclectic Psychotherapy at PTSD) • Master MSc Medicine, Drs. • Gestalt therapist • Psychodrama • Actor trainer 	

Name	Psychologenpraktijk Maastricht
Therapist/coach/psychologist/center	Psychologists/Therapists
Address	Mockstraat 37 Maastricht
Contact details (phone/e-mail)	info@psycholoog-maastricht.com
Website	www.psycholoog-maastricht.com
Coaching or therapy	Therapy
Type of therapy	Psychotherapy, (Client centered + CGT)
Specialties	EFT, identity issues, existential problems, low self esteem
Exclusion criteria	Suicidality, eating disorders, ASS, bipolarity, addiction
GP referral needed	No
Languages	NL, English, (near future German/French)
International insurance accepted	No (depends)
Short description of the service offered:	
<p>Psychologenpraktijk Maastricht offers (psycho) therapy for individuals upwards of 18 years with a wide range of symptoms (check the website). We try not to focus on the symptoms but underlying causes to achieve a more sustainable result.</p>	
Additional info:	
Qualifications	
<p>Dutch students: no insurance International students: insurance depends → check with your insurance company.</p>	

Name	Psychologie Maastricht
Therapist/coach/psychologist/center	L.H.A. Dols
Address	Weert 9, 6222 PG Maastricht
Contact details (phone/e-mail)	0624943248 / info@psychologiemaastricht.nl
Website	www.psychologiemaastricht.nl
Coaching or therapy	Therapy and coaching
Type of therapy	Cognitive behavioural therapy, Acceptance and Commitment therapy, relationship therapy, EMDR, Mindfulness, Social skills training
Specialties	Autism Anxiety, Trauma, Problems with structuring and planning, Burn out, Identity Problems
Exclusion criteria	Severe Personality Disorder
GP referral needed	No
Languages	Dutch, English
International insurance accepted	Yes (most foreign insurances do pay for (a part of) the therapy sessions. For students with Dutch insurance most insurances do not pay for the sessions)
Short description of the service offered:	
<p>First there will be an intake to see if the client feels a connection with the therapist and if the therapist is able to help the client. The next step is to compose goals which the client wants to work on and discuss what kind of therapy fits the best. Then the treatment will start and regularly the treatment and the progress will be evaluated.</p> <p>There can be a mix of different kinds of treatment if that fits the best for the client. Each treatment will be customized.</p>	
Additional info:	
<p>There is no long waitlist. Most of the time the intake can be planned in 2-3 weeks. I work a lot with students. Available office days: Monday 9.00-18.00, Wednesday 8.00 -12.00, Thursday 9.00-17.00, Friday 9.00-16.00.</p>	

Name	Drs. Co Wildeboer Schut Msc
Therapist/coach/psychologist/center	Therapist
Address	Wilhelminasingel 114, 6221 BL Maastricht
Contact details (phone/e-mail)	info@marlysenden.nl / 0031(0)629448836
Website	www.psycholoogmaastricht.nl
Coaching or therapy	therapy
Type of therapy	Behavioural therapy – Mindfulness
Specialties	
Exclusion criteria	
GP referral needed	No
Languages	Dutch/English
International insurance accepted	Client has to arrange his/her insurance
Short description of the service offered:	
Therapy for anxiety, depression, motivational problems, mourning therapy, life balance problems, relationship problems, burnout, study-problems, self-confidence.	
Additional info: Small private practice, privacy is very important	

Name	Drs. Diana Rongen Msc
Therapist/coach/psychologist/center	Therapist
Address	Wilhelminasingel 114, 6221 BL Maastricht
Contact details (phone/e-mail)	info@marlysenden.nl / 0031(0)629448836
Website	www.psycholoogmaastricht.nl
Coaching or therapy	therapy
Type of therapy	Behavioural therapy – family therapy
Specialties	Adolescents
Exclusion criteria	
GP referral needed	No
Languages	Dutch/English
International insurance accepted	Client has to arrange his/her insurance
Short description of the service offered:	
<p>Therapy for anxiety, depression, motivational problems, mourning therapy, life balance problems, relationship problems, burnout, study-problems, self-confidence. Diana has international experience in different countries in the world.</p>	
Additional info: Small private practice, privacy is very important	

