Highlights

- **Cana Foundation therapeutic and support services**

- **Definition of a family?**

- **Highlights from Census 2021**

- **Challenges for our families today**

CANA FOUNDATION THERAPEUTIC SUPPORT SERVICES
Mission Statement

We are committed to provide professional support services within a Christian perspective, aimed at accompanying our clients toward achieving their desired goals as individuals and members of healthy families, communities and society.

By **Christian perspective** we mean that we respect each and every person, requesting our services, for who they are without reservations.
Our therapeutic support services are person centred.

1 COUNSELLING AND PSYCHOTHERAPY SERVICE

**This is the core service of the Foundation
We provide therapeutic support to
couples and individuals going through personal
and relational problems in order to deal better in
life and achieve their fulfilment as individuals
and members of healthy families, communities
and society.**

2 CHILD & ADOLESCENT PSYCHOLOGICAL SERVICE

"This service provides clinical assessment and therapeutic intervention to address more holistically the child & adolescent needs.

3 FAMILY THERAPY SERVICE

This service provides a systemic approach to couples and families seeking our support. It focuses on supporting individuals within families to nurture and maintain relationships

4 POSTIVE PARENTING COURSES AND PERSONALISED CARE GIVER COACHING SERVICE

This service complements the other services and focuses on providing educational information and support about positive discipline to primary care givers and personalised support to individual caregivers when requested

5 INFERTILITY COUNSELLING SUPPORT SERVICE

"The service offered assists clients in developing successful coping strategies for dealing with both the short and longer-term consequences of the infertility journey and treatments undertaken.This is offered prior, during and also after treatment to provide the much needed emotional support"

6 COUPLE AND FAMILY RECONCILIATION SERVICE

This service offers family members and couples experiencing relationship breakdown the opportunity to reconnect and work toward rebuilding their relationships in a safe and therapeutic space.
This service caters especially for couples who are reconsidering given their broken down relationship another chance before separating.

Present professional team compliment

Family Therapist	5
Counsellors	4
Infertility Counsellor	1
Transcultural counsellor	1
Psychologist	1
Parental Coaches	3
Family Mediator	1
Psychotherapist	1

All the team members are warranted and get regular supervision on their clinical work.

Commitment to Quality and Equity Service:

Our commitment is to give the best therapeutic service to all clients who contact us in a prompt, consistent and professional way by addressing their needs within a maximum of **5 working days framework**.

HOLINESS IN OUR WORK

HOLINESS is not an achievement, it is a **GRACE**.
A grace called **AWARENESS**, a grace called:
LOOKING,
OBSERVING and
UNDERSTANDING

Definition of a family

- What is a family? This deceptively simple question lacks a simple answer. Does it mean **a nuclear family**—a married couple with children, all living in the same household? Does it include **extended family members**? And what about a couple without children—are they a family?

