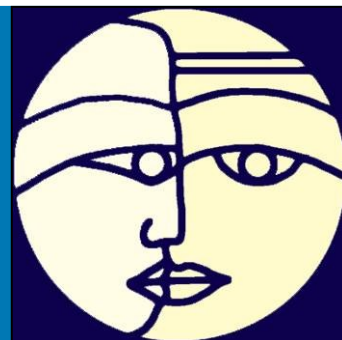


Voices

Newsletter

Te Ao Maramatanga
New Zealand College of Mental Health Nurses (Inc.)
Partnership, Voice, Excellence in Mental Health Nursing



PO Box 111, Edmonton Road, Auckland, Aotearoa New Zealand.
Webpage: <http://www.nzcmhn.org.nz>
Email: enquiries@nzcmhn.org.nz

Issue No. 2 Volume No. 7
June 2011

Kia ora colleagues. Having just read an interesting media release from the Mental Health Foundation regarding a greater need for recognition of the mental health needs of people who identify as Gay, Lesbian Bisexual and Transgender (GLBT) I pondered upon what we do in our education and clinical areas to ensure we are both recognising and responding to their needs effectively. The Foundation (2011) quotes Meneses' suggestion that "mental illness is often invisible, and so is being gay; it's not until you get to certain points of confidence that you can actually start sharing that you have a mental illness, that you might be gay or lesbian, or both." They also refer to an increased risk of suicide and mental illness within the GLBT population highlighting an unknown risk regarding people reaching middle age and retirement age. It is suggested that you should "Be there, and be involved. Ask about their partners, ask about their lives; find out what's going on in their lives in the same way that you would have with any other friend or family member in terms of conversations," How do you respond?

Editorial By Chris Taua

PRESIDENTS COMMENT

By Daryle Deering

Dear Colleagues

Again, I acknowledge College members, nursing colleagues and other Cantabrians who are living with the ongoing impact of earthquake aftershocks.

On June 9th, prior to the significant aftershock of June 13th, Frances Hughes and Margaret Grigg provided a workshop on *'Meeting the emotional needs of individuals, Families and communities after a disaster: Guidance for nurses on psychosocial emergency response'* in Christchurch. This was well supported by Canterbury Branch members. Margaret and Frances also appeared on Canterbury TV and were interviewed by Nursing Review. For the

Frances Hughes and Margaret Grigg provided a workshop on *'Meeting the emotional needs of individuals, Families and communities after a disaster: Guidance for nurses on psychosocial emergency response'*.

Christchurch event, in addition to Ministry of Health support facilitated by Minister Ryall, we had flowers donated by Moffats and managed to find a venue - thanks to the Woolston Club - to accommodate the 125 nurses from across the health sector who attended the workshop. Key messages from the workshop were the importance of: attending to people's safety and basic needs after a disaster; mobilising family, whānau, neighbourhood and community support, understanding the range of reactions that people experience including the knowledge that most people recover. They promoted the need for a stepped approach. In addition, it was stressed that individuals have realistic expectations of self and other's cop-

ing abilities, the need to re-establish individual and family routines as soon as possible. This last point is particularly important for children and adolescents. While some people will need assistance from mental health and other services, it is important to take care not to pathologise normal reactions to a disaster situation. For nurses, the importance of self-care, attending to family and whānau needs and supporting colleagues is critical, as is not to underestimate the importance of therapeutic relationships and human connection. As Jo Harry has indicated - the slides are on the website and more resources will become available.

Jo Harry has provided an update on other College activities so I won't repeat these here. Note the mental health nursing poster in this issue. This was developed by Hawkes Bay on *How Do You Measure Up* in the News and Events section. Please do also take time to look at the analysis of feedback on the Standards Consultation and the next phase in developing the revised Standards. This process will be of high priority following our *South-erly Change* Conference 6th - 8th July in Dunedin. In regard to the conference, we have over 300 conference registrations. This is truly going to be a great opportunity to come together as mental health nurses; reflect on practice and future directions and opportunities; hear from international and national speakers, nursing, consumer and other colleagues; do your own networking and establish new connections. Together with other National Committee members I am very much looking forward to the opportunity to meet up with those of you who are attending.

