HISTORICAL OVERVIEW OF THE BEHMAN HOSPITAL:

Recently the hospital has been recognised as a Training Institute where psychiatrists may prepare for the Post-Graduate Diploma in Psychological Medicine of Durham University, England with which the hospital has established a special relationship through its visiting consultant Professor Alexander Kennedy.

THE HOSPITAL FOR PSYCHONEUROSIS:

The psychoneurosis hospital consists of two main buildings: one for male and one for female patients. Each room is decorated independently and sitting-rooms and verandas harmonize to make an atmosphere of calm and shady corners. The verandas of the two buildings overlook a beautiful garden court with velvety lawns, ornamental trees of many kinds and flower-beds. The aim has been to create an atmosphere of freedom from tensions remote from the irritation and sounds of city life.

THE HOSPITAL FOR MENTAL DISORDERS:

The hospital for mental disorders has two separate buildings, one for women and one for men, each with its own secluded gardens. Every attempt has been made to give the rooms and suites a character of their own, with facilities for treatment near at hand.

THE ADMINISTRATION BUREAU:

The administration bureau is a separate building on the left hand side of the entrance and overlooks every part of the institution. Here patients are received and told how to get the best out of the facilities provided by the hospital.

FORMS OF TREATMENT GIVEN AT THE HOSPITAL:

The treatment of psychological maladjustment must be directed at the whole personality and the hospital its team of specialists work harmoniously in the patient's best interest. All the necessary tests for accurate diagnosis of the case are carried out at the pathological and biochemical laboratory of the hospital. The following specialised methods, in addition to the usual medical treatments, are available at the hospital.
INSULIN COMA THERAPY (ICT):

This method was first introduced into Egypt by this hospital which now has a unit specially designed and situated at ground level so that it is easily accessible from other parts of the hospital. The male and female units have separate clinical equipments and nursing. Up to thirty patients can be treated at once in the male unit which is the largest of its kind in the country. The team of doctors and nurses who carry it out have a long experience and have themselves devised several improvements in its technique. Insulin Coma Therapy has proved to be the best for the treatment of early schizophrenic illnesses.

Modified Insulin has been used with conspicuous success as a part of the treatment in the states of anxiety and in the rehabilitation who have lost weight and strength during illness.

ELECTROCONVULSIVE THERAPY, ELECTROPLEXY AND OTHER FORMS OF SHOCK THERAPY

The hospital has the largest variet of electrical apparatus applied to the treatment of affective mental disorders: ECT; Electron, Electro-narcosis controlled shock, are given where their use is indicated.

PYREXIAL TREATMENT:

Pyrexia treatment is still found to be beneficial in certain cases and it is given in a number of forms.

PSYCHOSURGERY:

As soon as it became apparent that the surgical approach to psychological disorders offered a prospect of relief, the hospital took the initiative and invited Mr. Dixon Wright, of St. Mary's Hospital, London, who was the first neurosurgeon to operate on patients in Egypt. Since then the hospital has furnished and developed its own neurosurgical unit. There are now two neurosurgeons on the consulting staff of the hospital. The operation itself is only one part of the treatment and the subsequent rehabilitation of the patients is undertaken by the staff at the hospital until they are able to return to their normal life.

ENDOCRINOLOGICAL THERAPY:

The endocrine glands may play an important part in disorders of the personality, and the investigation and the treatment of this aspect is undertaken very adequately with the aid of the consultant staff.

PSYCHOTHERAPY:

This is the central activity of the staff at the hospital for
psychoneuroses. The general objective is to allow the patient to realise how his/her pattern of living was formed, and how to overcome the effects of early difficulties and how to plan a new attitude of life for him/herself. Projective techniques and psychological tests are used in the course of investigation of the patient's personality and to assess the effects of treatment.

GROUP PSYCHOTHERAPY:

Group psychotherapy is given in certain cases to enable patients to understand their relation to other people and to build up a new attitude to the community within which they are to live when they recover.

OCCUPATIONAL THERAPY:

Occupational Therapy is given special attention and rooms are set aside for weaving, leather work, rug-making, woodwork, lampshade making, cane-work, carpentry, needlework, and many sorts of sports.

ART THERAPY:

Art therapy also has a special department under the charge of an instructor and a particular feature has been made of modelling in clay and colour painting.

Play-acting by patients and members of the staff is a regular event given in the theatre-hall. Here also musical hours are set for patients to play their favourite instruments and chosen records. Carefully selected films are shown twice.

PSYCHODIAGNOSTICS:

A special department has been set up this year for this assessment of personality and intellectual functions of each patient in order to arrive in each case at the most accurate diagnosis and to help rehabilitating the patient at the end of treatment. Psychodiagnostic testing is carried out by an eminent clinical psychologist on the consultant staff.