- However a narrow focus on **nuclear families**— an adult couple and their children— also obscures much family life, particularly how it is experienced by people of colour, gays and lesbians, and people living in poverty, all of whom have rich relationships in extended and non-kin family systems.
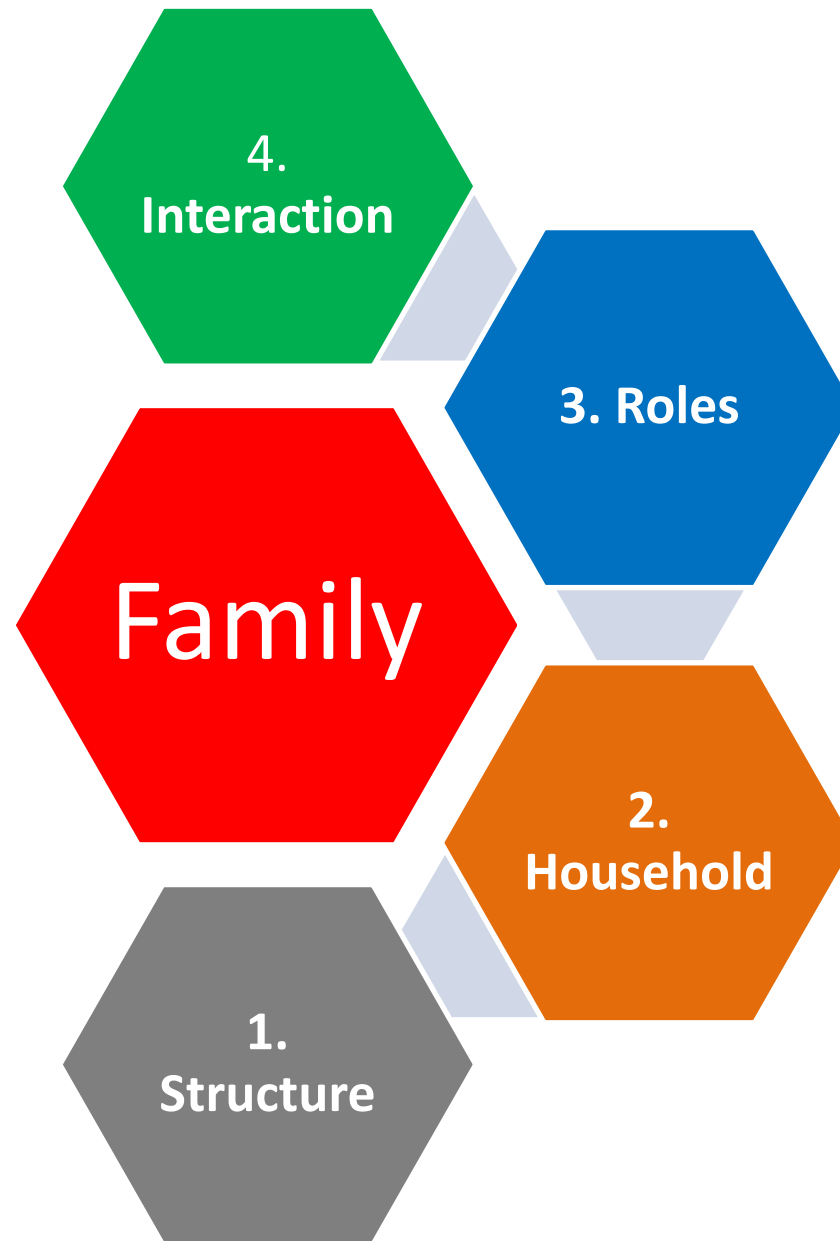
- The **complexity and the diversity** of family dynamics is the focus of research today, rather than the old-fashioned model of the **rigid** and **structured family cycle**

Is the concept of family still relevant?

- 'The family may now be defined as a group of persons united by ties of marriage, blood, or adoption; constituting a single household; interacting and communicating with each other in their respective social roles of husband and wife, mother and father, son and daughter, brother and sister; and creating and maintaining a common culture.' (Burgess & Locke, **1945,** p. 2)

- Burgess and Locke's description includes four distinct approaches to defining family, each of which is still in use by sociologists today:
- **1. Family as Structure**
- **2. Family as Household**
- **3. Family Roles**
- **4. Family as Interaction: Doing Family (functional) vs Being Family (relational)**

4. Interaction

3. Roles

Family

2. Household

1. Structure

1. Family as Structure

- **The family may now be defined as a group of persons united by ties of marriage, blood, or adoption;**

- Despite changing marriage patterns over the past few decades marriage continues to bestow legitimacy to relationships.

- Marriage and family are so closely intertwined in our culture that it is difficult to be seen as a legitimate family without it.

2. Family as Household

- **constituting a single household;**
- The terms family and household are often used interchangeably but they are two distinct concepts. A household is a residential unit "within which . . . resources get distributed and connected" (Rapp, 1992, p. 51)

2. Family as Household

- Households may consist of nuclear families, multigenerational families, cohabiting couples, friends living together as housemates, or some combination thereof.

