



SJAF e-magazine



St Jeanne Antide
Foundation

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KIN-CARE - informal family caregivers are the catalysts of successful community care for the mentally ill - VOPs Project 39/2018

end-of-project outcomes

The KIN-Care initiative fills a gap in community mental health care system in Malta. The burden of on-going full-time care for a person suffering from a severe mental illness often falls on members of the family.

The majority of primary caregivers are female members of the family. The effects of the mental illness and of the constant, overwhelming, care-giving responsibilities on the family are huge and debilitating for both the ill person and the relatives who provide the daily care. Family caregivers provide emotional, physical, social and financial support 24 hours a day, seven days a week. In the experience of the Foundation, family caregivers become highly anxious and prone to, or at risk of, becoming chronically depressed.

They would also be likely to be facing financial difficulties arising out of the burden of constant care, treatment, provision of daily support and job loss or studies of the sufferer and job loss or job downgrading of the primary family caregiver.



PARLIAMENTARY SECRETARY FOR YOUTH,
SPORT AND VOLUNTARY ORGANISATIONS

Kontenut

KIN-CARE - VOPs Project 39/2018 outcomes	Pg. 1,2,3
Blankets Donation by HSBC	Pg. 3
Nurturing and Supporting Resilience of Vulnerable Families - MCCF Project Outcomes	Pg. 4,5,6,7
SOAR Service News	Pg. 7
Umama Project, SOAR Service	Pg. 8
Inñeles Minn Ġewwa - sensiela ta' artikli	Pg. 9,10
Kors—Għaqal id-dar, ħajja aħjar	Pg. 11
Rokna Poeżija	Pg. 12
SJAF Reverse Advent Calendar	Pg. 12
Avviżi	Pg. 13

The broad aims of the KIN-CARE project funded by VOPs for one year were as follows:

- (a) to acknowledge, affirm, guide and support family caregivers of mentally ill persons as key providers of community mental health care; and
- (b) to reduce stigma, especially self-stigma.

More specifically, KIN-CARE aimed to:

- a. prevent caregiver burnout, depression, job or studies loss and family break-up.
- b. bolster caregiver resilience, caregiver stamina and commitment to forging ahead with caregiving.

During the project cycle, the KIN-CARE initiative provided a range of interventions that included family consultations, social work support, emotional freedom therapeutic work, group-based support, mediation with employers and educational establishments and the wider state mental health care system. It also modelled an interdisciplinary caregiver support practice at community level. Caregivers supported were also encouraged to become volunteers. Through this project, educational materials on mental illness and services were provided to caregivers either via email or in pen-drive format.

OUTCOMES of the Kin-Care initiative - 2018:

151 (out of contractual 150) family caregivers of mentally ill persons identified and provided a range of supports that included:

- Social work assessments and support interventions (151 family caregivers); of these 151, the following accessed other support measures:
 - access to SOAR Service peer-to-peer support and different groups (8);
 - participation in group-based support (63 caregivers accessed group support);
 - access to the Emotional Freedom service for persons burdened with negative emotions, distress, fears, resentments and phobias (23).
- Moreover, 3 illustrated booklets in Maltese in a series titled *Inñeles Minn Ġewwa - 24 artikli biex tgħin lilek innifsek meta jkaxkrak sentimenti tqal* have been completed and uploaded on: <http://www.antidemalta.org/efs-books.html>.
- 2 information brochures and a poster were also designed and printed.

Identification of the 151 caregiving families occurred as follows in the months of January to December 2018:

January: 9	February: 17
March: 16	April: 19
May: 17	June: 17
July: 14	August: 9
September: 10	October: 11
November: 7	December: 5

The localities of residence of these 151 caregiving families were as follows:

- 23 Birzebbuga
- 14 Żabbar
- 22 (11 each)= Birkirkara, Marsaskala
- 9 Paola
- 10 Tarxien
- 15 (5 each)= Kalkara, Fgura, Żejtun
- 24 (3 each)= Għaxaq, Kirkop, Luqa, Naxxar, Qormi, Rabat, St Paul's Bay, Żurrieq
- 18 (2 each)= Attard, Balzan, Blata-l-Bajda, Bormla, Iklin, Msida, Santa Venera, Siġġiewi, Sliema
- 7 Mosta
- 8 (4 each) Hamrun, Żejtun
- 1 Santa Luċija

Social Workers supporting caregiving families liaised with other Service providers such as the following:

- ◆ Mental Health Clinics
- ◆ Mental Health Malta: outreach team, Mt Carmel Hospital, Psychiatric Outpatients,
- ◆ Health Centres
- ◆ Private mental health practitioners
- ◆ MCAST, University lecturers
- ◆ Employers
- ◆ Lino Spiteri Foundation
- ◆ Jobsplus
- ◆ MASE
- ◆ Leap centres.



