



EMU Psychological Counseling Guidance and Research Center

Fall 2017 | Issue 11

Dear EMU Students and Staff,

As we come to the end of Fall 2017 Semester we are here with the 11th issue of EMU-PDRAM Bulletin. In this issue, we put pen to paper with one of the most common human rights violations; violence against women. In this issue you can also find news from the Fall Semester. We wish you a nice holiday break.

**STOP
Violence Against
Women!**



Violence against women means any act that is gender related and results in physical, psychological, sexual, economic harm or suffering. One of the main cause of this problem is gender inequality which is created by human beings, brought from past to present and quietly accepted.

The social expectations and roles that are shaped according to the biological sex of the person (a.k.a. gender roles) are used as a method of establishing order within the society. In male dominated (patriarchal) societies starting from early ages it is instilled that men are superior to women, which creates a false perception that women are less important than men. In these societies, men are given the power to dominate while women are instilled with the thoughts of obeying and needing the power and protection of men. Violence against women is used as a mechanism of oppression, imposition and control in societies which are fueled by these thoughts. Throughout the history, violence towards women has been tolerated and normalized due to the inferior position of women in the society.

The global statistics on violence against women demonstrates the seriousness of this issue. According to the United Nations' statistics, 35% of women (approximately 1 in 3 women) are being exposed to physical or sexual violence at least once in their lifetime and most of the abusers are the ex-husbands, partners or lovers of women. Despite this, many women lose their lives because of violence. Since the beginning of 2017, six women have been murdered in North Cyprus. For this reason, violence against women continues to be a serious human rights violation and a social health problem affecting the whole world through the history.

In order to prevent this issue, there are many actions that can be taken in legal, educational, cultural, economic and social areas. Nevertheless, there are little changes that people can make in their lives which will contribute to end violence against women in short and long term.

What can YOU do to prevent violence against women?

EDUCATE YOURSELF Violence against women is a social health problem. Try to gather information on this subject.

BREAK THE SILENCE Do not ignore violence against women. If you experienced or still experiencing violence or if you know someone being exposed to violence, do not ignore the violence and remain silent. Turning a blind eye to violence does not wipe it off.

SUPPORT If you know someone who is experiencing violence or being violent, support him/her to get the help needed in order to get better.

FIGHT FOR GENDER EQUALITY Gender inequality is one of the major causes of violence against women. Challenge gender roles that cause inequality between men and women.

INVOLVE Participate in awareness-raising activities to prevent/end violence against women.

DON'T TEACH VIOLENCE TO CHILDREN Do not use violence while raising children. Violence should not be a form of punishment. Keep in mind that violence breeds violence. Teach your children that violence is not nice and that they can not solve any conflicts or problems by using violence.

Change begins with you, take action!

This article has been written for 25 November International Day for the Elimination of Violence against Women. The complete article can be found on the 3rd December 2017 issue of Gaile Magazine.

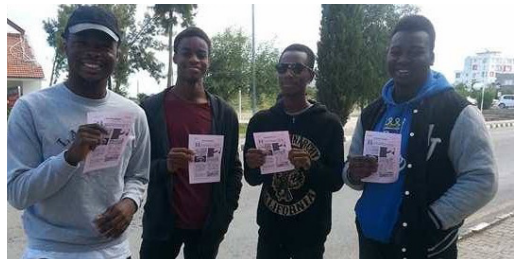
Welcoming Night

EMU-PDRAM Team has participated in the Welcoming Night which is being organized at the beginning of each academic year to introduce EMU to the newcoming students of the university. Several EMU-PDRAM publications were distributed to guide the students.



25th November International Day for the Elimination of Violence against Women

Within the scope of 25 November International Day for the Elimination of Violence against Women, a survey has been conducted targeting EMU students and staff on electronic environment with the aim of raising awareness and to give them the opportunity to test their knowledge on this subject. In addition to this, as every year, EMU-PDRAM team has distributed white ribbons symbolizing the meaning and significance of the day and informative flyers in the Campus.



Professional Development Programs that EMU-PDRAM Specialists Attended

On 27-29 November, EMU-PDRAM Specialists has attended to the II. Social Psychology Congress which was organized by the EMU Psychology Department.

EMU-PDRAM Psychologist Haşim Haşimoğulları has completed three different training on October, December and January in Istanbul. The trainings were part of the Beck Oriented Cognitive Therapy Certification Program compatible with the Cognitive Therapy Academy. The topics of these trainings are “Cognitive Therapy Oriented Clinical First Interview and Therapy Skills”, “The Cognitive Therapy Principles and Its Application in the Treatment of Depression” and “Application of Cognitive Therapy to OCD Treatment”.

On 22-25 January 2018, EMU-PDRAM Psychologist Haşim Haşimoğulları has participated in an inservice training organized by the EMU Computer Center called “Website Management on Sharepoint”.

EMU-PDRAM Working Hours and Contact Information

Monday-Friday 08:00-17:00

Web: <http://pdram.emu.edu.tr>

Tel: +90 392 630 2251

E-mail: counsel.pdram@emu.edu.tr