

New Frontiers

Leading the way in Psychiatric Nursing
Volume 1 Issue 2



Reaching New Frontiers

Kevin Gafa - President

So here we are for the 2nd issue of our newsletter which will be mostly dedicated to HORATIO the European association for Psychiatric Nurses. After the positive feedback we received from all of you regarding the 1st issue we will be extending the newsletter from four to eight pages giving readers the opportunity to keep in touch with what their association is achieving.

At the time we decided on the name for our newsletter I didn't immediately realise how accurately we had hit the nail on the head. Indeed, we are reaching new frontiers, both nationally and internationally. While in Arnhem for the HORATIO congress, Charmaine, Josianne and I experienced a sense of belonging to a much a bigger family of international psychiatric nurses. Delegations from around the globe praised the work done by MAPN during its short one year of existence. MAPN's success story was used as an example to encourage psychiatric nurses to form an association in countries where psychiatric nursing is an evolving profession, such as is the case in Malta. The willingness of those present to be amongst us in November 2008 for the HORATIO festival should provide us with enough energy to be able to be optimistic about our future. It was decided that HORTIO's next board meeting will be held in Malta in the beginning of this November. This will be our first chance to show that we are truly leading the way for the Maltese psychiatric nurses in a significant way.

The 11th of May was memorable for us. We blew on our first candle. Despite only being one year old the association has already achieved much. We feel that psychiatric nurses as well as general nursing working in a psychiatric setting should be proud of their contribution towards health care in Malta. MAPN is intended to be the force behind a new way of thinking and a catalyst for improvement. Such change does not come easily and can only be gained through the altruism, hard work and commitment of the council and all the members.

On a final note - most of you are aware that I was awarded worker of the year at Mount Carmel Hospital. While I am greatly honoured for this prestigious award, I truly feel that this award belongs to all of us. It would be impossible to name all MAPN members but through this newsletter I would like to say that every one of you deserves this award, for trusting in this association, loving your profession and being responsible for making all this happen. The least we can do to thank you is to promise that we will persist in our mission of reaching new frontiers.

A Note from the Editor

Carmen Galea

Welcome to the second issue of the New Frontiers, the newsletter of the Maltese Association of Psychiatric Nurses (MAPN). The first issue was a great success and in response to our readers' requests the editorial team has taken to task and increased the number of pages in this issue. We have also given the newsletter a professional look by employing the services of a young promising artist - Marlene Borg.

The theme of this issue is 'Horatio' which is the name chosen by the Associations of Psychiatric Nurses in Europe for their collective affiliation. As the MAPN celebrated the first anniversary last May a Foundation Congress of Horatio took place in Arnhem where a delegation of the MAPN represented Malta as a member association of Horatio. Steve Demicoli, the MAPN International Advisor gives an account of the how he was instrumental in bringing together the Psychiatric Nurses in Europe.

Josanne Drago Bason writes about her experience in Arnhem and Charmaine Borg gives us an entertaining account about the delegation's return to Malta. Damian Gouder contributes the main story of this issue where he critically reflects on the character of Horatio in Shakespeare's play Hamlet and draws parallels to the role of the Psychiatric Nurse.

The setting up of MAPN has earned the president of the MAPN the worker of the year award at Mount Carmel Hospital. Angelo Abela writes about the other nominations and the awards' evening. Further celebrations are due next year when the Horatio Festival is planned to be held in Malta. Martin Ward gives an account of the upcoming event due in 2007.

Two other activities are in the pipeline for next autumn. These are 'The Health and Safety Seminar' and the two day training workshop in Cognitive Behaviour Therapy (CBT). CBT has been identified as effective short term psychotherapy used with patients experiencing severe mental problems. The aim of the therapy is to help them change their behaviour and their way of thinking. In this issue the 'Profile' focuses on Des Kavanagh the president of Horatio and the General Secretary of the Psychiatric Nurses' Association of Ireland.

As you can see this issue is brimming with news about the work the MAPN has elected to undertake. Indeed the editorial team has been working hard on this publication and we welcome any comments and feedback which the readers may have on its contents. We urge our readers to send any contributions and experiences to the Editor using the email address given in the back pages.