- **living apart together,** or LAT relationships, reflecting a household bias in the definition of families. LATs do seem to be more common in Europe, where one third to one half of unmarried women are in LATs (Kiernan, 2000).

2. Family as Household

- **Transnational families** offer another example of a family type that transcends the household; in fact, these families transcend national borders.

3. Family Roles

- **interacting and communicating with each other in their respective social roles of husband and wife, mother and father, son and daughter, brother and sister.**

- How one behaves as a family member is not entirely up to the individual as each of us is strongly influenced by the social roles we occupy. The scripts attached to these roles shape how family members behave and how they interact with each other.
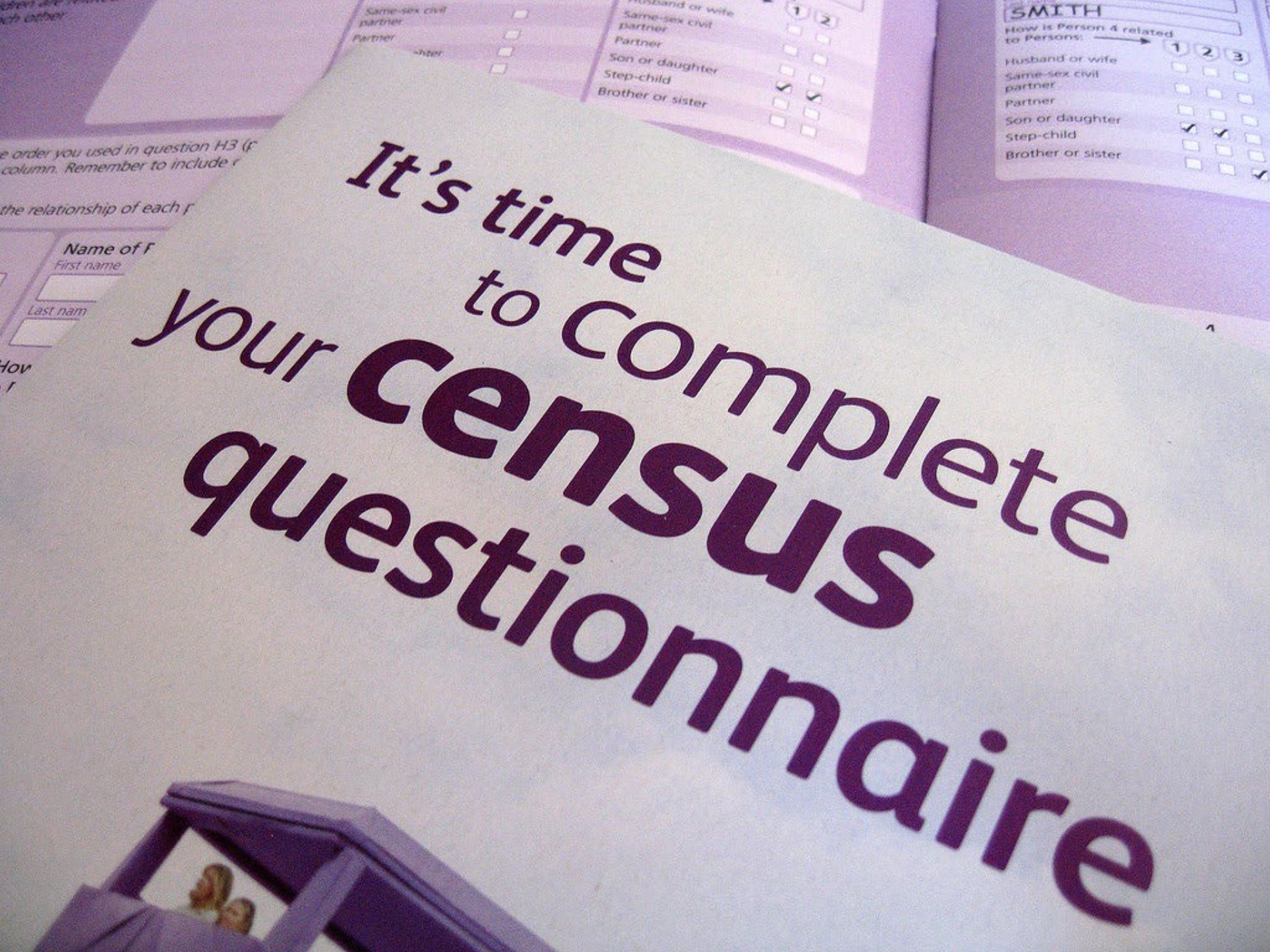
3. Family Roles

