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GCMHP

برنامج غزة للصحة النفسية
Gaza Community Mental Health Programme

GCMHP NEWSLETTER



WOMEN DESPITE DIFFICULTIES

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PRESS RELEASES

- Based on continuous and alarming warnings from the international organizations working in Gaza regarding the deterioration of the health conditions in the Strip, the Health Sector of PNGO (which GCMHP is an active member of) appealed to President Abbas to intervene for the sake of patients in Gaza to facilitate passing of treatment and medical supplies to Gaza Strip.

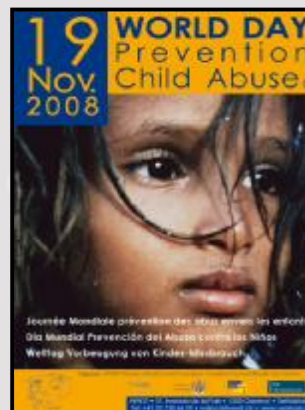
- Gaza Community Mental Health Programme issued a Press Release welcoming the liberation of the political prisoners in Gaza Strip. In the Release, GCMHP welcomed the step that the dismissed government in Gaza took of releasing 18 of political prisoners from Fattah...as we at GCMHP value the step of releasing the prisoners, view this step as a positive step in the right direction and demand that all political prisoners in West Bank be released and demand to terminate this file completely. To read more in Arabic, [PLEASE LINK](#)

TRAINING ACTIVITIES

- Gaza Community Mental Health Programme in cooperation with the strategic partners of the Programme held a training session entitled "Mental Health for Professionals". In this regard, the Training and Research Department at GCMHP in cooperation with the strategic partners of the Programme (Al-Wedad Association for Community Rehabilitation, the National Association for Disabled Rehabilitation, Ter Des Homes Association (Ard El-Insan), the Training Center and Crisis Management with the participation of 15 participants from the professionals who work in the partners associations. It took place in the training and research hall of GCMHP. The session included different topics including; Mental Health and Mental disorders, the psychosomatic symptoms, behavioral problems among children, group therapy, and proper ways of writing the medical reports.

-The Palestinian Youth Forum (one palestine for all) finalized the events of initiative to enhance reconciliation and national unity. A ceremony took place at the Palestinian center for democracy and conflict resolution in which Mr. Husam El-Nounou, representing GCMHP as a member of the Forum, participated in distribution of certificates to the participants of the project with the attendance of a number of organizations and representatives of NGOs in Gaza. It is worth to mention the Forum is comprised of Gaza Community Mental Health Programme, Sharek Youth Forum, Life Makers Association, Al-Wedad Association for Community Rehabilitation, and the Palestinian Center for Democracy and conflict resolution.

EVENTS & CONFERENCES



As a member of the international Coalition, Women World Summit Foundation (WWSF), GCMHP celebrated the anniversary of "World Day for Prevention of Child Abuse" by organizing a series of activities throughout three consecutive days. The



activities were held this year under the title "Involving Children and Youth in the Anti-Violence Activities" and under slogan;



“Together, Let’s Protect Children from Violence” To read details, [PLEASE LINK LINK](#)

-The Women Empowerment Project in Rafah of Gaza Community Mental Health Programme Organized a Conference entitled “Women in Spite of Difficulties” with the participation of a number of civil society organizations, women organizations, and



interested individuals from the society. Several papers were presented in support of women rights and ways of prevention of violence. The impact of siege on women and family were highlighted stressing the fact the women are more pressured than before to secure the earnings for their family. Recommendations were concluded including protection of women from violence. Moreover, a play regarding violence was presented in order to support the speeches with concrete examples. As part of the conference, an exhibition with Women Products was displayed where participants had the chance to have a look at. To read more, [PLEASE LINK](#)

-A public meeting was held at Sayed Kotb Mosque for a number of individuals about mental health concept. Dr. Samir Zaqout and Mr. Yahia El-Herbawy talked about the concept of mental health and prevalence of mental disorders in the Palestinian community.

-A public meeting by Dr. Samir Zaqout and Yehya Herbawi of Dier Balah Community Center was held for a number of women on

children’s behavioral problems such as theft, lying, and hyperactivity. Proper ways of dealing with their children were discussed.

-A public meeting was held by Dr. Samir Zaqout and Yehya Herbawi of Dier Balah Community center on bed-wetting, it's causes and the methods of treatment. A number of cases were presented in which practical advice to the parents were given on proper ways of dealing with their children.

-A public meeting was by Dier Balah Community center on the topic of trauma and its impact on the mental health of Palestinians.

