

# Dr Sasja Duijff, Ph.D.

Psychologist | Infant Mental Health specialist |  
Mindfulness trainer VMBN cat.1



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**Dr Sasja Duijff currently works in her own private practice, Care4Minds, and is a guest researcher at the Radboud University Center for Mindfulness. Dr Sasja has been working with children with 22q11DS and their parents since 2003 (of which 15 years at the 22q11 outpatient clinic at the Wilhelmina Children's Hospital, UMC Utrecht, The Netherlands). In her conversations with parents she became aware of the challenges that parents with a child with medical complexity such as 22q11DS, face. This inspired her to adapt the evidence-based Mindful Parenting Training (by Susan Bögels) with themes that are pertinent to parents with a child with medical complexity. 'Care4Parents' is an accessible, practical training in which parents learn to recognize, understand and manage stress in themselves and their response to it.**