August 2007

Issue No. 2 Volume 1

Inside this issue:

Reaching New Frontiers	1
A Note from the Editor	1
Reflections on HORATIO	2
The foundation Congress of Horatio	3
Worker of the Year	4
On a lighter note	4
E-mail Interview Des Kavanagh	5
MAPN Launching Anniversary	5
The festival of Psychiatric Nursing	6
Harry Dodd A Biography	6
From the International advisor	7
CBT Workshops	7
Future Events	8



Arnhem, Netherlands

Reflections on HORATIO

Damian Gouder - *Psychiatric Nurse*

Introduction

The character of Horatio is portrayed in Shakespeare's work, *Hamlet*. According to critiques, *Hamlet* represents the mid-period of the author's growth of his genius. In his tragic writings Shakespeare expressed his deeper thoughts and sadder feelings in which *Hamlet* can be defined as a tragedy of thought. *Hamlet* is characterized not only by the magnificence of its poetry but by the subtlety of its psychology and the intensity of emotions.

The main plot of the play involves the king as *Hamlet's* father who is murdered by his own brother. The latter had initially seduced and eventually married the queen. The murder is revealed to *Hamlet* by the ghost of his dead father. In consequence *Hamlet* wants to avenge his father's murder. In this background of treachery, intricacies and murders, the prince is supported by a character which elicits our particular interest. Horatio, *Hamlet's* friend and confidant remains loyal to him through the entire ordeal. The play ends in *Hamlet* avenging his father's death but dies tragically, comforted by the presence of Horatio. According to critics *Hamlet* and Horatio provide a contrast to each other. Following is an outline of both characters to provide a better understanding.

Hamlet

Hamlet is the prince of Denmark. He is portrayed as a sensitive person shocked by his mother's hasty second marriage following his father's death. Shock turns to embitterment following the discovery of his father's murder at his uncle's hands. Though he hated his father's murderer *Hamlet* has little heart in pushing for revenge. A deep melancholy takes hold of him. Moreover he does not find any support and consolation from his love, Ophelia.

However, *Hamlet* is by no means a fool. He discovers a plot where his uncle tries to have him beheaded in England. *Hamlet's* traitors are condemned and executed. Aware of being surrounded by enemies and spies plotting against him, *Hamlet* plays the part of a madman in order to baffle his adversaries. Nonetheless, the reader may get confused whether *Hamlet* was acting the part or if his behaviour truly reflected a man whose wits had gone astray. It can be argued that his embitterment and sense of persecution was justified only in part. His attitude leads to the break up with Ophelia. Ironically Ophelia loses her sanity and joy of living which leading to a tragic end.

At this point *Hamlet* sets out to avenge his father's murder. *Hamlet* is wounded in action with a poisoned sword in a duel with Laertes whose father Polonius was killed by *Hamlet*. At the point of his death *Hamlet* is again comforted by his only loyal friend Horatio.

Horatio

Horatio is portrayed in Shakespeare's play as a loyal friend to *Hamlet* and a scholar. In a setting of mystery, intrigues, anger, hate and other strong emotions, Horatio, provides an unwavering beacon of light by providing support, rationality and truthfulness to the whole situation. When the two officers start seeing the ghost of the dead king, Horatio is the person whom they inform and confide in. Horatio a rational man was at first sceptical about the whole affair, nevertheless accepts to intervene. The officers seek Horatio for his advice as well as his confirmation. They seek his advice to provide them with a meaning for the phenomenon. Horatio is both shocked and humbled by the experience however he reacts positively and unlocks the mystery of the apparition. He learns that the spirit would only speak to *Hamlet* to reveal the purpose of its apparition.

Horatio's other quality is his sense of observation. In fact *Hamlet* relies upon his friend's judgment in order to study the king's reaction during a play depicting the murder of a king, similar to the murder of his father. Horatio recognises the king's guilt in his terrified reaction, thus confirming *Hamlet's* suspicions.

