



MARK PAASMAN

FOR INDIVIDUALS

YOU ARE NOT BROKEN. YOUR SYSTEM IS STILL ON.

From surviving to living.



YOU MAY RECOGNISE THIS

01

YOU KEEP FUNCTIONING

On the outside, you do what is needed. On the inside, it takes more and more out of you.

02

YOU ALREADY UNDERSTAND A GREAT DEAL

You have words and insight, but change has yet to truly take hold.

03

YOU WANT TO MOVE FORWARD

Not merely keep going, but experience calm, direction and control again.

You keep going, even when it takes more and more out of you.

In an introductory conversation, we first look at what you are seeking, what participation will require of you and which setting may suit you.

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I am no longer a victim of the effects of post-trauma. I am in control.

Britt · three sessions · August 2026 · translated from Dutch

Britt also emphasises that recovery remains a process. Every experience is personal.

Original Dutch review: mijntherapeut.nl

A FORMAT THAT FITS WHERE YOU ARE NOW

01

PERSONAL

ONE-TO-ONE

Personal guidance with room for your story, your pace and what you need to move forward.

02

HALF DAY

GROUP WORKSHOP

An intensive half-day in a group, focused on recognising and understanding what happens and discovering what you can do yourself.

03

THREE DAYS

THE WAY BACK

The complete three-day programme for those who want to understand what happens and actively work with it.

FIRST, LET US SEE WHETHER IT FITS.

Tell me briefly where you are now and what you are looking for. Then we can decide together whether I can help and which format may fit.



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