- Many families include roles beyond this limited list, such as extended family members and stepfamily members

4. Family as Interaction: Doing Family vs Being Family

- **and creating and maintaining a common culture.'**

- This emphasizes the ways that families are actively created through interaction, what can be described as an **interactionist approach** to defining family. Sometimes called "doing family," this approach recognizes that families are a symbolic entity that gains meaning from shared activities and emotional attachment.

- As Christopher Carrington (1999) describes it, "what or who constitutes a family derives from whether the participants engage in a **consistent and relatively reciprocal pattern of loving and caring activities and understand themselves to be bound to . . . other family members**" (p. 5).

It's time
to complete
your **census**
questionnaire

Same-sex civil
partner
Partner

ther

Son or daughter
Step-child
Brother or sister

SMITH

How is Person 4 related
to Persons:

Husband or wife

Same-sex civil
partner

Partner

Son or daughter

Step-child

Brother or sister

order you used in question H3 (
column. Remember to include

the relationship of each

Name of F
First name

Last nam

Hov

Census highlights 2021

- 4.1 A steep incline in population growth since 2011

- 4.2 More males than females

- 4.3 Significant increases in population in selected areas

- 4.4 Population density soars

- 4.5 Ageing population but relatively young compared to the EU

- 4.6 More than one in five persons is non-Maltese

4.1 A steep incline in population growth since 2011

- The preliminary population count estimated from the latest Census is 519,562. This means that over a century, the population of Malta has more than doubled (by 2.5 times), **while in the past 10 years, it grew by nearly a quarter.** This was a result of a consistent increase of the population by 10 thousand persons per year since 2011, the highest average intercensal growth ever recorded to date.

4.1 A steep incline in population growth since 2011

- . This represents nearly a threefold increase over the largest intercensal change previously recorded between the years 1931 and 1948, which stood at 3,786. This unprecedented growth contrasts with an average annual increase of just under 1,000 persons observed during the 19th century.

4.2 More males than females

- Up until the last census, the Maltese population was made up of more females than males although, since 1967, the gap between the two sexes has narrowed. **Over the past 10 years, the male population grew at a faster pace when compared to the female population, with an increase of more than 62 thousand males or 30.1 per cent over the last census compared to an increase of 18.9 per cent in females.**

4.2 More males than females

- As a result, this is the first census population with a majority (at 52 per cent) of males over females resulting in a sex ratio (namely the number of females expressed per 1,000 males) of 924

4.3 Significant increases in population in selected areas

- Comparing at a regional level, the populations of Malta and Gozo grew by a similar proportion from 2011, at 24.4 per cent and 25.2 per cent respectively. When analysing population growth at the district level, the **Northern District experienced the biggest increase since 2011 at 47.0 per cent, equivalent to almost 30 thousand persons.**

4.3 Significant increases in population in selected areas

- Conversely, the lowest increase was observed in the Southern Harbour District, with an increase of 8.3 per cent over 2011. In fact, this area recorded the smallest change in population count over the past century, with its population staying under 90 thousand residents, as opposed to all other districts in Malta which nearly doubled in size except for the **Northern District which increased more than six fold - from 14,672 to 93,755 residents.**