Groupwork support:

Between January and December 2018, the following **6 groupwork opportunities** were undertaken for caregivers. **63**

Caregivers participated:

- 1) Self-esteem and self-compassion group which ran between the 11th January and 19th July **with 8 participating caregivers** (10 sessions of 2 hours each – 20 hours);
- 2) Self-esteem and self-compassion group which ran between the 11th January and 1st February with **6 participating caregivers** (4 sessions of 2 hours each – 8 hours);
- 3) Self-esteem and self-compassion group which ran between the 5th April and 28th May with **6 participating caregivers** (12 sessions of 2 hours each = 24 hours).
- 4) 10 October: Workshop titled: *Kif Nagħder lili Nnifsi u lil ħaddieħor, u kif nirrileksja* (3 hours; **21 caregivers**);
- 5) 24 October: Workshop titled: *Kif Nagħder lili Nnifsi u lil ħaddieħor, u kif nirrileksja repeated* (3 hours; **8 caregivers**);
- 6) 16, 19 & 23 November: Short 7.5 hours course titled: *Id-Dipressjoni, kif nevitaha, x'għandi nagħmel biex nieħu ħsieb saħħti u moħħi* (3 sessions x 2.5 hours; **14 participants**)

Around 48 service-using caregivers were also encouraged to apply to the Mental Health Association for its annual Caregiver Empowerment Course this year which started in October 2018.

HSBC Malta brings warmth and comfort this winter

More people will be enjoying physical and mental wellbeing during winter after HSBC Malta Foundation donated more than 225 blankets to various NGOs working in aid of vulnerable people.

Bearing stunning Maltese design motifs, the handmade blankets originally formed part of the attempt to create the world's biggest crochet blanket. The blankets were made in 10x10cm granny squares which were stitched together in 140x200cm sizes.

“As part of the Guinness World Book of Records attempt, we were expected to do 50 such blankets but crocheters from Malta and Gozo managed well over 200. Help in the process came from several individuals from around the country,” said Carmen Ellul, one of the administrators of the project and a teacher at the Malta Society of Arts.

HSBC Malta Foundation has helped distribute these to the following recipients: Hospice Movement, St Jeanne Antide Foundation, Correctional Services Division, Angel Tree Club, Aġenzja Sapport, Aġenzja Appoġġ, Good Shephard community in Mosta, and Dar Merħba Bik.

The Bank also exhibited them at its Valletta Head Office last February following a public display in St George's Square. An exhibition took place at the Malta Society of Arts as well.



Nurturing and Supporting Resilience of Vulnerable Families

End of Project OUTCOMES - MCCFF Ref: MCCFF-C4-030-
2017 – January-December 2018

Resilience is the ability to endure and bounce back from stress, crisis, and hardship. It has become a key concept in studies on mental wellbeing. Although studies have looked at the resilience of individuals, studies on family resilience are fairly recent. Studies of resilient individuals remark on the crucial influence of significant relationships with caring adults and mentors who support the efforts of at-risk persons, believe in their potential, and encourage them to make the most of their lives. Family resilience studies point out that prevailing narrow focus on parental pathology has blinded many practitioners to the resources that could be found and strengthened in family relational networks, even where a parent is seriously impaired.

The Foundation believes that a family resilience approach enables a service organisation to move away from a deficit-based viewpoint of seeing troubled families as damaged and beyond repair. Instead, it sees them as challenged by life's adversities but having the potential to learn to effectively deal with such adversities.

The family resilience approach adopted engages distressed families with respect and compassion for their struggles, affirms their strengths and potential for further change and growth, and seeks to bring out the best in them. Efforts to nurture family resilience have the potential of reducing and avoiding dysfunction and strengthen functioning and well-being. Such efforts benefit the whole family.

OUTCOMES of different elements of the project:

Project Target: 60 families. Target reached: 61 families. However, the support process continues beyond the end of the project cycle.

PROJECT ELEMENT 1: Social Work support: In all, 33 families were reached and supported by the project social worker.

- Social work assessments and support interventions including advocacy letters to key Departments such as Arms Ltd.; Housing Authority; Department Social Security; Jobs Plus; MCCFF; Food Bank; Banks; etc.

- Regular collaborative work with other agencies such as Agenzija Appogg, SIBS at St Luke's; Mental Health services; JobsPlus & Lino Spiteri Foundation; Parishes; Department Active Ageing and Community Care; state schools; Home-based Therapists Service;

- Integrated, into support interventions, a management of family Budget' component;

- Provided a range on in-kind support to the identified families such as clothing, furniture, household goods, food items such as frozen fish and preserves (donated by benefactors) children's items, used computers;

- Found 4 sponsors to alleviate genuine debts incurred for family survival;

- Found sponsor for a Young woman who had a phobia to attend ECDL (sponsor paid Euro980 to cover individual tuition and Young woman passed and now has a job.