Update from college administrator Jo Harry

COLLEGE VACANCIES – We are pleased to announce that we have received two nominations to go onto National Committee, and both have been accepted unopposed. These will be announced at the AGM on 8th July.

WORKSHOPS – *Meeting the emotional needs of individuals, families and communities after a disaster – A guidance for nurses on psychosocial emergency response.* All I can say is WOW! This workshop was so well received by nurses who attended across the country, and as I make my way through the evaluations nurses just want more of the same! We are indebted to Frances Hughes and Margaret Grigg (Australia) who donated their time and energy to provide these 4 workshops. And a big thank you must go out to the support received from Weltec (Wellington), AUT (Auckland) and Southern DHB (Dunedin) who donated their venue (and morning tea Weltec), and to the nurses who supported Frances and Margaret and assisted with organisation on the day. I must also acknowledge the Ministry of Health who also assisted with funding so that we could run the Canterbury workshop free of charge for those nurses. Overall approximately 230 nurses attended these 4 workshops across New Zealand. Got to finish here with another WOW!

Furthermore, we are in the process of creating a new page on the website – currently it is called Emergency Response, and this is where the workshop slides currently are if want to access them. More information will end up here – it is work in progress.

STANDARDS FOR PRACTICE FOR MENTAL HEALTH NURSING IN AOTEAROA NEW ZEALAND – ANALYSIS OF RESPONSES TO THE CONSULTATION DOCUMENT – The analysis from this consultation process is now on the website (Resources>College Publications) for your information. Thank you to all those nurses who contributed to this process, the committee are now working on the next phase of this project.

AGM – A breakfast AGM is scheduled during Conference this year on Friday 8th July 7.15am before conference commences at 8.30am. Daryle along with the Committee look forward to seeing you there. Please let me know of any agenda items you may have.

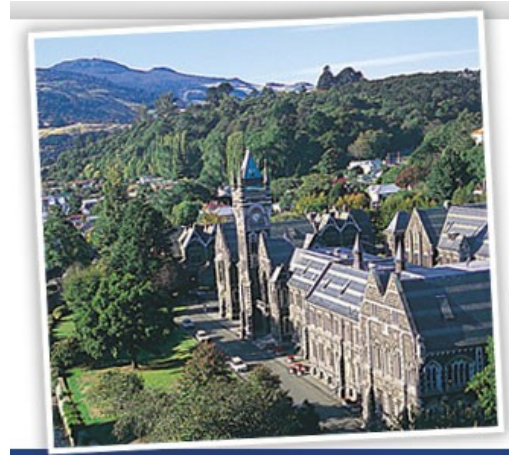
FELLOWSHIPS – The Fellowship ceremony is scheduled just prior to the conference dinner on Thursday 7th July.

SUBSCRIPTION REIMBURSEMENT – for all those members who work in a DHB where your collective contract states that the DHB will reimburse your membership fees to Te Ao Māramatanga please email me and I can send you a standard letter that I have sent other members this year. I just insert your details about fees paid for a 12 month period. These letters are dated from 1 April to 31 March and will only coincide with our financial year.

REMINDER – **please update your details on the website** – Have you moved? Changed your email address? Or email me and I can change for you.

WHAT'S NEW ON THE WEBSITE? www.nzcmhn.org.nz	Look on website under the following headings
Standards for Practice for Mental Health Nurses in Aotearoa New Zealand – Analysis of responses to the consultation document	Resources>College publications.
National Nursing Consortium Practice Standards Endorsement	News & Events
Workshop slides/information	Emergency Response
NZCMHN CONFERENCE 6-8 JULY 2011 - DUNEDIN	2011 Conference
Nursing Review now available on line at http://www.nursingreview.co.nz/	
Like Minds now available on line at http://www.likeminds.org.nz/file/Newsletter-Archive/PDFs/lmlm-	Resources>Links

Stay safe everyone and I always look forward to hearing from members. admin@nzcmhn.org.nz.



