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Investigating new process-focused treatments for posttraumatic stress disorder : attentional bias modification and mindfulness-based cognitive therapy

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Maartje Schoorl

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Attentional bias modification and mindfulness-based cognitive therapy

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De eerste zes maanden heb ik niet gehuild. Toen merkte ik dat ik soms huilde in mijn slaap. Nu kan ik weer normaal huilen, net als iedereen. Ik wil leven. En de dood die me niet gewild heeft – nou ja, heeft-ie pech gehad.

Yolande Mukagasana (*De dood wil mij niet*, 1998)