PROJECT ELEMENT 2: Supporting survivors of domestic violence:

- 28 survivors were reached and supported by the survivor of domestic violence who is an expert-by-experience.

- Another 96 victims and survivors of domestic violence (average of 12 a month) accessed online support during the project period cycle.

- Two SOAR Service staff members completed the **MCAST MQF Level 3 course in Financial Literacy** to be able to support families in this area more robustly. The course started on 17th July and ended on 30th August with a total of 60 contact hours. Both project staff members did well in the course.

- **One to one support:** One to one support starts with an office-based meeting generally between a helping professional and a service user. Survivors of domestic violence are generally afraid that they will be judged, or that they won't be believed. The first meeting is therefore a very important moment of establishing trust and respecting the survivor's story without question or blame. For many women, this first meeting is a turning point in their lives, one where they feel relief, disbelief that they are being believed, realisation of their difficult truth and a feeling of not being alone in the world with

the unshakeable label of a battered woman.

During the meeting, we identify risks, needs, goals and challenges. Often, the survivor will need information about their rights as victims, and about other services provided by other agencies or organisations in the social care, mental health, social welfare, housing, judicial/legal, police and child protection sectors. The survivor is assisted through collaborative work with other agencies, namely Appogg Domestic Violence Unit, Victim Support Unit (Police), Victim Support Malta, Food Bank, MCCF, Identity Malta etc. Women are assisted to access in-kind support and may be accompanied to other agencies or offices as needed. Referrals are also made to in-house services such as Gestalt therapy, Dramatherapy, Art therapy, Emotional freedom therapy, Handyman service, learning support, self-esteem courses and parenting courses.

Follow-up meetings are held, as needed, to assess the survivors' journey, to support self-reliance and encourage personal growth and resilience.

Support group: Survivors who are often left isolated after domestic violence benefit from joining our SOAR support group. This support group is user-led and a core team of 8 volunteers assist with the upkeep of the group's online space and provide logistic and emotional support to other members during social activities. The social activities are a perfect opportunity for survivors to build new social support networks with other women who have overcome many of the same challenges the 'new survivors' are facing. 6 social events have been organised successfully for support group members. During the meetings there is an exchange of 'best practice' on managing difficult moments in practical ways, strengthening parent-child relationships, learning to develop healthy boundaries and learning to overcome structural hurdles in the systems. Two staff members and 4 volunteers will receive training on Peer-mentoring later this year to develop and build capacity and start providing peer-mentoring for low-risk survivors.

Creating and sustaining a creative, learning social group: A Creative Saturday Club was created in 2018 following a project that married the creative arts with healing therapies. The feedback received from participants showed that creative arts have an important role in the healing process for survivors and it brought women together, giving them the opportunity to make new networks.

For this reason, a craft-making Saturday Club was set up in February. Soon, the group was learning how to make soaps and body scrubs through online tutorials. The weekly activity brought survivors together, for a fun and educational activity that included learning about recycling, chemicals, mathematics (weight, volume,

percents, fractions, time, cost, conversion etc.), reading and listening to tutorials in English, video making and editing, labelling requirements, entrepreneurship and leadership. The items they create are sold and the proceeds are ploughed back into the service to sustain the materials needed to run the Saturday Club. The Club is a drop-in facility, where survivors are invited to attend and offered the opportunity to develop their creative selves in a safe space. Throughout 2018, 22 women and their children have used the service of the Creative Saturday Club with an average of 6 to 8 women participating each time.

Training in DASH Lethality Risk Checklist and Peer Mentoring: 6 survivors members of SOAR completed training in the UK in collaboration with Cohort4 (Cohort4.org.uk). They undertook training in DASH Lethality Risk Checklist 2009. This has strengthened the capacity of staff and volunteer survivors to take the necessary action when they detect critical changes in risk during disclosures made by support group members and service-users.

The team also completed accredited training in Peer Mentoring. This has led to the introduction of a Peer Mentoring Programme in 2019 to enhance support for the most vulnerable service-users and encourage their resiliency. Funding for this was obtained from ESF.

Advocacy: The coordination of 3 focus groups and many online discussions will lead to papers focusing on issues of concern that survivors themselves have highlighted. These papers will be published in 2019. Focus groups were led by the SOAR coordinator whereby 8 survivors identified core problems, what led to these problems and what possible solutions could exist. In this way, SOAR offers an opportunity to survivors to take a volunteering role in activism and advocacy, to move beyond their own pasts and invest time and energy in putting their vast experiences to work to create positive change.