Unlike *Hamlet*, Horatio is portrayed as free from emotional upheaval. However, despite his stoicism and self-control he deeply loves his friend and vainly tries to prevent *Hamlet's* duel with Laertes. He was aware of the absurdity as well as the potential for adverse consequences. At the point of *Hamlet's* death Horatio was prepared to commit the passionate act of suicide. This fact brings to light the humanity of Horatio. However, he quickly regains his self-control and avoids this act of uncontrollable emotion. He is determined to live in order to give testimony and ensure his dear friend's name goes unblemished in the midst of a royal scandal. Once again this decision reflects Horatio's deep love and loyalty to his dear friend *Hamlet*.

Conclusion

Now when reading these lines, one may naturally question the relevance of Horatio's character into the subject of psychiatric nursing. This is justified when bearing in mind that the story was written in the early 1600's. Also the whole story and thus the characters including Horatio are fictional.

On the other hand the author, Shakespeare was real enough and he gave life and assigned roles and characteristics to each and every character. One has to consider that in the early 1600's knowledge about mental illness was limited, and people's attitudes were different. However Shakespeare aided by his genius and deep insight into human nature and behaviour outlined the characteristics needed in a person in order to assist people with deep mental distress such as *Hamlet* was. This Shakespeare did in creating the character of Horatio.



Alas, poor Yorick! I knew him, Horatio: a fellow of infinite jest, of most excellent fancy: he hath borne me on his back a thousand times; and now, how
abhorred in my imagination it is! my gorge rims at it. Here hung those lips that I have kissed I know not how oft.



In analysing the character, one is driven to the conclusion that Horatio would have made one good psychiatric nurse. Here is one person whom every psychiatric nurse worth his salt would aspire to become. Knowledgeable, rational, good sense of observation, sound judgement, emotionally stable, level headed, loyal and friendly towards his/her patients.

As psychiatric nurses we are expected to give rational explanations to the experiences of our patients, and their families. We have to act as role models. We are bound to provide the support needed in order to overcome the devastating effects and real tragedies of mental illness. We are to provide reassurance to our patients, in times of persecution and problems whether real or not.

We have to empathise with our clients in order to understand them better and assist them. We have a duty to protect their dignity against the ill effects of stigmatisation of any form. We assist our patients in rebuilding and maintaining interpersonal relationships thus preventing social isolation. The psychiatric nurse accompanies his patient through the journey from mental illness to mental health. We are bound to make life to our patients at least a bit more bearable because the pain sometimes is too much to cope with.

We also have to admit that after all we are human beings, capable of feelings and emotions, and also aware of our limitations and possibilities in our decision making. We also have to seek assistance in situations that may get out of control resulting in adverse effects both on patients as well as on us and our colleagues. Thus in our profession we have to seek and strive to enhance the quality of life of those patients, which are entrusted in our care. In other words we are to be the Horatios of today in order to bring a better tomorrow to people suffering from mental illness. Shakespeare realised this four hundred years ago.



Horatio comforting Hamlet

A Report: The foundation Congress of Horatio 22-23 March 2007

Josanne Drago Bason SN, BSc (Hons) Nursing, MSc Nursing (UK).

"Discover the field, enjoy the scenery." Indeed this was how the Foundation Congress of HORATIO – EUROPEAN PSYCHIATRIC NURSES, which addressed the contribution of psychiatric nursing practice and science to mental health in Europe, was advertised. Over 150 delegates from 20 European countries together with Australia, Canada and Hong Kong, attended this congress. The event was held on the 22nd and 23rd March, 2007 in Arnhem, the Netherlands. The psychiatric nurses from the latter three countries showed their willingness to join this rapidly growing association of Psychiatric Nurses. This conference was attended by a Maltese delegation, namely Kevin Gafa' and Charmaine Borg, the president and secretary of MAPN respectively, and myself.

Of particular significance were the visits, which the Maltese delegation together with others from various countries, made to the Nijmegen Psychiatric Hospital and Arnhem's Drug Dependency Unit. It was very interesting to meet other psychiatric nurses and discover the way they carry out their day to day duties. From them we could compare and contrast their practices with ours. Whilst getting plenty of ideas from them, we discovered that the art of caring, which has long been associated with psychiatric nursing, is a common denominator of the nursing practice throughout different cultures.

