Mind Your Head
The Mental Fitness Guide

A 30 Hour Course Accredited by the University of Malta.
Lecturer: Ms. Therese Saliba
Venue: MUMN Premises, Mosta
LAS 2047 Mind Your Head: The Mental Fitness Guide.

Accredited by the University of Malta through its centre for the Liberal Arts and Sciences (CLAS)

The Institute for Healthcare Professionals (IHCP) within the MUMN will be offering its members a course titled: 'LAS 2047 Mind Your Head - The Mental Fitness Guide.' The IHCP would like to inform you that this study unit has been approved by the Centre for Liberal Arts and Sciences of the University of Malta. The level of this study unit is higher level, Level 6 and carries 4 ECTS credits. Each session will be 2 and a half hours long. Since this unit will be accredited by the Centre for the Liberal Arts and Sciences (PLAS), the ECTS credits obtained for this unit will count towards Awards (Certificate, Diploma, Higher Diploma, Bachelor) in Liberal Studies. More information is available on www.um.edu.mt/clas.

Course Objectives:

- This course is both an invitation and a guide. It is an invitation for you to find more enjoyment in your life and a guide to help you achieve such enjoyment.
- A positive experience that can be put into practice.
- To enjoy good mental health.
- Importance of investing in our psychological well-being.
- Have better understanding of our emotional well-being.

Course Description:

'No Health without mental health’ is a frequently quoted phrase in the mental health field which is extremely powerful. This statement highlights the importance of investing in our psychological well-being. The mind is a powerful tool, but without good training our moods, thoughts and behaviour can sabotage one’s goals and cause anxiety and depression. The objective of this course is to assist you in keeping mentally fit in order to enjoy your life to the fullest. The course ‘Mind Your Head’ is intended to establish that with positive attitudes and skills, a person can develop and build a healthy mind. This will help to tune the mind and cope with intransigents of everyday life. It also supports participants with up to date information on how to take decisions, strengthen their memory, recover from potential crisis and more.
Learning Methodology:

Learning is attained through:
- Lecture - cum discussion
- Group Discussion
- Self Evaluation tests
- Further Reading and Reflection.

Main Text/s:


Supplementary Reading:

The Brain's way of Healing: Remarkable discoveries and recoveries from the frontiers of neuroplasticity. Author: Norman Doidge; Publisher Scribe Publications ISBN13 9781925321814

The Brain that Changes itself; Author: Norman Doidge, Publisher: James H. Silberman Books


Six Pillar of Self-Esteem: Author: Nathaniel Branden, Publisher Random House USA Inc. ISBN13 9780553374391

Ultimate Confidence: The Secrets to Feeling Great about Yourself Every Day: Author Marisa Peer; Publisher Little, Brown Book Group, ISBN13 9781847441386

Lecturer:

Ms. Therese Saliba, BSc Mental Health, MSc. Mental Health (Melit), Senior Practice Nurse (Community & Rehabilitation Mental Health). Academically she has obtained a BSc in Mental Health Nursing (2009) & MSc. Mental Health Nursing (2013). Since 2010 she has been invited as a guest lecturer by the Department of Mental Health within the Faculty of Health Science, University of Malta, to deliver lectures to BSc. Mental Health students and BSc Community Health Care & BSc. General Nursing. Recently she was appointed visiting lecturer at the University of Malta.

For the past 5 years she has been appointed as an external mentor for the final practical exam within the undergraduate BSc. Mental Health programmes. Ms. Saliba also delivers talks to the general public in all local councils regarding Mental Health Awareness. She also delivers talks to the elderly attending 'The Elderly Day Centres and Homes' regarding Mental Health Awareness and Active Ageing. Ms. Saliba is a visiting lecturer at the Faculty of Health Sciences 'Department of Mental Health' and also is a member of the ' Master Board of studies Mental Health.
Course Outline:

Session 1: Introduction and Course Overview: Building Confidence and Self-Esteem - Where does confidence come from? High or Low Self-Esteem? What is your sense of self-worth?