On the request of 3 survivors, SOAR collaborated with EMPOWER to organise a round table, under the patronage of H.E. Marie Louise Coleiro Preca, on continued violence through court systems. Her excellency hosted the round table which saw members of the judiciary attend to listen to the painful disclosures of 3 survivors and discuss a way forward. A follow up meeting will be held in early 2019.

Survivors are offered opportunities to attend conferences, seminars and other training opportunities.

Activities undertaken between 1st December 2017 and 31st December 2018	
Office-based support and open cases	33 office-based sessions were held, referrals to other services made and follow-ups carried out. 28 new cases were opened.
Accompaniment and support to access services.	Women were accompanied 3 times to Appogg and once to a Police station. Phone calls and emails were regularly exchanged between Appogg Domestic Violence Unit and Police services to assist survivors to access support.
Online support	An online support group was maintained daily during office hours. An average of 12 persons a month requested online chat-based support. These were a mix of registered service-users and persons from the general public asking for support or information about domestic violence and available services.
Social, Networking & Educational outings	12 social, educational or networking outings for SOAR support group members and their children.
Creative activities for survivors and their children.	A total of 84 creative sessions were held which include cooking sessions, sewing sessions, art therapy, drama therapy, soap making and creative writing. SOAR collaborated with UNHCR to invite a group of migrant mothers from the Hal Far Centre to a social and educational 2-day programme. During the 2 days, migrant mothers learned to create soap, participated in a food-share activity and participated in a short seminar on setting up an informal peer-support group.
Survivor-led advocacy	4 themes were chosen for SOAR's main advocacy efforts during 2018: Economic hardship, homelessness, continued violence and victim-blaming; Online discussions surrounding advocacy held monthly in private group for members; 3 focus group meetings held to discuss different problems commonly faced by survivors (homelessness, continued violence and economic hardship); 7 meetings held in collaboration between SOAR survivors and other NGOs and individuals on child access-related manipulation and trauma; 1 meeting held between H.E. Marie Louise Coleiro Preca, President of Malta and 4 survivors on the continued violence experienced by survivors after leaving; this led to a round table discussion organised by EMPOWER and SOAR with the participation of 6 SOAR survivors, practitioners working in the area of domestic violence and members of the judiciary. 1 Women's Day march attended by 8 survivors; 10 survivors attended a second march organised on 22nd September 2018 in response to the 4th femicide of the year. 3 survivors assist in delivering a presentation to a Swedish delegation of women's shelter volunteers; 5 survivors attend a conference on Domestic Violence, representing the survivor's experience during workshops; 1 survivor addressed a seminar on domestic violence and disability; 1 survivor addressed a seminar on Domestic Violence and Work

PROJECT ELEMENT 3: Volunteering: the contractual 140 volunteering hours were completed and exceeded (Total=211 hours):

- 2 Learning Support Tutors assisted 5 service users throughout the Summer months (2 hours per week x 2 Volunteers x 8 weeks = 32 hours);
- 8 survivors of domestic violence assisted with the organisation of a total of 75 activities during the project period and completed 95 hours of volunteering;
- 4 Volunteer Befrienders provided 1 hour of service each on a weekly basis x 21 weeks = 84 hours.
- Two Volunteer Mentors engaged to work with vulnerable young persons. Post project, SJAF will be issuing an appeal on facebook for persons who might wish to try out this type of social volunteering.

PROJECT ELEMENT 4: Emotional Freedom & Gestalt Therapy support:

- 31 persons accessed emotional freedom and inner child therapeutic support, including relaxation and meditation techniques;

- 9 adults accessed gestalt therapy support to learn to connect deeply with their inner selves.

Both the emotional freedom Service work and Gestalt therapy are aimed at enabling distressed persons to develop inner strength and resilience.

Mindfulness and emotional freedom work mind's learnt faulty habits can be unlearnt through mindfulness practice and relearning emotions. Neuroplasticity science has shown the brain's ability to reorganize itself by forming new neural connections throughout life. Mindfulness practice enables persons practising mindfulness to adjust their activities and behaviour patterns in response to new situations or to changes in their environment. Two staff undertook training in this area to be able to widen the eclectic therapeutic and well-being tools being used at the Foundation. New pathways to learnt behaviour can be charted through mind training.



THE MALTA COMMUNITY
CHEST FUND
FOUNDATION

**This initiative is an element in a wider project funded by the
Malta Community Chest Fund Foundation –
MCCFF-C4-030-2017**

Title: Nurturing and Supporting Resilience of Vulnerable Families.

SOAR Service News

On Women's Day on the 8th of March, SJAF will be launching an exhibition of art made by children and women who have survived domestic violence and who are members of SOAR. The art pieces were created during an art therapy programme which formed part of the SOAR Service's 2018 project titled Umama funded by the President's Award for Creativity which is managed by Arts Council Malta.