4.3 Significant increases in population in selected areas

- **Northern :**
- Ħal Għargħur,
- Il-Mellieħa,
- Il-Mosta,
- In-Naxxar,
- L-Imġarr,
- San Pawl Il-Baħar;

4.4 Population density soars

- Malta not only retained its place as the most densely populated EU Member State, but the population density continued to increase as a result of population growth, reaching **1,649 persons per square kilometre in 2021** – an increase of 324 persons per square kilometre (or 24.5 per cent) compared to 2011**. The average in the EU in 2019 stood at 109 persons per square kilometre,** with the second most densely populated country, the Netherlands, being more than three times less dense than Malta, with 507 persons per square kilometre.

4.4 Population density soars

- **Malta is 3.4 times more densely populated than Gozo** at 1,948 persons compared to 572 persons per square kilometre respectively. In general, population density increased across all six districts, including the Southern Harbour District, despite it showing a drop in population density between the years 2005 and 2011.

4.4 Population density soars

- Between the years 2005 and 2011, the three most densely populated localities in Malta remained the same, with **L-Isla** topping the list followed by **Tas-Sliema** and **Il-Fgura.** In 2021, Il-Fgura no longer remained among the top three having been replaced by Tal-Pietà. L-Isla moved to second place after a drop of 2,728 persons per square kilometre compared to 2011. Indeed, **Tas-Sliema moved to first place at 15,167 persons per square kilometre** – an increase of 44.3 per cent over 2011.

4.5 Ageing population but relatively young compared to the EU

- The trend of population ageing continued over the past 10 years, with the overall average age increasing to 41.7 years from 40.5 in 2011. This was mainly a result of an increase in persons aged 65 or more (from 16.3 per cent in 2011 to 18.8 per cent in 2021) and **a decrease in persons aged 24 or less** (from 28.1 per cent in 2011 to 23 per cent in 2021).

4.6 More than one in five persons is non-Maltese

- The total population includes both Maltese and non-Maltese nationals who have lived in Malta for a continuous period of at least 12 months before Census night or who have arrived in Malta during the 12 months preceding Census night with the intention of staying in the country for at least 12 months.

4.6 More than one in five persons is non-Maltese

- Of the total population of 519,562 persons, 115,449 or **22.2 per cent are non-Maltese** – a fivefold increase of the foreign population since 2011 when it stood at 20,289 or 4.9 per cent of the total population. This suggests that more than **one in every five residents is not in possession of Maltese nationality.** Similar percentages were recorded in the regions of Malta and Gozo.

Malta Fertility Rate 1950-2022

- Chart and table of the Malta fertility rate from 1950 to 2022. United Nations projections are also included through the year 2100.

- The current fertility rate for Malta in 2022 is **1.495** births per woman, a **0.74% increase** from 2021.

- The fertility rate for Malta in 2021 was **1.484** births per woman, a **0.82% increase** from 2020.

- The fertility rate for Malta in 2020 was **1.472** births per woman, a **0.75% increase** from 2019.

- The fertility rate for Malta in 2019 was **1.461** births per woman, a **0.76% increase** from 2018.

Malta Number of Registered Vehicles

- Malta Number of Registered Vehicles was reported at **419,254** Unit in Jun 2022. *(latest Census is 519,562 people in Malta)*

- This records an increase from the previous number of 414,669 Unit for Mar 2022.

Malta's divorce rate remains the lowest in Europe

- Malta had the lowest divorce rate in Europe in 2020, fresh figures show, once again confirming a downward trend registered since 2011.

- According to figures issued by Eurostat, the EU's statistics agency, there were 0.5 divorces registered for every 1,000 people, the lowest rate since divorce was legalised in 2011.

Malta's divorce rate remains the lowest in Europe

- Malta's rate is also notably lower than the EU average, which stood at 1.6 divorces per 1,000 people. Denmark, Latvia and Lithuania had the highest rate at 2.7 divorces per 1,000 people.