This notion was further consolidated throughout the two day conference which followed the mentioned experience. Nevertheless, the science underpinning this care was not neglected. So much so, the delegates were given the opportunity to delve into matters such as psychiatric nursing education, research, leadership and economics. Of equal importance were the workshops held. These allowed the delegates to voice their opinions and share their vast experiences in a friendly, albeit professional, atmosphere. These workshops addressed various topics, namely:

The history of psychiatric nursing, Nurse responsibilities in a multidisciplinary context, Finnish psychiatric nursing research and its input towards international interest, Early treatment and intervention in psychosis, and Health and Safety – Management and Training.

This congress highlighted the challenges faced by the profession of psychiatric nursing, specifically as it strives to move its practices more and more to where the patient lives and works and enjoys recreation. It brought together nurses from countries which are in different stages of development, however, which are all moving towards the same direction.

The event marked the foundation of HORATIO – an organisation which was conceived in Holland, as a concept which was shared by Ber Oomen and the Maltese psychiatric nurse Steven Demicoli. This organization represents psychiatric nurses, supports them, inspires them and enhances their reputation. It also unites them to share knowledge, learn from models of best practice and identify issues for political canvass to foster and advance their best interests and the interests of patients with psychiatric problems (Kavanaugh, 2007).

Finally, this conference was an immense opportunity to celebrate the profession of psychiatric nursing which is rarely highlighted for the wonderful work it does, but which is crucial in fostering positive mental health, preventing illness, treating the acutely ill and caring for those with enduring mental illness. It was an experience which will certainly remain etched in our minds, whilst we reap the fruit of the knowledge we gained from it.



The Worker of the Year Award - Angelo Abela *PRO*

This year 'The Worker of the Year Award' was held on the 4th of May at Mount Carmel Hospital. The ceremony which has now become an annual event in the hospital's calendar is organized by the management of the hospital. The award is an acknowledgment of the exceptional work that various employees at the hospital carry out in addition to their daily routine. This year another award 'The Team of the Year Ward' was given to the best team.

The occasion was hosted by Charles Saliba and Anna Bonnet both T.V. personalities. The guests were treated to a series of dance routines prepared by the Yada Dance Company who, through their performances, mapped the evolution of mental health care in Malta. A reception was later held on the same premises.

This year's awards went to Mr. Kevin Gafa', the President of the Maltese Association for Psychiatric Nurses as 'The Worker of the Year' and 'The Team of the Year' went to the Outreach Team, headed by Mrs. Therese Runza. Kevin Gafa' was recognized for his pivotal role in setting up the MAPN.

The various nominees were submitted by the employees of the hospital and were later vetted by a selection board. Michael Sultana, the chairman of the board, handed the prizes during the ceremony. During his address Mr. Sultana stressed that even being nominated for an award should be considered a great achievement. He had also many words of praise for the actual winners. Once again nurses continued with the tradition of prevailing in this prestigious award. Other award holders were Joe Galea, Marion Saliba, Alfred Baldacchino, M'Anne Bonello, Josephine Tanti and Connie Magro.

On a lighter note Charmaine Borg writes...

I've been asked to write my experience at Arnhem, in less than 200 words. For those who know me they should know that this is quite a difficult task for me to accomplish. Writing concisely is definitely not my specialty. Anyways, I guess I'd better start but from where???This was a week brimming with fascinating experiences, injected with a good and potent dose of learning and exposure for Malta, for MAPN and for us as individuals.

One of the most striking facts was that we already had a good reputation with most of the delegates, and I hope that we managed to enhance this with our presence and networking.

We were also referred to as a phenomenon by Peter Nolan (Professor in Mental Health Nursing) wanting to keep my face straight and formal I turned to look at Kevin who was holding the Jacket collar in a way that we learnt he always does when feeling proud.

I have to admit that we didn't waste any time at all and participated actively in every workshop, spoke to each delegate and interacted well at the social gatherings... yeah yeah..... I have to say that in order to cope with all the work very strong coffee was essential in the mornings. I actually developed strong coffee addiction after this experience!!

