



Abstract workshop

“Mental health resilience for TAM practitioners”

Mirte Heringa, Healthcare psychologist ARQ IVP

“Touched by Threat: Staying Resilient in het field of risk”

Threat assessment professionals are trained to evaluate external risk, but there is often less attention given to the personal impact of this work. Over time, dealing with high risk and disturbing case can have an impact on how professionals view themselves others, and the world. It may also lead to stress or hypervigilance, and the need to keep certain information secret may become a heavy weight to carry.

This interactive workshop focuses on gaining insight into the personal and psychological effects of this work, and on how to maintain and strengthen resilience. In the first part, participants reflect on how their work affects their wellbeing, stress responses, and perception of safety. In the second part, we explore the benefits of peer support: how colleagues can be a support resource, especially when personal sharing outside the professional setting is limited. Research shows that peer support can play a crucial role in preventing the development of stress-related complaints.

The workshop concludes with small peer reviewgroups (intervision). Participants are encouraged to form ongoing peer review groups to foster sustainable professional support beyond the conference.

Key Objectives

- Increasing awareness of the impact of work-related threats
- Recognizing stress signals and protective factors
- Strengthening peer support and professional resilience
- Encouraging the formation of ongoing peer review (intervision) networks

Mirte Heringa

Mirte Heringa is a healthcare psychologist, senior advisor and trainer with more than 15 years experience. Apart from her work as a psychologist, treating individuals with mental health complaints after distressing events (e.g. PTSD), she also provides mental support to professionals who are under threat and has played a key role in the development and rollout of a training programme for public prosecutors and their managers to increase their resilience to threats and security measures. She is also committed to improving and coordinating preventive services, such as Mental Check-up sessions, aimed at increasing the resilience of professionals in the high-risk domain. Mirte has conducted several individual and group counselling processes with, among others, the National Coordinator for Counterterrorism and Security, the Judiciary, the Public Prosecutor and members of

government. The presentation will be given in English. Questions can also be asked in French.