-Dr. Nimer Abu Zarga gave a lecture entitled “the rehabilitation of addicts in the Gaza Strip in which he talked the problem of addiction in the Palestinian community and its impact on the family. The lecture was attended by 25 interested individuals and organizations in Khan-Yonis area.

-Khan Yonis Community Center held a public meeting entitled trauma and its impact on children. The meeting was in cooperation with Cultural and free Thought Association in Khan-Yonis, with participation of 60 parents, professionals and university graduates in the area. Mr. Osama Frena talked about proper ways of dealing with children’s behavioral problems.

-Khan Yonis Community Center held a public meeting entitled behavioral problems among children", for a number of parents and teachers at Al-Amal preparatory school in Khan-Younis. Mr. Osama Frena discussed the behavior problems of children, their types, and reasons behind their occurrence. During the meeting, a number of case studies were presented to clarify the proper ways of dealing with them in a professional manner. The issue of cooperation between the school and the parents in dealing with problems were highlighted.



-A seminar entitled "the relationship between parents and children" took place at Ebn Roshod primary school in Al-Zawaida, where 15 mother participants have attended. In the Seminar, Mr. Jasser Salah talked about the relationship between parents and children and the relation between the school and family. On the other hand, he talked about the current conditions and the psychological, social and economical squeezes, that the family faces and its reflect on the relationship between parents and children.

-A public meeting entitled "the bedwetting " was held at Al-Maghazi Association of community Rehabilitation, with participation of 35 women in the area. Fear and trauma among children were discussed as a factor that may lead to the problem of bed-wetting.

-The children committee members of GCMHP met with representative from CRIC project-Italy in order to discuss the joint project activities between GCMHP and the Italian Organization, which is intervention in the kindergartens with the children and teachers.



During the meeting, progress and challenges were covered in order to provide quality service in the project.

-Dr. Abed Aziz Thabit participated in a conference organized by Center for Democracy and Conflict Resolution entitled domestic violence and its impact on mental health, which was held at the Grand Palace in Gaza. Dr. Thabit, talked about the mental

health conditions of Palestinians and the impact of siege on domestic violence.

MEDIA ACTIVITIES

-Dr. Ahmed Abu Tawahina was interviewed by the Canadian journalist Oakland Ross from Toronto Star and talked about the current siege imposed on Gaza and its impact on the population from a psycho-social perspective.

-Dr. Samir Zaqout was interviewed by Al-Quds Radio and talked about the effects of siege on the children's mental health and impact on their education.

-Dr. Samir Zaqout was interviewed by AL Ayyam newspaper and talked about the increase of begging phenomenon in the Palestinian community. He highlighted the issue of siege and its impact on impoverishment of the Palestinian people, which may lead to an increase in begging among children and youth in order to secure basic needs for the family.

-Dr. Samir Zaqout was interviewed by AL Quds radio and talked about religious beliefs and tolerance. He talked about the religion as a way of affiliation to the group in the community and as a protective factor during crisis.

-Dr. Samir Zaqout was interviewed by Al-Ayyam newspaper and talked about children's behavioral problems and the mental health disorders that are common among children.

PUBLICATIONS

-An article entitled "Journey of torment or treatment" was written by Dr. Eyad El-Sarraj about his travelling through Erez to receive medical treatment in Israel. To read the full article in Arabic, [PLEASE LINK](#)

-The relationship between Siege of Gaza Strip, anger, and psychological symptoms is



a research study conducted by Dr. Aziz Thabit and others, to read full research, [PLEASE LINK](#)

-A new study entitled "Effectiveness of women empowerment program on coping and mental health of battered women in the Gaza Strip" written by Dr. Thabet and others. To read the abstract, [PLEASE LINK](#)

-An article in Arabic entitled "scientific research in times of conflicts and war; written By Dr. Abed Aziz Thabit, highlighting the difficulties in conducting research in such atmospheres related to the low response from the sample and difficulty reaching people during crisis. To read the full article, [PLEASE LINK](#)

FULL REPORT OF INTERNATIONAL CONFERENCE SIEGE AND MENTAL HEALTH...WALLS VS. BRIDGES

Gaza Community Mental Health Programme, in Partnership with World Health



Organization (WHO), held GCMHP's 5th international conference entitled "SIEGE AND MENTAL HEALTH... WALLS VS. BRIDGES". The conference took place in Gaza city and Ramallah through the video conference, on 27th -28th October, 2008. To read the FULL REPORT about the conference, [PLEASE LINK](#)

CHILDREN'S DRAWINGS REFLECTING REFUSAL OF VIOLENCE