The crux of this experience was reached when in the middle of the night we had a delay from Schipol to Heathrow airport. I will never be able to describe the looks on faces while waiting on the floor. We were totally exhausted with no information of what was happening... The situation was deteriorating by milliseconds... Kevin was laughing hard at people running on the luggage scooters... however, somehow a few hours later it was our turn on the scooters. Feeling stupid but quite proud of it... We were restless but that's how we make our

child in us glow and grow.

I wish I can give you a taste of this wonderful experience we shared but my space here is limited, in a nutshell all I can say is that it was a diamond stone wrapped in a tight package... and yes that's an insight joke, but sharing a room with Kevin Gafa' and Josanne Drago let me tell you is one hell of an experience (no adjectives can ever describe it fully). Martin Ward, also a curiosity I didn't yet satisfy. Believing that he quit with smoking but never, we managed to see him without a cigar. Upps, I think I shouldn't be saying this here...

One can write whole chapters about these few days and believe me each one will leave you wanting to know more!! It will be an amusing yet reflective book but about the title we would have absolutely no doubt...



E-Mail Interview: Des Kavanagh – President HORATIO



Profile: Des Kavanagh: Qualified as a Psychiatric Nurse in (1974), awarded a number of Post Grad Diplomas.

What is your current position?

General Secretary, Psychiatric Nurses' Association of Ireland

What would improve your working life?

More hours in the day and greater appreciation of the potential of RPN's

What special attributes are needed in your work?

Strategic thinking, negotiating skills, creativity, energy and determination.

Being a man in a strategic position was there any strange request made by nurses or patients?

Some times Nurses seek advice on personal and civil matters.

What is your contribution to Horatio?

I coalesced with Stephen and Ber and the others in its founding. I am currently the president. I seek to motivate and encourage others to join and to encourage all of us to work hard to become relevant to every Nurse in mental health in Europe.

How do you think HORATIO will make the difference to European Psychiatric Nurses in the near future?

We can influence European policies, give leadership towards change, inspire nurses to achieve our potential, identify pathways for best practice and identify educational needs

In your opinion what are the biggest challenges HORATIO is facing?

To organize all countries, to be relevant, to identify the minimum educational standards, to inspire quality in practice and to survive financially

The local community of Psychiatric nurses is aware that next year's HORATIO festival in Malta is geared to be a big event can you comment?

We look forward to making Malta 2008 a unique event celebrating the contribution of Nurses in Europe to the Mental Health Europe, illumination, innovative and quality care and setting future targets.

The MAPN is an association in its early days compared to other European associations, what can you recommend in such a situation?

Work, solidarity, commitment to goals and targets and remember- you have many friends throughout Europe. Always seek to be relevant to your members.

How do you manage to juggle the different roles in your life?

With great difficulty! However, there is my patient and supportive wife, an employer (PNA) which is idealistic, caring and determined to succeed.

What would you like to say to Maltese Psychiatric Nurses?

I am delighted to welcome you to Horatio, the home of European Psychiatric Nursing. We all learn from each other. We can all make a contribution. You are blessed with active and determined representatives. That's a very good start.

Would you like to add anything else?

I look forward to meeting you soon

MAPN 1st Launching Anniversary

On the 11th of May the Maltese Association of Psychiatric Nurses celebrated its first anniversary since it was set up in 2006. To commemorate this very important milestone two events were organized.

The first event was a blood donation day, organized in the Mount Carmel Hospital grounds on the 9th of May. The blood donation unit collected blood from 8:00am up till 1:00pm. In total there were around 20 donors which, we were told, is quite a satisfactory number.

On the actual day of the anniversary - the 11th of May – a get together was organized at the Kastell Wine Bar in Tarxien. Kicking off the evening were Andrew Sciberras and Dunstan Attard who read some poems from their vast repertoire to those present. Interspersed between one poem and another was some live acoustic music performed by Paul and Alistair from the group Colourblind. The event continued with some refreshments. Those present had the opportunity of discussing the first hectic year of the organization in a relaxed and casual environment. A total of 65 people, including both members and non members, attended the anniversary celebration. The Kastell Wine Bar was chosen by the organizers since it holds particular significance to MAPN since it is there that the organization had been officially launched a year before.