NZ College for Mental Health Nurses Conference 6-8 July 2011 Progress Report

Conference Theme and Branding

The Otago Branch of the College is looking forward to hosting the college conference in Dunedin in July. The theme for the conference is Southernly Change: Past, Present and Future. “The theme Southernly Change is about our location in the southern hemisphere, in NZ and in the south of the South Island. It is also about NZ mental health nursing practice being at the point of critical consciousness with mental health nurses taking their place as trend setters and determining the directions for MH nursing practice here in the southern hemisphere”.

Sponsorship

We have approached many organisations for sponsorship and are continuing to work hard on this. We have had a positive response to sponsorship so far and see this as an important avenue to assist with reducing registration costs.

Venue and Accommodation

The conference will be held at the St David Street Complex on the Otago University site. Accommodation will be in a variety of motels/hotels within walking distance of the University.

Programme

Our three keynote speakers are Martin Ward from Malta, Shirley Smoyak from USA and Dawn Freshwater from the UK. The three international speakers will all provide a half day preconference workshop as well as keynote addresses during the conference. The international guests will cover a range of topics including clinical leadership, working with family systems, developing critical consciousness and critical reflection and MH nursing practice comparisons internationally. The programme subcommittee are currently looking at options for national guests and the streaming of papers.

Social

The conference dinner will be held at the Otago Museum. We are currently investigating the option of guests having a tour of the tropical rainforest and Southern Land Southern People Gallery when they attend the conference dinner. For further information about the Otago Museum please visit www.otagomuseum.govt.nz

Fellowship Awards will be at the start of dinner.

For further information please visit

<http://www.conference.co.nz/nzcmhn11>

A useful Mental health Foundation link for Christchurch people

<http://www.mentalhealth.org.nz/page/895-news+coping-in-a-disaster>



Letters to the Editor

This space is for you to send any letters, comments, news items that you want to share. If you have any comments regarding any of the letters printed here please send you response to The Editor at chris.taua@cpit.ac.nz citing the name of the writer and the issue number.

Level 8 or Bust

Since the attainment of my Masters degree in 2007, I have not undertaken any other academic work; considering it took nearly 10 years to complete my this degree alongside my clinical and teaching work, perhaps my reluctance to continue to study is understandable. Lately however I have had a number of casual discussions with nursing colleagues (mental health and non-mental health) regarding the benefits or otherwise of continuing education. The votes seem to be fairly evenly spread with some saying “no way am I going to go and do any of that stuff” to those who say “well I would, but I don’t want to do a Masters degree”, to yet others who are seriously considering a career move into academia or research and see a Masters degree as a necessity for this. From here on in, when I talk about Masters level study I am speaking about all Level 8 courses that may lead towards a Masters degree.

Now that I am working in a very busy Emergency Department it is easy to see how many nurses struggle to pursue ongoing education, it is often hectic, distressing and challenging and it is enough to go home and believe that you have made a difference. The same is true in many mental health clinical environments where the outcome is frequently the same, no time for extra ‘stuff’ that many find not always clearly relevant to their everyday work.

That nurses need to continue to update and educate themselves is undisputed here, but is it necessary to have Masters level qualifications? My response here is of course not, our knowledge and clinical skill needs are all different. Yet don’t we owe it to our patients to be as challenged and up to date with evidenced based practice as possible? So why is Masters level study seen as the only option?

In my current work environment as a mental health liaison nurse in the ED I have been made aware of the level 7 clinical based courses that many of the nurses undertake. These courses are generally more clinically focussed and provide education that is completely relevant to the practice and art of nursing, they enable nurses to focus in on the deeper understandings of their clinical work, they expand the science of nursing and use current evidenced based knowledge as their base. The level 7 courses which are uniquely delivered by CPIT lead to a Graduate Certificate in Nursing. You can see more of what I mean at this link http://www.cpit.ac.nz/courses/programme_detail?a=39956

Now don’t get me wrong here I am not saying that Masters Courses do not do this, they generally have a more theoretical and philosophical bent and remember many nurses are not able for many reasons to commit to this level of study.

My point in this letter then is in regard to recent comments made that registered nurses can gain nothing unless they undertake Masters level study. I challenge this statement.

My Questions then are:

1) Is this level (7) of postgraduate education supported in your DHB?