Name	Luuk Stijns
Therapist/coach/psychologist/center	Psychotherapist
Address	Wilhelminasingel 114, 6221 BL Maastricht
Contact details (phone/e-mail)	info@marlysenden.nl / 0031(0)629448836
Website	www.psycholoogmaastricht.nl
Coaching or therapy	therapy
Type of therapy	Behavioural therapy – family therapy
Specialties	
Exclusion criteria	
GP referral needed	No
Languages	Dutch/English
International insurance accepted	Client has to arrange his/her insurance
Short description of the service offered:	
Therapy for anxiety, depression, motivational problems, mourning therapy, life balance problems, relationship problems, burnout, study-problems, self-confidence.	
Additional info: Small private practice, privacy is very important	

Name	Daniëlle Theunissen
Therapist/coach/psychologist/center	Psychotherapie Heuvelland
Address	Beekstraat 52 Meerssen
Contact details (phone/e-mail)	043 – 4082045/ info@psychotherapieheuvelland.nl
Website	www.pdpnu.nl
Coaching or therapy	Therapie
Type of therapy	Cognitieve gedragstherapie
Specialties	Jong volwassenen en studenten
Exclusion criteria	Geen crisis of 7 x 24 uren bereikbaarheid
GP referral needed	Ja
Languages	Nederlands
International insurance accepted	Nee
Short description of the service offered:	
<p>GZ – psycholoog / Psychotherapeut Een directe klachtgerichte behandeling op de huidige klachten en problemen.</p> <p>Zie verdere informatie op de website : https://www.pdpnu.nl/algemene-praktijk informatie/</p> <p>Incidenteel kunnen cliënten gezien worden op adres Minderbroedersberg te Maastricht, alleen op afspraak via algemene praktijk Psychotherapie Heuvelland.</p>	
Additional info:	

Name	Leonard Sijben
Therapist/coach/psychologist/centre	psychotherapist
Address	Atletenbaan 84-C 6225 XZ Maastricht
Contact details (phone/e-mail)	T: 0031612122034 M: leo.sijben@home.nl
Website	In construction!
Coaching or therapy	coaching and/or therapy
Type of therapy	Psychoanalyst/behavior therapist/medication therapy/
Specialties	High intelligence/identity problems/study progress problems/depressions/anxiety problems/ADHD/concentration problems/personality problems/family problems and relationship problems
Exclusion criteria	Admission to psychiatry
GP referral needed	No
Languages	Dutch/English/German
International insurance accepted	Yes
Short description of the service offered:	
<p>We have sessions in one of my my totally discreet office in the centre of Maastricht-nearby the swimmingpool "the Geusselt. I have already 30 years of experience as a doctor / psychotherapist / life coach and know the university of Maastricht very well because I studied there and gave colleges in the past.</p>	
Additional info: We started a centre of connection for individuals, partners and for companies. In this digital time we lost our connection and we help you to find it back!	

Name	Dr. Anna Huysse-Gaytandjieva
Therapist/coach/psychologist/center	Psychotherapy Practice Limburg (Psychotherapie Praktijk Limburg)
Address	Gaetano Martinolaan 85 6229 GS Maastricht (next to AZM/Faculty of Health, Medicine and Life Sciences)
Contact details (phone/e-mail)	+31 6 27 197 959 info@psychotherapiepraktijklimburg.nl
Website	https://psychotherapiepraktijklimburg.nl/
Coaching or therapy	Psychotherapy and coaching
Type of therapy	Psychodynamic Therapy, Emotionally Focused Therapy (EFT), Interactive psychotherapy, Cognitive Behavioural Therapy
Specialties	We are specialized in short term/high impact interventions: Positive Psychotherapy, EMDR, Emotionally Focused Therapy (EFT) , Compassion Focused Therapy (CFT), Acceptance and Commitment Therapy (ACT)
Exclusion criteria	History of long standing dependence on institutional care
GP referral needed	No
Languages	Dutch, English, Russian and Bulgarian
International insurance accepted	Depending on the patient's insurance company
Short description of the services offered: Dr Anna Huysse has worked for years with many UM students and employees. Received customer feedback: -Anna herself has high (transcultural) psychotherapy expertise -Dr. Anna Huysse experienced herself different roles: <ul style="list-style-type: none"> - as an international UM student - as a UM researcher - as a PhD student, - as an (ex) UM employee/tutor - as a foreigner finding her way in the Netherlands (e.g. colleagues, friends, transcultural partnership) 	