Angelo Abela *PRO*



Anthony Spiteri donating blood

Horatio – A festival of Psychiatric Nursing

It is not very often I hear the words, 'Malta is the centre of psychiatric nursing practice, education, management and clinical developments'! However as from Wednesday the 5th till Sunday the 9th of November 2008 this could very well be the case. During these five days more than 500 psychiatric and mental health nurses from around the world, mainly from Europe will descend upon our dreamy little islands to attend what looks like being 'THE' psychiatric nursing event of the year. MAPN will be the local hosts and are playing an important part in stage managing this event. However, this is a major event for the European Network of Psychiatric Nursing 'Horatio'.

You will notice that it is not being marketed as a conference, but a festival. That is because this will be like no other conference that you have ever attended. The main scientific programme will run throughout the five days but this will be surrounded by music, arts, poetry, drama, music, competitions, art exhibitions, an auction and guest celebrities coming to talk about mental health problems. In addition delegates will be expected to take part in debates, workshops and discussion groups and it will be Horatio's aim to publish as much of the outcomes from these as possible. High profile celebrity figures from the world of mental health will be presenting in the main hall with as many as 200 concurrent paper and workshop running at what we hope will be a seamless programme (though knowing conferences of this size as I do this is going to be a very tall order). The delegature will represent all the 27 countries in the EU and its regions, plus those from Canada, America, South America, Africa, the Middle East, Japan, Australia, New Zealand and China.

The event starts at lunchtime on the Wednesday and runs through with evening events included till lunchtime on Sunday. Many of the delegates who intend to be here are further speculating about bringing their families for a week. The occasion will also be an opportunity for us in Malta to host visits to our own clinical practice areas. Such a role is often undertaken by our colleagues from abroad during similar occasions.

Planning for the event is already speeding along with a local group from MAPN working on conference themes and the nature of the supporting social events. I am working with the Horatio organising committee in Holland as their representative here in Malta. Between us we are pulling the apparently hundreds of strands together to make this work. Sponsorship, both locally and internationally is going to keep costs down and there will be a special low rate for all Maltese nurses wishing to register for the event. More details will follow later in the year but it will be possible to start registering from November this year.

The event will be held in the Corinthia San Gorg Marina and SAS Radisson complex in St George's Bay. It is going to be a marvelous time for those of us who work in the very special discipline. Don't miss out on celebrating with colleagues from around the world the work that we alone do for people with mental health problems. What is more important is joining us to have a great time doing so. I look forward to seeing as many of you there as is possible to share this once in a lifetime opportunity.

Martin Ward

Chair, Horatio European Expert Panel



Harry Dodd - Biography

Harry Dodd initiated his career as a Psychiatric Nurse in England and later immigrated to the United States of America where he started his training in Cognitive Behavioural Therapy (CBT). At the time he came in contact with Aaron T Beck through his training and development in CBT. His paper 'Realistic Thinking' was published in 1988 and served to inform nurses how to work with patients in hospital diagnosed with depression. In the same year he returned to England where he practiced as a Clinical Nurse Specialist in CBT with in-patients.

Three important papers were published from his work in his Masters of Philosophy. The first investigated the effectiveness of the training by nurses learning the CBT model by practicing on their own

negative thinking. The other paper focused on anxiety management with in-patients. The third highlighted the nurses' role linked to nurse training in Oxford Brookes and other regional schools of nursing and universities. Mr Dodd's role as an Honorary Lecturer included introductions to CBT, neuroses and its' treatments. The development of a Clinical Supervision course for nurses eventually became multi-professional. He further facilitated experiential learning groups for student nurses and other nurse development work. In 2003 he was again nominated to work as a Consultant CBT Psychotherapist for the Oxfordshire and Buckinghamshire Mental Health National Health Service Trust working in Psychological Services.