APS Bank are generously supporting SJAF to launch and exhibit these paintings in the Bank's foyer at its headquarters in Swatar and will remain open for a month.



The UMAMA Project of the SOAR Service

Fund: President's Award for Creativity, managed by the Arts Council Malta.

Project starting date November 2017, end of project exhibition to be held on 8th March 2019.

Project Summary

Based on the tried-and-tested recipe for creative projects that came before it, this creative project involved particularly **vulnerable women and children**, marrying the arts with a therapeutic process that has been observed to leave a great positive impact on the lives of participants.

The project targeted particularly vulnerable survivors of domestic violence and their teenage or young children, with a focus on those mothers and children who were experiencing **Domestic Violence by Proxy**. This is when the control and abuse by the psychopath-like perpetrator towards the mother that began years before continues even after separation but is committed through manipulation of the child/ren and of the court systems in affairs related to child custody, child support, access and by lodging relentless false reports. This manipulative 'campaign' against the mother results in highly traumatic experiences for both mother and child/ren, the undermining of the mother-child relationship. Too often, this ultimately leads to the complete breakdown of that relationship - the ultimate punishment for the victim who dared leave her abuser.

The project consisted of two groups of **art therapy** that focused on **establishing and strengthening the mother-child relationship through creativity and artistic expression**. The aim was to create a safe space where mothers and their children could connect for therapeutic healing, improved relationships between mother and child, inclusion and exploration of one's ability for self-expression through art and creativity.

The project offered:

- ◆ 2 mothers and 4 children 10 sessions of Art Therapy facilitated by a qualified art therapist.
- ◆ 3 targeted mothers (mothers who had already lost all contact with their children) 10 sessions of Art Therapy by a qualified art therapist.

The upcoming end-of-project exhibition will give the women a chance to raise awareness on the many challenges faced by mothers and children after trying to escape domestic violence. The exhibition will also give Art Therapy the public recognition it deserves as a creative healing therapy. 20 paintings by the participants will be exhibited along with some quotations from participants which will contribute to the context.



Kien hemm Negliġenza Emozzjonali fi Tfulitek? X'inhi negliġenza emozzjonali?

Sensiela ta' artikli Inġeles Minn Ġewwa
Servizz *#elsien* Emozzjonali

Insellimlek! Inti adult li kellek negliġenza emozzjonali meta trabbejt? Negliġenza emozzjonali lejn it-tfal mhijiex dik li ssoltu nsejġu abbuż emozzjonali. In-negliġenza emozzjonali tkun meta l-ġenituri *ma jagħtux kas biżżejjed tas-sentimenti tat-tfal*.

Dawn il-ġenituri x'aktarx ikunu jħobbuhom lit-tfal, u jieħdu ħsiebhom. Ittfal ma jkunux neqsin mill-ikel, ħwejjeg, ħasil, ġugarelli, trasport, rwol fil-familja, u saħnsitra għajnuna fil-homework. Iżda dwar l-emozzjonijiet li jkollhom l-ulied, dawn il-ġenituri jew ma jindunawx bihom, jew ma jarawx li għandhom jagħmlu xi ħaġa dwarhom, jew għal xi raġuni oħra ma jagħmlu xejn biex jieħdu ħsieb dawn is-sentimenti. Biex ngħidu hekk, dawn il-ġenituri ma jirrispondux; ma jidhrlux fid-dinja emozzjonali tat-tfal. Forsi għax ma jafux kif jifhmu u jwennsu; forsi għandhom "intelliġenza emozzjonali" baxxa (ma jagħrfux is-sentimenti tagħhom stess u ta' ħaddieħor). Forsi huma stess trabbew hekk; forsi moħħhom biss fix-xogħol jew id-divertiment; forsi għandhom addictions, dipressjoni, mard mentali. Forsi awtoritarji; forsi narcisisti; forsi abbużivi... eċċ., eċċ.

Sikwit, għalhekk, in-negliġenza emozzjonali hija aktar dwar x'm'għamlux il-ġenituri milli dwar x'għamlu. Forsi meta t-tifla jew tifel ikunu jibku, jibzġu, jew

jirrabjaw; dejjem jinjorawhom, jew jgħidulhom li m'għandhomx għalfejn iħossuhom hekk. Meta dan jiġri darba wara l-oħra, jkun hemm xi ħaġa importanti nieqsa fl-iżvilupp tat-tfal, li tillimitahom bħala adulti. It-tfal ibatu biex jizviluppaw sens sod tal-"jien" tagħhom. U meta jikbru jistgħu jsibu ruħhom bla direzzjoni.