-empathic, listens well, understands

-extremely satisfied with the changes we have realized in such a short notice

Additional info:

Dr Anna Huysse is involved in scientific research programs, especially related to autoimmunity)
All the modalities are based on an evidence-based way of working.

The practice location makes it extremely convenient, especially for students and employees at the Faculty of Health, Medicine and Life Sciences and AZM, to combine sessions with academic/work activities.

The practice is accessible via public transport (bus & train).

Between sessions, access can be offered to our in house online tooling set (our so-called hybrid online/offline therapy).

In the second half of the therapy, online sessions are possible.

Name	Cécile Henquet / Lizy Decker
Therapist/coach/psychologist/center	Psychotherapist, Psychotherapiepraktijk Decker/Henquet
Address	Scharnerweg 131b / 6224 JD Maastricht
Contact details (phone/e-mail)	06-10733555 06-51674550 / c.henquet@psychotherapiejongvolwassenen.nl l.decker@psychotherapiejongvolwassenen.nl
Website	www.psychotherapiejongvolwassenen.nl
Coaching or therapy	therapy
Type of therapy	Psychotherapy (individual and group)
Specialties	Adolescents / young adults (personality problems, identity)
Exclusion criteria	Severe suicidality, addiction, severe eating problems.
GP referral needed	Yes
Languages	Dutch and English (for English only individual therapy)
International insurance accepted	Yes (invoice will be send to the client directly)
Short description of the service offered:	
<p>We are specialized in psychotherapeutic treatment of young adults (aged 18 to 25 years). Young adults that seek referral within the GGZ often present with difficulties in multiple aspects of life (school/university, work, family, friends). Frequently there are problems with anxiety and mood, with underlying problems in personality and identity development.</p> <p>We work with the following conditions:</p> <ul style="list-style-type: none"> - Mood problems (depression, mood changes) - Anxiety problems - Personality problems - Attachment problems - Trauma - Psychosis <p>The methodology we use is (psychodynamic) psychotherapy, Mentalization Based Treatment both individual and group, and EMDR.</p>	
Additional info:	

Name	PsyQ
Therapist/coach/psychologist/center	PsyQ Maastricht
Address	Oranjeplein 10 Maastricht
Contact details (phone/e-mail)	0031885069260
Website	www.psyq.nl
Coaching or therapy	Therapy
Type of therapy	Evidence based therapy for psychiatric disorders
Specialties	Anxiety disorders, depression, autism, ADHD, personality disorders, trauma
Exclusion criteria	/
GP referral needed	Yes
Languages	Dutch/ English
International insurance accepted	Yes, after check by our admin
Short description of the service offered:	
Evidence based therapy for most common psychiatric disorders. For more information check our website www.psyq.nl	
Additional info:	