Mr. Dodd's clinical contact remains with complex and difficult cases and remains both a lecturer and trainer in CBT. He provides clinical supervision for the Specialist Registrars in psychotherapy and Senior House Officers during their training. His 15 year private practice is clinically based within a general practitioner's surgery and includes nurse development training. He uses CBT methods to engage and work with severe and enduring mental illnesses in both locked and open units linked with the work of Nurse Consultant Mr. Martin Ward.

Marcia Gafa RMN

From the MAPN International Advisor

It is an honour for me to be writing a few words in this second newsletter about international activities conducted by MAPN on your behalf. With the world ever becoming smaller as the concept of a 'global village' is applied, it is no longer sufficient or appropriate for an association like MAPN not to be adequately represented in the international arena. Surely our present 'gateway' to this international field is HORATIO - a specialist organization for the European psychiatric nursing national associations which I embarked together with Ber Oomen back in Autumn 2003. This is now recognised as the official body representing psychiatric nurses within the European Federation of Nursing – EFN (officially representing nursing in EU institutions) and looking at broadening its horizons even further internationally.

Although we participated in the very birth of HORATIO, MAPN's first stumbling block was affording

the financial requirements to participate together with countries having access to much larger resources. Membership fees are the principal source of funding for national associations and depend on two principal factors which are the membership fee and the number of members in every association. In this regard Malta can never compare with our international counterparts due to the small number of members it can realistically have at any one time.

Most international advice efforts in the past months had to be directed towards reaching a plan allowing MAPN to participate in HORATIO which is acceptable according to the regulations of both organizations. Since the first meeting as HORATIO in Amsterdam - Autumn 2005, it was difficult for other associations to understand our financial limitations and it took many months of hard work and determination to negotiate a mutually satisfactory plan. This was only possible

through a collective effort, with due credit being given to MAPN officials as well as Mr. Martin Ward (Chair, Horatio).

Of course the last few months were also characterized by other, more positive events like the decision to choose Malta as the venue for the 2008 HORATIO festival. I wish to encourage everyone to lend a helping hand in this event to make MAPN proud to be the host HORATIO member for this event. Such an event would be the perfect opportunity to demonstrate the level of quality, organisation and hospitality that Maltese psychiatric nurses can deliver when given the opportunity to do so.

Last March during the HORATIO annual general meeting in Arnhem, The Netherlands made a proposition for HORATIO and MAPN to organise joint conferences as an attempt for both MAPN and HORATIO to raise funds in order to keep up the good work in representing

psychiatric nurses. The initial reaction to this proposition was positive from the other HORATIO board members and some countries have already expressed interest in an upcoming MAPN event. Further correspondence with the HORATIO board further confirmed that HORATIO could also help MAPN by promoting our events.

Last, but not least I wish to comment about the positive reaction and encouraging comments expressed by other HORATIO member organisations following the publication of the first MAPN newsletter. Congratulations to the editorial board and the MAPN officials for making us proud.

Kind regards to all,

Steve Demicoli
Psychiatric Nurse
MAPN International Advisor

Getting prepared for the Cognitive Behavioural Therapy workshops

Marcia Gafa` - Psychiatric Nurse

Falling under the umbrella of action therapies, the theory of Cognitive Behavioural Therapy (CBT) is based on the concept of changing thinking patterns and (or) behaviours will have a powerful effect on a person's emotions. CBT helps identify, analyse and change counter-productive thoughts and behaviours, which help to alleviate feelings of obsessions, anxiety and depression to mention a few.

CBT is one of the major orientations of psychotherapy (Roth & Fonagy, 2005) and represents a unique category of psychological intervention because it derives from more traditional forms of therapies, such as psychoanalytic and experimental models, while it is claimed to be short acting, leaving instant results, and reducing the cost outcome for health insurances.

Being practiced in the 1960's, CBT aims at assisting the client identify a particular behaviour or

pattern which interfere with the 'normal functioning'. Through a series of sessions with a qualified cognitive behavioural practitioner, the client will learn to use different means to cope better.

Since this therapy is relatively easy to adopt within clinical settings, it is used by a number of professionals, including psychotherapists, occupational therapists, psychiatrists, psychiatric nurses, counsellors, and social workers.