Over 4,200 births in 2020, banns for civil marriages double religious

- **4,206 births and 3,570 deaths** were registered in 2020, in a year in which Identity Malta allowed the public to register births and deaths online due to the COVID-19 pandemic.

Over 4,200 births in 2020, banns for civil marriages double religious

- Marriage applications for the publication of banns in 2020 totalled **1,652.** The amount of registered civil marriages during 2020 was **748** and the amount of registered religious marriages was that of **326**.

Marriage statistics 2018

- A total of **2,552 couples** tied the knot in Malta during 2018, according to statistics tabled in Parliament..

- Of the total number of marriages, **1,423** were civil marriages, while **1,129** were religious marriages, the statistics show.
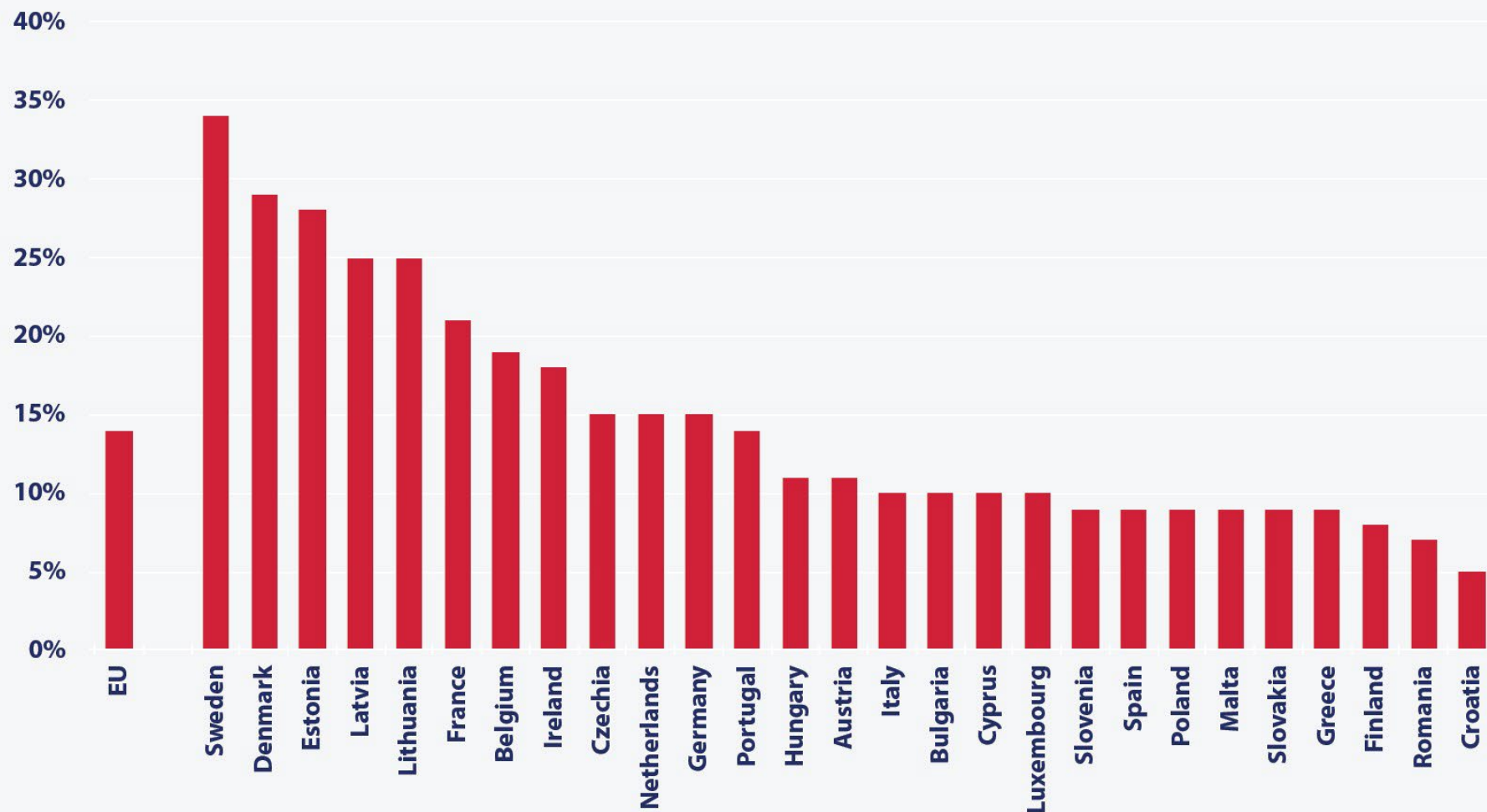
Marriage statistics 2018