Name	Dr. Denise Pluymaekers Remind Psychology
Therapist/coach/psychologist/center	Psychologist
Address	Calvariestraat 48a Maastricht
Contact details (phone/e-mail)	06-40369067 info@remindpsychology.com
Website	www.remindpsychology.com
Coaching or therapy	both coaching and therapy
Type of therapy	Remind Psychology takes people off the couch with the walk and talk sessions in the natural surroundings of Maastricht. I work with several techniques; cognitive behavioral therapy, mindfulness practice, positive psychology, acceptance and commitment therapy, trauma release practices,
Specialties	broad experience in; work/study related stress, questions regarding life purpose, burnout, life changes, depression, anxiety, sexuality, personality/identity, relationship struggles, addiction, eating disorders, autism/ add/ adhd
Exclusion criteria	no
GP referral needed	No
Languages	Dutch, English, German
International insurance accepted	No
Short description of the service offered:	
<p>Welcome and thank you for taking this time to be reminded and check in on YOU. Denise created Remind Psychology out of her passion to be a reminder; an experienced and open minded psychologist. Instead of working in a clinical setting, we walk in nature or we meet in my practice.</p> <p>Do you experience difficulties in your feelings, thoughts, your work or studies, family or relationship? Are you struggling with fears or doubts? Do you question your identity, sexuality or purpose? I give you honest and clear guidance to free you from all that is holding you back from living your full potential.</p> <p>My way of working is without judgement with an open mind. I invite you to show yourself in a space where I care about you. I work honest, dynamic, confronting, creative, equal and where possible close to nature with our walk & talk sessions.</p>	
Additional info: flexible working hours, also available in the early evenings and weekend	

Name	Mw. R. van Roosmalen
Therapist/coach/psychologist/center	Rena Psychotherapie
Address	Leuvenlaan 59, 6229GX Maastricht
Contact details (phone/e-mail)	06-55578709
Website	www.renapsychotherapie.nl
Coaching or therapy	psychotherapy
Type of therapy	Client-centered psychotherapy
Specialties	Woman, trauma, emotional problems, students
Exclusion criteria	Crisis, psychosis, autism
GP referral needed	Yes, from GP (specialized mental health: SGGZ)
Languages	Dutch, English (not perfect)
International insurance accepted	Yes, European insurance card
Short description of the service offered:	
<p>Individual client-centered psychotherapy for psychological problems like depression, vague anxiety (for phobia and panic disorders you can better choose a cognitive behavioural therapy), personality disorders, trauma, persistent insecurities etc.</p> <p>Together we explore what your needs are to overcome psychological problems. Self-reflective abilities are needed to profit from a client-centered approach.</p> <p>Psychotherapy is a good choice when shorter trajectories have failed or were not sufficient.</p>	
Additional info: look for info about the waiting list on the website: www.renapsychotherapie.nl (website is in Dutch)	

Name	Sander Videler, MSc MA
Therapist/coach/psychologist/center	Practice for depth psychology
Address	Sint Annalaan 60, 6217 KC Maastricht
Contact details (phone/e-mail)	06-21679610 / info@sandervideler.com
Website	www.sandervideler.com/praktijk/english
Coaching or therapy	Therapy
Type of therapy	Depth psychology (Jungian therapy & psychoanalysis)
Specialties	Depression, identity, sexuality, life transition, personality disorders, psychosis, trauma, neuroses/compulsive disorders/addiction.
Exclusion criteria	-
GP referral needed	No
Languages	English, Dutch
International insurance accepted	No
Short description of the service offered:	
<p>Trained as a trained Jungian analyst / depth psychologist, I help individuals to give voice to their deeper identity by integrating unconscious layers of the mind. I am inspired by the belief of Carl Jung that "until you make the unconscious conscious, it will direct your life and you will call it fate."</p> <p>Besides Jungian and Freudian psychoanalysis, I use many other therapeutic approaches to heal trauma and psychiatric disorders, to re-create identity and to find meaning in life.</p> <p>Having lived in Asia, I have developed an integrated approach to the problems of the mind, combining depth psychological and other traditions from both the West and the East, such as:</p> <ul style="list-style-type: none"> • Depth psychology • Gestalt therapy • Systems therapy • Logotherapy (existential psychology) • Psychosynthesis • Integral psychology (Ken Wilber) • Humanistic psychology • Transpersonal psychology • Twelve step program (addiction care) • Pathwork (Pierrakos) • Anthroposophy (Steiner) 	
Additional info: Students are eligible for a reduced rate.	