MAPN, in conjunction with the Directorate of Nursing Services (DNS) will be organising a two day workshop event on Friday 26th and Saturday 27th October at Coastline Hotel, lead by Mr. Harry Dodd (*Consultant behavioural Psychotherapist*). These two days are expected to be extremely fruitful to those who work in the mental health field. Applications for the two day workshop can be found with this newsletter or else send an e-mail at mapsychnurses@gmail.com for further

information about registration and fees.

Reference:

Roth A., and Fonagy P. (2005) *What Works for Whom: A critical review of psychotherapy research*. Second Edition. The Guildford Press, London

Suggested Reading:

Bulter G. & Hope T. *Manage Your Mind*, Oxford University Press

Corey, G. (2005). *Theories and Practice of Counseling and Psychotherapy* (7th ed.). U.S.A.: Thomson.

Editor: Carmen Galea
Designer: Marlene Borg

Address:
'Le Soleil' Flat 1,
Imriekeb Street
Marsascala, Malta,

Phone: +356-99825731

E-mail:
mapsychnurses@gmail.com
newfrontiers@map-n.com

VISIT OUR
SITE
www.map-n.com

Future Events:

15th September

Health & Safety in the
Psychiatric setting

26th/27th October

CBT Workshops Lead by
Harry Dodd
CBT Psychotherapist
Coastline Hotel

1st-3rd November

HORATIO
Board meeting

December

MAPN Annual General
Meeting

ATHENÆUM
SPA by ALGOTHERM



The Estetika group of companies www.estetika.com.mt is established on the Maltese islands and through its collateral activities on the continent as a player in the anti-ageing and medical aesthetic sector, with various treatment centres in Malta and various joint collaborations with other clinics in Europe.

As of this month the group has reopened the 1200 sq.m. Athenaeum Spa at the flagship Malta hotel of the Corinthia International (CHI) hotel brand www.corinthiahotels.com.

The primary brands of the Athenaeum Spa are:

- A wellness facility ("Centre for Health") incorporating, but not limited to, anti ageing, rehabilitation and stress management
- An ecological spa utilizing green management practices, renewable energy sources and "organic" treatment methods and products
- A mineral spa utilizing mineral salt water additives and balneotherapy facilities as well as algotherapy and fangotherapy systems
- A floatation centre utilizing high mineral density water floatation chambers for therapeutic and relaxation purposes

A Mediterranean Spa focusing on the use of a *terroir* which reflects the climate, flora and ecology of the region in both the design as well as the treatment systems proposed

The following areas are located within the Spa:

- Dry and wet treatment areas
- Sauna garden incl of saunas (2), hammam
- Multi person balneotherapy area incl of Rasul room, water tables and hydrotherapy systems
- Floatation chamber – first of its kind locally
- Branded Fitness Studio with cardio and gravity training equipment, aerobics floor, and including Kinesis Technogym Studio – a first for Malta
- Main heated indoor pool with aquarobics area
- Relaxation zone
- Upmarket Spa Cuisine restaurant catering for spa

non spa patrons
Spa boutique retailing skincare and health products and accessories

The motifs for the Spa focus on a soft marine image set with use of azure and related co-ordinates, with an additional treatment core within the spa which is to project a subtly more health-oriented feel.

The Spa has teamed up with the marine cosmetic product house Algothem www.algothem.fr and the global fitness brand Nike to supply product, merchandise, and marketing support to the project.

The Athenaeum has reopened for guests on June 14th 2007.

Estetika is offering MAPN members the opportunity to join as "Grand Slam" all-inclusive members for one year at the one time fee of Lm 295 (€687.17) instead of Lm 365 (€850.22). This offer is valid until end August 2007. Various other prices are available for shorter and access-restricted memberships.

Any interested guests may write in on trevordiacono@groupheadoffice.com to organize a free showaround.



Join MAPN:
Send cheque payable to MAPN on the above address

Name: _____

Address: _____

E-mail: _____

Mobile: _____ Grade: _____

General Nurses: Lm3 (€6.99) Annually
Psychiatric Nurses: Lm5 (€11.65) Annually