(For many this is the crux of the matter, for without the financial support from DHB’s and other employers many nurses just cannot afford to pursue further education. I know that there is money and support for Master’s level preparation, but what of those like me who would like perhaps to do more clinically focused papers (maybe even obtaining a certificate), is there still the same level of support?)

2) Would you as be interested in this type of course if funding and support were available?

I would be interested in your feedback and thoughts; I can be emailed on gail_jp@msn.com I will collate your responses and report on these in the next newsletter.

Gail Phillips

Mental Health Resources— A big thank you

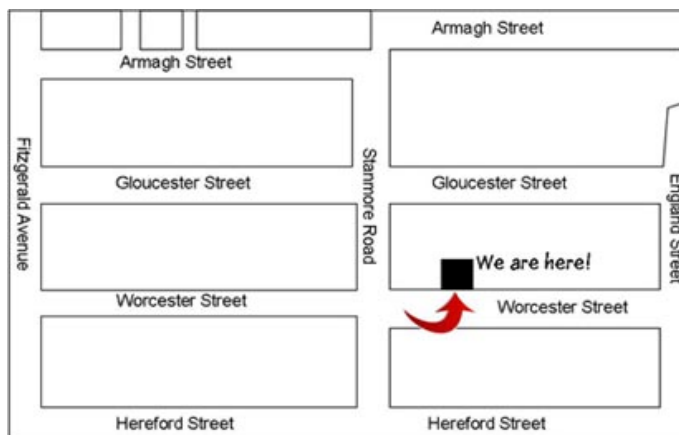


Remember in the last issue we put out a call for Mental health resources, text books etc...well we are pleased to say that many have been received and please accept this thank you if you were one of the people that sent in resources. The Mental Health Education and Resource Center ([MHERC](http://www.mherc.org.nz)) in Canterbury—which lost its building, its entire library collection and everything thing else that makes up a service has now been fortunate enough to re establish itself in a very pleasant singly story building just east of the city. Contact details for MHERC now are

403a Worcester Street
Linwood
Phone: 03 365 5344
Rural freephone: 0800 424 399
Fax: 03 381 0530
P O Box 32 035
Christchurch

<http://www.mherc.org.nz>

If you are in town or visiting Christchurch
take some time to visit MHERC.



“First say to yourself what you would be; and then do what you have to do.
-- Epictetus (55-135 AD) Greek Philosopher



*Taranga Te Kumete o
Te Ao Maramatanga*



The Role of the College



Our objectives:

Represent the professional interests of psychiatric and/or mental health nurses in Aotearoa New Zealand and those enrolled nurses who work in mental health setting in Aotearoa New Zealand;

Promote and develop the identity of psychiatric/mental health nurses as specialists working in a clinical speciality field via representation and liaison; obtain recognition of the professional status of psychiatric/mental health nurses and to promote public awareness of mental health nursing;

Advance the educational and clinical expertise of members; promote and develop nursing codes of ethics, education and practice which are culturally safe and encompass the three articles of the Treaty of Waitangi and the principles of Kawa Whakaruruhau.

Approve national standards of practice taking into account the unique cultural, social and political conditions existing in Aotearoa New Zealand to guide members in their professional practice; develop and support research which may benefit the community and the profession;

Promote clinical career pathways within the clinical speciality field;

Promote awareness of the members about political decisions which may affect the clinical and professional role of those members;

Form links with other health professional bodies in Aotearoa New Zealand and internationally.

Nurstoons

by Carl Elbing



www.nurstoon.com

How Do You Measure Up ?





REGIONAL REPORTS

Unfortunately there were no Regional reports received this issue so I have decided to use this space to give you
Chris's Quick 5 steps to report writing.....



1. Prewriting: Step one is to choose the subject of your report. Then make a list of the facts that will be in the report.

2. Drafting: Step two is to write your report. Write your ideas. Add details. Tip: In a draft, do not worry about mistakes. Just keep writing.

3. Revising: Step three is making the report better. Reread your report. Add important or interesting details. Take out details that do not belong.

4. Proofreading: Check your report. Fix any mistakes. Begin each sentence with a capital letter. Check your spelling. Be sure that each sentence ends with the correct mark.