Name	Suzanne Dear
Therapist/coach/psychologist/center	Psychosomatische fysiotherapie, mindfulnessstraining and coaching
Address	Kapoenstraat 23, 6211 KV Maastricht
Contact details (phone/e-mail)	0031-628621601/suzanna.dear@gmail.com
Website	www.suzannedear.nl/www.dear-health-online.nl
Coaching or therapy	both
Type of therapy	Stress-reduction, relaxation exercises, meditation, breathing exercises, mental coaching, healthy life style, mindfulness training (Member VMBN)
Specialties	Burn-out, sleeping problems
Exclusion criteria	
GP referral needed	No
Languages	Dutch, Norwegian, English
International insurance accepted	Not sure, ask info.
Short description of the service offered:	
<p>Coaching/practical guidance if you have stress related problems like:</p> <ul style="list-style-type: none"> * burn-out * anxiety, hyperventilation * sleeping problems/insomnia <p>Not only talking but also exercises to deal with increased stress Step by step dealing with sleeping problems</p> <p>Individual coaching in Dutch, English and Norwegian Group sessions like 8 week mindfulness training: only in Dutch</p>	
Additional info:	

Name	Anke Schäfer
Therapist/coach/psychologist/center	Therapist, Coach, Life Counseling
Address	Mariabastion 34
Contact details (phone/e-mail)	043 - 3000013, info@therapie-schaefer.nl
Website	www.therapie-schaefer.nl
Coaching or therapy	Coaching & Therapy
Type of therapy	Drama Therapy, Psychotherapy
Specialties	Creative Arts Therapies, Systemic Therapy, Mindfulness, Transgenerational transmission, Intercultural Therapy and Counseling.
Exclusion criteria	Acute psychotic disorder; acute drug addiction
GP referral needed	No
Languages	Dutch, English, French, German
International insurance accepted	Yes/No - depending on the insurance regulations; mostly private clients.
<p>Short description of the service offered:</p> <p>Stabilization and enhancement of self-acceptance, self-esteem, resilience and trust in life in times of crises, stress, grief, panic, anxiety (also Exams anxieties) depression, posttraumatic disorders, eating disorders, identity disorders, self-doubts.</p> <p>Providing tools and techniques for well-being, self-regulation, emotion-regulation, coping strategies and adaptive action in daily life as well as in overwhelming situations: exercises in mindfulness, breath exercises, creation of safe places, reframing situations, enhancing the own resilience by imaginative and creative techniques.</p> <p>Practice of gaining supportive perspectives by creative methods such as constellation work with Playmobil figures or objects, drawings, visualizing the „Inner team“, role play, narrative and biographical line sculptures, storytelling. The choice of the applied methods follows always the needs of the client.</p> <p>My therapeutic approach is defined by my trust in the resilience, the unique capacities and resources of each of my clients. I support my clients to find their own path for their next steps in life.</p>	
<p>Additional info:</p> <ul style="list-style-type: none"> - Registered member of the FVB - Federatie voor Vakberoepen & the NVDT - Nederlandse Vereniging voor Drama Therapie, the DGfT - Deutsche Gesellschaft für Theatertherapie, the FH e.V. - Freie Heilpraktiker (certified for Psychotherapy) and the NADTA - North American Drama Therapy Association. - Part-time lecturer and research assistant in the department for Arts Therapies at the Alanus Hochschule Alfter in Germany. - Private practice in Maastricht (mainly) on Monday and Friday. <p>AGB-Code: 90060077 and 90100472 // Kvk-nr.: 3161005</p>	

Name	Aram Merlijn Verstappen
Therapist/coach/psychologist/center	Transformerend Theater
Address	Sint Annadal 20 (Therapeutisch centrum Annadal)
Contact details (phone/e-mail)	Tel: 0620912045 mail: info@aramerlijn.nl
Website	www.transformerendtheater.nl
Coaching or therapy	Therapy & Coaching
Type of therapy	Dramatherapy, training & creative coaching
Specialties	Social skill development, coping with aggression/emotions, emotion regulation, building confidence and self-awareness
Exclusion criteria	No affinity with drama/theatre. Being in a psychotic episode.
GP referral needed	No
Languages	English / Dutch
International insurance accepted	Yes/No – depends on the individual insurance criteria
Short description of the service offered:	
<p>Drama therapy is an easily accessible therapy that starts with acting in the here-and-now. Play, drama and theater processes are used to facilitate personal growth, change and transformation.</p> <p>Do you have difficulties controlling or expressing your emotions? Are you insecure and tense in social situations? Do you have a negative self-image and low confidence? Are you experiencing (study related) stress or difficulties encompassing personal sensitivity?</p> <p>Do you want to be more confident, deal better with emotions and stress, experience more ease in interaction with others and learn how to deal with mental or emotional difficulties?</p> <p>Then drama therapy / coaching is for you.</p>	
Additional info:	