Session 2: Being Assertive - Express yourself effectively and stand up for your point of view, while also respecting the rights and beliefs of others. Being assertive can also help boost your self-esteem and earn other's respect.

Session 3: Time Management: Spending time doing those things you value and things that help you reach your goals.

Session 4: Loneliness: A state of mind: Feeling empty, alone and unwanted.

Session 5: Maintaining Healthy Relationships: Working together with other people: making things happen.

Session 6: Handling Stress: Learn how to reduce, prevent and cope with stress.

Session 7: Dealing with Abuse: How to deal with different forms of abuse.

Session 8: The twin enemies of good moods - Anxiety and Depression.

Session 9: Improving your memory - Your mind is not a computer, we forget things that we learn throughout our life. How to develop habits that help improve memory.

Session 10: Spirituality and Mental Health.

Attendance & Assessment

1. Class Participation: Each participant is expected to attend 80% of all lectures and contribute significantly to class discussion. Those participants attending 80% of the sessions and who pass their assignment and presentation will receive a certificate issued from the University of Malta holding 4 ECTS credits.

2. The responsibility for making the learning process a success is yours.

3. Study Unit Type: Lectures

4. Method of Assessment - Assignment and Presentation - 100%
Lecture Schedule:

Below please find Lecture Time Schedule. The duration of each lecture will be two and a half hours and will be held at the MUMN Premises in Mosta. Lectures are going to be held on Mondays. The maximum amount of participants accepted for this course is that of 25. We will also be offering the course in Gozo if we have sufficient amount of participants. Any Gozitons interested kindly send us an email and we will contact you separately.

<table>
<thead>
<tr>
<th>Date and Time</th>
<th>Lecture Title</th>
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<tbody>
<tr>
<td>3rd February 2020</td>
<td>1. Introduction and Course Overview</td>
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<tr>
<td></td>
<td>Building Confidence and Self Esteem</td>
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<tr>
<td>11th February 2020</td>
<td>2. Being Assertive</td>
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<tr>
<td>17th February 2020</td>
<td>3. Time Management</td>
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<td>24th February 2020</td>
<td>4. Lonliness</td>
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<td>2nd March 2020</td>
<td>5. Maintaining Healthy Relationships</td>
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Lecture Schedule:

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<tr>
<th>Date and Time</th>
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<tr>
<td>9th March 2020 17.00hrs - 19.30hrs</td>
<td>6. Handling Stress</td>
</tr>
<tr>
<td>16th March 2020 17.00hrs - 19.30hrs</td>
<td>7. Dealing with Abuse</td>
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<tr>
<td>23rd March 2020 17.00hrs - 19.30hrs</td>
<td>8. The twin enemies of good moods</td>
</tr>
<tr>
<td>30th March 2020 17.00hrs - 19.30hrs</td>
<td>9. Improving your memory</td>
</tr>
<tr>
<td>6th April 2020 17.00hrs - 19.30hrs</td>
<td>10. Spirituality and Mental Health</td>
</tr>
<tr>
<td>20th April 2020 17.00hrs - 19.30hrs</td>
<td>11. Presentations and Handing in Assignments</td>
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Prices:

Early Bird Prices - 215 Euros (closing Date 10th January 2020)

After Early Bird Prices (closing Date: 25th January 2020)

- MUMN Members: 225 Euros
- Non MEMBERS: 250 Euros
- Students and Pensioners: 215 Euros

Payment Method:

Payments may be made by cheque payable to MUMN and sent to MUMN, Les Lapins, Court B, Independence Avenue Mosta or online. Please follow the link: https://lihcp.yolasite.com/. Kindly fill the online form if you are paying online only. Otherwise please send in Registration form with payment by post. Also, please fill the other registration form from the UoM (attached).
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Registration Form:

Kindly fill in your details if you would like to pay be cheque or cash and send them to MUMN, Les Lapins, Court B, No.3, Independence Avenue, Mosta

Name and Surname:________________________________________________

I.D Number:____________________________________________________

Email Address: _________________________________________________

Place of Work:__________________________________________________

Mobile Number:________________________________________________