5. Publishing: The last step is sharing your final report.

Send it to Chris at chris.taua@cpit.ac.nz

DON'T FORGET:

AGM – A breakfast AGM is scheduled during Conference this year on Friday 8th July 7.15am before conference commences at 8.30am. Daryle along with the Committee look forward to seeing you there. Please let Jo Harry know of any agenda



Southerly Change

Past, Present and Future
6 – 8 July 2011

The 3rd International Conference of
Te Ao Māramatanga, New Zealand College
of Mental Health Nurses Inc. (NZCMHN)

National Information Service and Resource Centre Coordinator
Mental Health Foundation NZ

www.mentalhealth.org.nz; kim@mentalhealth.org.nz

Kim Higginson DD (09) 300 7038

The Resource and Information Centre is located at 81 New North Road, Eden Terrace, Auckland. Open to the public from 9.00am - 4.30pm, Monday to Friday. Resource Centre
Phone (09) 300 7030.

Working to improve the mental health of all people and communities in New Zealand



Are you environmentally friendly?
Are you reading this newsletter online?
GREAT
As a reward here is a list of useful links.



[Te Ao Maramatanga: New Zealand College of Mental Health Nurses Inc](#)



[Mental Health Commission](#)



[Mental Health Foundation](#)



[World Health Organisation](#)



[Nursing Council of New Zealand](#)



[International Council of Nurses](#)



[Te Pou](#)

Nurstoons

by Carl Elbing



www.nurstoons.com

The College Boards

The three Boards are Professional Practice, Research, and Education.
The purpose of the Boards is to promote, support and develop the professional practice of psychiatric mental health nurses in the three key areas. In time this will allow the College to be responsive to professional issues.

Watch for updates!

Note from the Ed:

Lets make this your newsletter where you talk to your community rather than us doing all the talking.

Please send your comments, letters, regional reports to Chris *now* at tauac@msn.com or tauac@cpit.ac.nz

NOTE

Want to join the College? Membership information at

<http://www.nzcmhn.org.nz/53974/html/page.html>

Share your knowledge with the College:

Regional contacts

Auckland: Colette Adrian;
ColetteA@adhb.govt.nz

Waikato: Louise an der Berg
Louise.vanderberg@wintec.ac.nz

Rotorua: To be advised

Hawkes Bay: Justine Pack;
Justine.Pack@hawkesbaydhb.govt.nz

Central District: Stacey Wilson
S.Wilson@massey.ac.nz

Wellington: Eileen Weekly;
eileen.weekly@ccdhub.org.nz

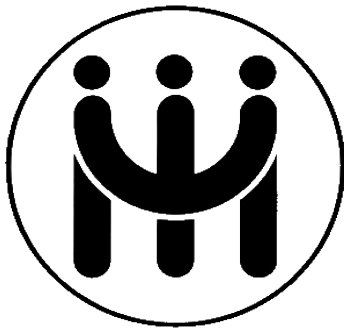
Christchurch: Mel Lienert-Brown;
Melanie.leinertbrown@cpit.ac.nz

Dunedin: Mel Green;
melanieg@healthotago.co.nz

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Editor: Chris Taua
chris.taua@cpit.ac.nz

Co Editor: Stacey Wilson
S.Wilson@massey.ac.nz



CONFERENCE 2011
"Swimming Between the Flags?"

ACMHN's 37th International Mental Health Nursing Conference

Marriott Resort & Spa, Gold Coast, 4th to 7th of October 2011

"Ever wondered who decides where the flags should be positioned? Ever contemplated the safety of swimming just outside the flags? Ever decided to swim at the other end of the beach and ignore the flags altogether? Ever seen a rip swirling in close, creating havoc in seemingly safe waters?"

The imagery of the beach speaks to so much of what we love about Australia. It also provides a rich metaphor for our role as mental health nurses. The theme of this conference, *"Mental Health Nurses: Swimming between the flags?"* promises participants an exciting opportunity to contemplate and discover how mental health nurses from around the world are interpreting and responding to changing conditions in education, practice, research and management.