Name	U-center
Therapist/coach/psychologist/center	Specialized behavioural health Hospital (inpatient) for the treatment of comorbid complex psychological disorders,
Address	Julianastr. 23a, Epen
Contact details (phone/e-mail)	08002224446
Website	www.u-center.nl
Coaching or therapy	Psychological disorders and addiction
Type of therapy	7 week intensive inpatient
Specialties	The treatment of comorbidity
Exclusion criteria	To be discussed/ previous outpatient care necessary
GP referral needed	Yes
Languages	Dutch/English
International insurance accepted	Contracts with several International Insurances
Short description of the service offered:	
<p>Short intensive treatment of complex psychological disorders simultaneously i.e.; mood disorders, personality disorders, PTSD, addictions.</p> <p>7 week program inpatient and 7 to 12 weeks aftercare for people living in the Netherlands</p>	
Additional info:	

Name	Youz
Therapist/coach/psychologist/center	Youz
Address	Parallelweg 45-47 , 6221 BD Maastricht
Contact details (phone/e-mail)	088-3588910
Website	www.youz.nl
Coaching or therapy	both
Type of therapy	See below
Specialties	Anxiety, obsessive-compulsive disorder, depression, trauma, eating disorders, ADHD, autism spectrum disorder
Exclusion criteria	addiction as primary problem
GP referral needed	Yes
Languages	NL/Engels
International insurance accepted	Please check your own insurance!
Short description of the service offered:	
<p>Youz is a mental health service for children and adolescents in the age to 23 years and also for students who suffer from psychological and psychiatric complaints that interfere with their daily functioning in various domains of life (family, school, social, leisure time). More specific this concerns anxiety and depression, obsessive-compulsive disorder, trauma, stress symptoms, psychosomatic complaints, eating disorders, developmental disorders like ADHD and autism spectrum disorder, and emerging personality problems.</p> <p>Upon referral by the GP or some other doctor, the student will be invited for an intake assessment, during which the problem is discussed and analyzed and the intervention goal will be determined. Additional psychological assessment is conducted if necessary to get a better understanding of the problems. Following this, treatment will be started. Various types of interventions are offered: Individual psychotherapy, cognitive behavior therapy, schema focused therapy, psychomotor therapy, EMDR, pharmacotherapy. Online interventions are also possible.</p>	
Additional info:	

Name	Anouk Prop
Therapist/coach/psychologist/center	Psychologist / trauma therapist
Address	Randwijcksingel 20 6229 EE Maastricht
Contact details (phone/e-mail)	06-11441752 – info@zielkracht.nl
Website	www.zielkracht.nl
Coaching or therapy	Therapy & coaching
Type of therapy	MBCT, positive psychology, trauma therapy, somatic psychotherapy
Specialties	Trauma, addiction
Exclusion criteria	none
GP referral needed	No
Languages	English, Dutch, German
International insurance accepted	No
Short description of the service offered:	
<p>Zielkracht is a practice for mind & body coaching. Various therapeutic interventions are provided, focused on the combination of mind and body, such as mindfulness, systemic thinking and constellation work, insight- giving therapy, cognitive behavioural therapy, yoga, somatic experiencing and running therapy. Areas of treatment include, among others, anxiety, addictions, depression, burnout, trauma, relationship difficulties, life-phase problems, communication and assertiveness skills. Zielkracht provides a focus and a compass for people who want to discover the hidden track(s) in life. Let's make a journey into your world...</p>	
Additional info:	