- A Civil marriages have continued to grow in popularity in recent years. Malta legalizing same-sex marriages in July 2017 has also contributed to the rise in civil marriages. In fact, data published last week showed that there had been a significant drop in the number of civil unions registered in 2017.

- Meanwhile, there were a total of **1,358** couples that filed for separation – 1,311 in Malta and 47 in Gozo.

Marriage statistics 2018

- Malta, 290 notes of amicable separation, 907 letters of mediation in contentious separations and 114 applications for separation case had been filed.

- In Gozo, he said there were 11 amicable separations, 34 requests for mediation and 2 applications for a separation case.

- there were 3.6 separations a day in Malta and just four a month in Gozo

Share of single-parent households with children in the EU, 2020
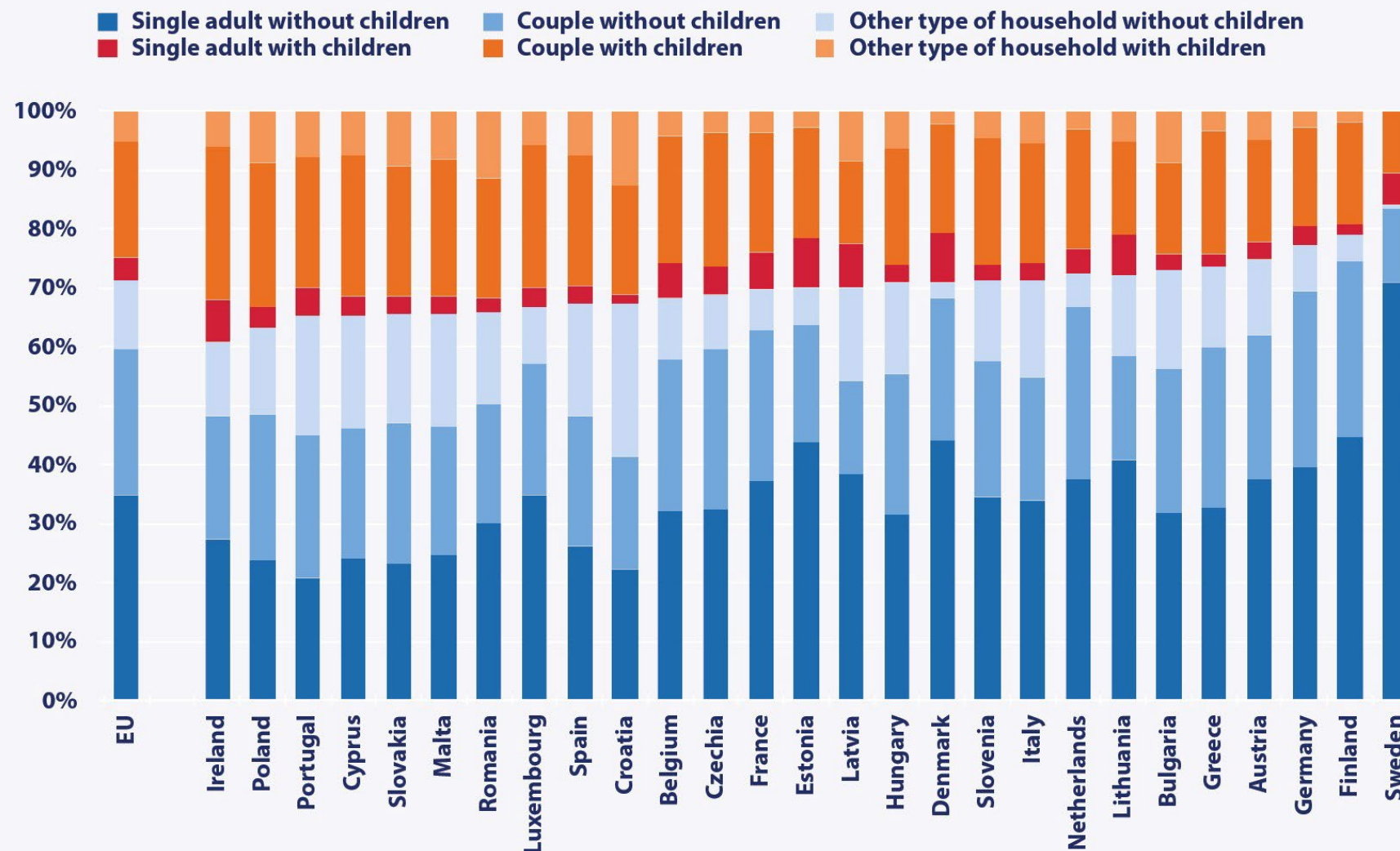
(% of all households with children)

