

The care and support programme for a sustainable reintegration



Reintegration partner Medisch Centrum Ternat

Medisch Centrum Ternat is the **very first multidisciplinary burnout** centre in Flanders and, since 2017, reintegration partner of AG. Employees with a mental stress-related disorder receive mental and physical counselling towards recovery in Ternat. Psychologists, physiotherapists, sports coaches, sophrologists and job coaches work together according to the patient's needs. If required, they also organise online sessions with the patient.



25 in-house specialists



Sessions on-site, online or hybrid



Individual or group



Private garden and fitness room



Three languages: EN - NL - FR

Sustainable combination of exercise, psychotherapy and job coaching

This reintegration partner pushes hard to strengthen **communication and assertiveness**, combined with **physical counselling**. This lays the foundation for successful job coaching and sustainable reintegration.

Physical counselling: relaxation and movement therapy

Through exercise, participants boost their energy levels, which is essential for recovery. Relaxation and movement therapy are used intensively to learn to **relax consciously**.

Personal growth through psychotherapy

Together with a psychotherapist, participants work on their self-image and recognising destructive patterns. The aim is to strike a better balance between effort and relaxation, performance and fun. Employees also discover tools to deal with difficult situations.

Job coaching: discovering and using talents

Employees are made aware of their values, talents and work-related goals. Together with the job coach, they determine short-term and long-term actions to achieve professional goals. The result is a concrete plan of action to return to work.

Included



Voluntary programme



Independent



In partnership with Medisch Centrum Ternat, AG offers this three-step Return To Work care and support pathway **free of charge** within the Income Care contract.

Medically proven three-step approach



Recovery

Thanks to a combination of psychotherapy, relaxation and exercise, employees are able to distance themselves from the situation, unwind and recharge their batteries



Reactivation

Based on an analysis of the personality profile, and with the help of a job coach, the employee is given an action plan that focuses on strengths and weaknesses



Reintegration

The reintegration partner works with your employee to facilitate a sustainable step by step return

[Click here](#) to find out more about Medisch Centrum Ternat.

