

Beyond dis-ease and dis-order

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Stellingen behorend bij het proefschrift:

BEYOND DIS-EASE AND DIS-ORDER

EXPLORING THE LONG-LASTING IMPACT OF CHILDHOOD ADVERSITY IN RELATION TO MENTAL HEALTH

Vera Anne Maria Marsman - Bonekamp, 3 november 2021

1. What may have been some level of order and ease, may deteriorate into dis-order and dis-ease - or disorder and disease - as a consequence of having endured childhood adversity. *This dissertation*
2. It should be recognized that what is sometimes considered to be a disorder, may in fact not be a problem, but a solution to a problem, or dis-order, and should thus be regarded as such. *This dissertation*
3. The impact of childhood adversity on mental health is thought to operate through various biopsychosocial pathways, possibly involving a central pathway of heightened sensitivity to stress and increased stress reactivity. *This dissertation*
4. While cognitive-behavioral therapy (i.e., the 'golden standard' of psychotherapy) may be beneficial with respect to treating certain (cognitive) symptoms, it is considered insufficient to deal with the sequelae of childhood adversity, that, arguably, to a great extent are stored within and experienced through the body. *This dissertation*
5. The abnormality may be present, yet the patient not be ill. *George Engel*
6. With respect to mental disorders, heterogeneity is the rule, not the exception.
7. Als je tóch niet zeker weet wat er met mensen aan de hand is, kun je maar beter naar ze luisteren. *Jim van Os*
8. It is easier to build strong children, than to repair broken adults.
9. The world is changed by your example, not your opinion. *Paulo Coelho*
10. Van een saai leven gaat zelfs een schimmel dood. *Johanna Westerdijk*
11. Meedoen is winnen. *Frank Bonekamp*