Billi din tkun xi ħaġa li ma għatlihomx, aktar milli xi ħaġa li għatlihom, dawn it-tfal jaraw ħajjithom bħala normali, u ma jindunawx li hemm problema. Jaħsbu li hija dgħujfija li tibki, tibza', issewwed qalbek, tirrabja, li jkollok emozzjonijiet, u li titkellem dwarhom. Il-messaġġ "dak li nħoss jien mhuwiex importanti" jassorbuh bla ma jkunu jafu!

Il-konsegwenzi ħżiena fl-adult

Counsellors u psikologi sikwit jaħdmu ma' adulti li kienu trabbew b'negliġenza emozzjonali (*emotional neglect*). Dawn l-adulti allura jkunu jħossuhom vojta minn ġewwa, jew iħossuhom waħedhom fiddinja. Isibuha bi tqila li jagħrfu, jifhmu, jimmanigġjaw, u jaċċettaw is-sentimenti tagħhom stess.

Għandhom, bħala adulti, tendenza li jwaħħlu, u jikkundannaw, lilhom infushom; jirrabjaw magħhom infushom, jew li jkunu negliġenti lejhom infushom. Ikollhom insigurtà għolja, u heġġa u ferħ bin-nieqes. Uħud ma jkunux jafu fejn sejr in fil-ħajja, u jħossuhom maqtugħin minn kull ma jagħmel sens. Forsi jħossu li xi ħaġa fihom stess ma ddoqqx, imma ma jafux x'inhi. Uħud, għalkemm ikunu grati lejn il-ġenituri tagħhom,



ġieli jhossu rabja għalihom, forsi ma jindunawx għaliex. Malajr iħossuhom ħatja u mistħija talli jkollhom xi bżonnijiet jew xi emozzjonijiet, jew talli jkunu għamlu xi żball. Forsi jemmnu li l-emozzjonijiet mhumiex importanti. Ovvjament, irrelazzjonijiet tagħhom ibatu. Għandhom mnejn ikollhom mogħdrija lejn ħaddieħor iżda mhux lejhom infushom. Jibzġhu jaqsmu xi problema ma' persuna oħra ħalli ma jgħabbuhiex.

Kultant, forsi rari, ikun hemm konsegwenzi ħafna agħar minn dan kollu, bħal dizordnijiet tal-personalità; iżda dawn m'aħniex ser inħarsu lejhom hawn. Jekk il-problema tiegħek hija serja, bħal meta temmen u tħoss li ma jistħoqqlokx imħabba min għand ħadd, għandek tfitte l-għajnuna professjonali.

Għaraft xi wħud minn dawn issintomi fik? Qabbilthom mat-tfulija tiegħek? Forsi kellek negligenza emozzjonali (u forsi le!). Tikkundannax lil ġenituri għax inkella tkun qed tintrabat, mhux tinħeles minn ġewwa. Anzi, aghdirhom għal-limitazzjonijiet tagħhom. U aghder lilek innifsek, anki jekk dan ma jigikx faċli.

Aħbar tajba: qawwiet, irkuprar

Aħbar tajba: tista' tinħeles minn dawn il-konsegwenzi *galadarba tkun indunajt bihom fik.* Qabel ma naraw kif, l-ewwel naraw xi vantaġġi (!) għall-adult li ttrobbija tiegħu kienet negligenti emozzjonalment.

Il-psikoterapista Janice Webb għamlet lista ta' ċerti *qawwiet* li int bħala adult jista' jkun li jkollok, jekk għaddejt minn negligenza emozzjonali fi tfulitek: 1. Sirt kompetenti tagħmel kollox waħdek. 2. Taf tagħder għax drajt tinduna bilbżonnijiet ta' ħaddieħor (iżda mhux b'tiegħek stess). 3. Sirt flessibbli ma' ħaddieħor (għax fi tfulitek drajt li ma jqisux kif tħoss int). 4. In-nies iħobbu jkunu miegħek, u forsi jiġu għandek għal wens jew parir (għax raw fik dawn ilqawwiet!)

Kif tinħeles?

Kif tista' tinħeles bħala adult minn tfulija negligenti emozzjonalment? Dawn il-metodi li ġejjin ma' jeqirdux il-qawwiet li għadna kif rajna; anzi użahom fi triqtek lejn personalità aktar sħiħa.

L-ewwel pass huwa li tibda tagħti widen lill-emozzjonijiet tiegħek, u taċċetta l-fatt li qegħdin hemm. Għax ma tieħux drawwa li tikteb xi ħaġa kuljum fi speċi ta' djarju, dwar xi tkun qed tħoss? Din Prattika tajba biex tesplora l-emozzjonijiet tiegħek. Aqra u tgħallem aktar dwar lemozzjonijiet.