Mental health nurses are increasingly pushing the boundaries of their traditional scope of practice. Regardless of your role or the context in which practice, you will be challenged to respond to changing conditions in line with a changing world. As lifesavers, sitting on the beach amidst the sandcastles and cricket matches, with the binoculars trained on choppy waters watching for trouble - how do you prepare yourself to respond to the shifting 'flags' in the broader field of mental health care? As a profession, how do we support people when rips and dumpers develop between the flags?

Invited Speakers

Rufus May - Clinical Psychologist, Bradford District Care Trust's assertive outreach team and Honorary Research Fellow with the centre for community citizenship and mental health at University of Bradford

Sandy Jeffs - Has lived with schizophrenia and all its moods for over thirty years. She is a community educator who speaks to schools, universities and community groups and received an Australian Human Rights Commission commendation for her book *Flying with Paper Wings*

Debra Nizette – Mental Health Nursing Advisor, Office of the Chief Nursing Officer, Queensland Health.

Nick Bowles - Associate Lecturer in Mental Health Nursing at Institute of Technology, Tralee, Registered Mental Health Nurse, Academic, Clinician, Manager, Trainer and Researcher

Prof Dianne Wynaden - Mental Health Professor at the School of Nursing and Midwifery, Curtin University of Technology

Ass/Prof Jane Burns - Executive Director, Co-operative Research Centre for Young People, Technology and Wellbeing - Orygen Youth Health Research Centre

The *ACMHN's 37th International Mental Health Nursing Conference* will not only provide an enriching professional experience, with opportunities to networks and share ideas with colleagues, but it's fantastic location in one of Australia's premier holiday destinations offers a smorgasbord of sun, sand and surf at a glorious time of year. Join us at the Marriot Resort and Spa, Gold Coast from 4-7 October 2011 – you won't be disappointed!

<http://www.astmanagement.com.au/acmhn2011/index.html>

Kim Ryan

CEO

Adj ASSOC PROF

Australian College of Mental Health Nurses

Samantha Robson

Conference Secretariat

Ph: 07 5502 2068

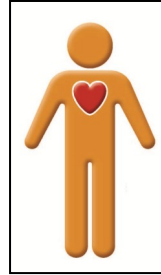
Website: www.astmanagement.com.au/acmhn2011

THE GETTING STRONGER GAME

Building Yourself Up To Get through Tough Times

A resilience building game for young people (8 – 14 yrs) who are facing tough times

A relationship building tool for professionals supporting them



Background

When a young person experiences tough times, whatever the cause, they are left with memories, thoughts and feelings about what happened. We know from research that allowing them to talk about difficult events not only builds their resilience, but helps them to process and work through what's happened in a healthy way. This helps prevent the child from burying the grief and trauma away and, as a consequence, from developing negative and on going reactions that are likely to affect their everyday lives and their future.

This is a carefully designed game to help children 8 – 14 years old to talk about their lives, and about the thoughts and feelings they have about what they have experienced. It enables children and young teens to learn important self-care and safety messages that they can then apply. It also aims to encourage improved self esteem and a hope for a positive future.

Who developed this and how?

Skylight has a reputation for its innovative approach to offering support to children, teens and their families going through difficult life circumstances. This particular support resource has been developed by Tricia Hendry, who heads SkyLight's Information and Resource Centre, and assisted by Mark Wotton (graphics designer) and expertise from a consultation team from IQ ideas. Partnering with IQ ideas, an experienced and respected new NZ game company, has made sure what we have produced is of an excellent, internationally acceptable standard. Each topic area was chosen according to the latest statistic indicators and from our experience with families and professionals seeking support in these unique areas. We sought the expertise of specialists in each topic area, to ensure high quality and safe content. Dr Fiona Pienaar, of Auckland University, whose recent PHD child survey research highlighted what worries NZ children most and what helps them, has overseen the content, along with SkyLight's own specialist counselling staff.

The game has evolved as it's been tested by young players, and as topic specialists came back with suggestions and amendments. We are confident now that **GETTING STRONGER** offers unique and powerful support for 8-14 year olds, and a valuable professional tool for those supporting them, having been designed in a flexible way to be accessible by a range of ages and adaptable to the topic card sets.

Why a game?