Note: Break in series and provisional data in Germany in 2020; Data for Sweden should be interpreted cautiously, as non-response in household data has not been corrected with administrative data

Households by type, presence of children and country, 2020

(% of total households)

- ■ Single adult without children
- ■ Single adult with children
- ■ Couple without children
- ■ Couple with children
- ■ Other type of household without children
- ■ Other type of household with children

Note: Break in series and provisional data in Germany in 2020; Data for Sweden should be interpreted cautiously, as non-response in household data has not been corrected with administrative data.

Common themes at our clinics

- Gender related problems related to adolescents
- Mixed / blended families
- Infertility / and IVF children
- Commitment and the meaning of exclusivity
- Narcissism in the couple
- Poverty in all aspects: social , material and spiritual

Common themes at our clinics

- Virtual infidelity / real Infidelity

- Pornography

- Hidden violence and coercion

- Gaslighting

- Mental health issue amongst young people

- Crisis at empty nest stage

- Crisis at early years of marriage – 1st child

Common themes at our clinics

- Loneliness at old age in the couple
- Parenting issues
- Children at risk
- Childless couple by choice
- Postponement of first childbearing
- Therapy has become a big business and is catering mostly for the middle and the upper class

Common themes at our clinics

- The division of care and housework within the household context.

- the still ongoing increase in the labour market participation of mothers and related shifts in the participation of fathers in family and care work.

- Problems related to intergenerational relationships, including parent–child relationships, as well as relationships between grandparents and grandchildren

Common themes at our clinics

- relationships, including parent–child relationships, as well as relationships between grandparents and grandchildren - have become **less hierarchical, and more egalitarian**

- non-marital childbearing,

- Fathers remain more involved in their children's lives after separation and divorce

- the importance **of 'multi-locality'** is growing.

Common themes at our clinics

- changes in parenting styles and objectives.
- Digital communication and smartphone usage also have profound implications for family life, family relations, and child well-being
- Medically assisted reproduction (MAR)
- Artificial reproductive technologies (ART)
- **the family transforms or continues** following a divorce or separation, rather than terminates.

Common themes at our clinics

- Separation issues
- Marital discord
- Communication issues
- Conflict management

Common themes at our clinics

- the ex-partners face considerable challenges in coordinating the care and education of their joint children, and these arrangements are often the subject of intense, ongoing conflicts.

- Digitalisation has also transformed the labour market, which has repercussions for family life. The Covid-19 crisis has sharpened our awareness of the opportunities and the pitfalls of home office and telework for combining work and family life.