Jekk fi tfulitek drajt li ma tagħtix kas ta' dak li inti stess tkun trid jew tixtieq jew dak li għandek bżonn, ikteb lista tal-valuri, bżonnijiet, u xewqat tiegħek. Veru li hemm periklu (spiritwali) li torbot qalbek max-xewqat tiegħek, iżda li ma tifhimx u ma tirrispettax lilek innifsek huwa periklu kbir – kun għaqli.

Biex tirkupra minn negligenza emozzjonali fi tfulitek, importanti li inti bħala adult titgħallem tistaqsi għall-għajnuna. Din hija qawwa, mhux dgħjufija. Ipprattikaha!

Hawn min jgħid "iva" għal kull talba ta' xogħol min għand ħaddieħor, sempliċement għax ma jhossux kapaci jgħid "jiddispjaċini, ma nistax". Jekk l-"iva" tiegħek mhijiex ġejja minn liberta' interna u mħabba, u jekk ix-xogħol żejjed qed iħarbtek, forsi aħjar tgħid "le" bi tbissima u bil-kelma t-tajba.

Aktar 'il quddiem, il-"jien" dgħajjef tas-soltu tiegħek jissaħħaħ biżżejjed biex tkun tista' ċċedih fuq passagġ spiritwali...

Inti ġenitur? Mela issa, agħti kas!

In-negligenza emozzjonali fit-trobbija għandu tendenza li jkompli minn ġenerazzjoni għal oħra. Ikser iċ-ċiklu. Mur għat-terapija jekk hemm bżonn. Agħti każ sew tal-ħajja emozzjonali tattfal tiegħek meta jkunu zġħar. Studja dwar il-parenting, speċjalment f'l-aspett talemazzjonijiet tat-tfal. Dan huwa importanti għal kull ġenitur, iżda huwa essenzjali jekk inti stess kont għaddejt minn negligenza emozzjonali fi tfulitek!

--- Jekk taħseb li tassew ma tistax tkampa waħdek mal-ugħi, biza', rabja, niket u rizentimenti kbar tiegħek, fittex l-għajnuna minn xi ħabib għaqli, kalm u matur, jew minn xi servizz professjonali.

Jekk għandek bżonn, ngħinuk fis-Servizz ta' Ħelsien Emozzjonali, St Jeanne Antide Foundation, tas-Sorijiet tal-Karità f'Hal Tarxien.

www.antidemalta.org .

Facebook: Fondazzjoni St Jeanne Antide.

Ikteb sjafngo@gmail.com jew ċempel għal appuntament għal dan is-servizz li huwa bla ħlas: 2767 2367 jew 2180 9011.

L-artikli ta' qabel f'din is-Sensiela tista' tnizzilhom minn www.antidemalta.org/efs-books. Dan l-artiklu għandek permess tqassmu jew tippubblikah bla bidliet. © SJAF 2019 Kuntatt:



St Jeanne Antide
Foundation



**HOME
ECONOMISTS
in ACTION**

The Association of Home Economics Graduates

INVIT GĦAL KORS BIT-TITLU:

GĦAQAL ID-DAR, ĦAJJA AĦJAR

**PROGRAMM: Jibda fil-21 ta' Frar 2019, kull
nhar ta' Ħamis, sad-9 ta' Mejju mill-4pm sas-
6pm go Ċentru Antida, Ħal Tarxien (BLA
ĦLAS)**

**GĦAL AKTAR INFORMAZZJONI ĊEMPEL 21808981. KULL
MIN JIXTIEQ JIBBUKKA HUWA ĠENTILMENT MITLUB
IĊEMPEL FUQ 21808981 BIEX JGĦATI ID-DETTALJI TA'
KULL MEMBRU TAL-FAMILJA LI SE JATTENDU. NANNIET
HUMA MISTIEDNA WKOLL. POSTIJET LIMITATI
GĦAT-TFAL SE JKOLLNA CHILD MINDER.**

Ministeru għall-Familja, Drittijiet tat-Tfal u Solidarjetà Soċjali
Ministeru għall-Ġustizzja, Kultura u Gvern Lokali



Rokna Poetija

Ħabibi Ħallieni Bi Twissija...

...li l-aħħar xkiel li ċeda kien
sens ta' qtugħ bejn il-jien
u oħrajn, u natura,
u dak li jadura

forsi tgħallem kif imut, jew imur
sa xifer l-irdum ta' kwiet l-imwiet
jew forsi l-ġlied, l-akkwist, il-qtugħ
tilfu l-ġibda, u fadallu biss il-ftuħ.

dit-twissija wasslitni
biex lill-maħbub u ħieni ħabibi
infittxu issa jien fil-ftuħ ġewwieni.

tony macelli

THANKS TO YOUR SUPPORT &
GENEROSITY WE HAVE DISTRIBUTED

over 130 hampers
SJAF Reverse Advent Calendar Campaign

Salvu Grima, Melita, APS, HSBC, Trelleborg, Carmelo Abela, Juanafil Group of Companies, St Joan Antide School Gudja, Immaculate Conception School Tarxien, 1st Cospicua Scout Group, M'Scala Girl Guides - Brownies Section, Lovin Malta - Lovin Millied Campaign, MCAST 4.2c Community Service, Annalise Falzon, Residents of Valley View, Staff Handaq Middle School, Family Mizzi, Family Xuereb, Family Seychell, Family Zammit, Family Micallef, Family Debono and all individuals who deposited items at Ċentru Antida.