Games are a tool that is less threatening than direct conversation and a long respected avenue for helping break down barriers with children and young people.

How the game is played?

Players can play the game individually with a facilitator (professional, trained children's worker, community worker) as the second player, or as part of a group of up to 4 players.

This game includes challenges to not only answer game card questions as you go around the colourful board, but to collect parts of a body to get stronger until, to finish, each player will put the body together like a jigsaw, with a heart in the middle of the body to complete it. Players also collect strength tokens as they go around the board... to get stronger and more resilient! It has been child-tested several times with enormous success.

The game board for **GETTING STRONGER** will always come with two card sets which facilitate the young person's conversations about themselves: their strengths and skills, what their everyday lives are like, the people in their lives, their interests, and their hopes and dreams. A third card set will feature one of several available topics on a sensitive theme, selected by the purchaser. This approach allows the game board to be readily adapted for different vulnerable groups of children needing support, as needed.

The topics chosen for these 'topic sets' reflect the requests from specialists around New Zealand seeking practical tools to genuinely help, encourage and support young people caught up in some very sensitive and difficult life situations. We have used the best expertise we possibly can to ensure their content is sound and safe and helpful to therapeutically engage with young people between 8 and 14 years on some of life's most difficult challenges. For example, the first topic sets Skylight seeks to offer when the game is launched are:

For those who have witnessed, or been impacted by, **domestic violence**

For those with a family member with **an addiction**

For those with a family member who has a **mental illness**

For those with a family member who has a **serious illness or injury**

For those who have had someone close to them **die**

For those affected by **a disaster**

While there are likely to be other topics introduced at a later stage, these are the topics for which there is nothing or very little available for NZ young people, or for those professionals working with them. Skylight seeks to launch this game with this initial range available from the outset, and then add others as funding allows us to do so.

Future topics planned include:

For those who have **learning disabilities**

For those with a family member in **prison**

For those who have been **bullied**

For those with a family member who has **a spinal cord injury**

For those with a family member who has **a brain injury**

For those who have to manage their own **ongoing pain**

The game is intended to be used with a caring adult or professional who the child feels comfortable with, such as a social worker, family support worker or counsellor. The game will come with instructions *and* with detailed notes about how best to use it safely with a young person.

Conclusion

This is a very innovative, practical and far reaching resource tool to work with. Feedback in advance from our consultancy group has been notably positive. Many comment they can't wait for the chance to use this support tool with the vulnerable children and teens they work with.

Additionally children who have played the game have found it very engaging and expressed interest in playing it again! An excellent sign!

We look forward to your support of this important and uniquely engaging project.

The Skylight Team

www.skylight.org.nz

0800 299 100



Registration Form "Getting Stronger" Training

Please tick which session you are attending:

	Date	Time	Venue
<input type="checkbox"/>	July 14	9.30am – 12.00pm	Mana Education Centre 5 Heriot Drive, Todd Park, Porirua
<input type="checkbox"/>	August 11	9.30am – 12.00pm	Skylight 2A Green Street, Newtown

Name

Position

Organisation

Postal Address.....

City Email

Phone () Fax ()

Payment

Cost: \$65.00

☐ Cheque (payable to Skylight)

☐ Credit Card

MasterCard or Visa (please circle) number

Name on card..... Expiry date.....

☐ Direct Payment online: 06 0501 0788246 26

Particulars: Your Name Reference: Date of workshop

Send form and payment to:

* Post: Skylight, PO Box 7309, Wellington South, NZ 6242

) Fax: 04 939 4759

: Email as a PDF to ed@skylight-trust.org.nz

A tax invoice/receipt will be issued upon confirmation. Your receipt is confirmation of registration and required for entrance to the seminar.

Refund Policy

- More than 2 weeks prior to the start of the course your fee will be refunded less a \$25 administration fee;
- 14 days or less before the start of the course you will be given a credit to the value of your full fee paid less a \$25 administration fee. This credit may be applied to another course within the next 12 months.
- 7 days or less before the start of the course the full fee is forfeited. However, another participant can be sent in your place. Please advise Skylight of this change.

Please note: All participants will be eligible for a 15% discount on any of Skylight's own publications on the day of the workshop