St. Jeanne Antide Foundation



<https://www.facebook.com/SjafAntideCentre?fref=ts>



Find us on:
facebook



BAZAAR Tarxien u Birżebbuġa

b'risq il-Fondazzjoni

Miftuħ kull nhar ta' Tnejn u nhar ta' Erbgħa - Tarxien
Kull nhar ta' Tlieta - Birżebbuġa

DONATIONS

Your donation is truly appreciated. It enables us to sustain our services to vulnerable and poor individuals and families.

Donation to the St Jeanne Antide Foundation can be made as follows:

Cheque issued to The St Jeanne Antide Foundation and posted to the Foundation: 51 Tarxien Road, Tarxien TXN 1092

For **local bank transfers**: **APS** MT03APSB77080005504720000681886

HSBC MT03APSB77080005504720000681886

BOV MT03APSB77080005504720000681886

BANIF MT49BNIF1450200000000210404101

If you are a Go/Vodafone/Redtouch subscriber you can donate by sending a

blank SMS (SMS tariffs applicable):

€2.33 – 50617371 €4.66 – 50618095

€6.99 – 50618909 €11.65 - 50619217

You will receive a text message of thanks and acknowledgement

For **bank transfers from overseas**: APS Bank, 146/147, Antoine De Paul Square, Paola PLA1260

Bank Code (Swift) APBMTMT IBAN No: MT03 AP SB 7708 0005 5047 2000 0681 886 (last 11 digits are the account number).

HOW YOU CAN HELP US - OTHER OPTIONS

- If you are getting married: make a donation instead of buying wedding souvenirs.
- If you are having a birthday party: ask friends to make a donation instead of buying a gift.
- If you are having a wedding anniversary celebration: convince your guests to make a donation instead of buying a gift.
- For funerals: you may wish to make a donation instead of buying flowers.
- Get Together: organise a spontaneous collection.
- You may wish to send us a monthly or annual donation, whatever the amount.
- You can encourage others to consider donating to the Foundation.
- Ask your employer for a matching scheme which will make your contribution go even further!

Become a HELP-SJAF Champion and ask friends and family to make a

Foundation SERVICES

1. Family Resource Centres:

- **Ċentru Antida** Family Resource Centre, 51, Tarxien Road, Tarxien. Open from 7.30am to 5 pm daily in winter time (sometimes later as well).; up to 1pm in summer Serves localities of Tarxien, Paola, Fgura and Santa Lucia. Social Work, community outreach, advocacy, referral, information, emotional support, support groups.

Volunteering opportunities, included inclusive volunteering for service users.

Volunteer Handymen in support of vulnerable and poor families.

Learning Support for vulnerable persons supported by Foundation Social Workers. Includes: *For Children*: weekly learning support for primary level students; *For adults*: non-formal learning opportunities such as self-esteem groups & literacy.

Volunteer Befriending for lonely, home-bound elderly persons **Counselling**;

Bazaar in Tarxien (recycling and fundraising).

- **Ċentru Enrichetta** Family Resource Centre, Triq San Tumas, Birżebbuġa. Open Mondays, Tuesdays and Wednesdays from 8am to 2pm. Social Work service; Family Literacy Support Programme; MCCF service on Tuesdays from 8am to 11am. Tel No. 21652038—99960381.

2. LWIEN Service – support for family carers of persons with mental health problems. Includes family consultations, counselling, support groups, home-visits, social work.

3. SOAR Service: advocacy and support for victims and survivors of domestic violence. Includes workshops on dating and domestic violence for young persons. Tel No. 99927872 from 9:30am to 5pm.

Email: soarmalta@gmail.com.

4. Dar Esther for vulnerable young pregnant women and young mothers: accommodation, educational programme, mentoring. Commissioned by The President's Trust.

5. Emotional Freedom Service for persons wanting to be free from their anger, fear or other emotional distress.

6. Overseas Development Projects: SJAF works with partners in developing countries to formulate anti-poverty projects. It has also arranged for public funding of such projects in Pakistan, Central African Republic, South Sudan and Malawi.

7. Centering Prayer Group for contemplative prayer practice.

All back issues of the SJAF Magazine and other publications are downloadable from:

www.antidemalta.org