

Stop Violence

Domestic Violence Against Women



**Eastern
Mediterranean
University**

"Virtue, Knowledge, Advancement"



P D R A M 1997

**Eastern Mediterranean University
Psychological Counseling
Guidance and Research Center
EMU-PDRAM**

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Publication No: 23



Address: EMU North Campus,
Health Center Building Ground Floor,
Famagusta, North Cyprus.

Tel: +90 (392) 630 2251

Fax: +90 (392) 630 2475

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

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

Catalog Prepared by: EMU-PDRAM

Print: Eastern Mediterranean University Press

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EMU Rules

EMU rules which should be obeyed in order to avoid sanctions

- Behave in a way that will not cause trouble/disturb the social order of the university.
- Be respectful to the Board of Trustees, the President, Faculty Members, and the university personnel.
- Avoid using offensive language towards other students, or deliberately threatening or disturbing them.
- Do not tear the announcements and documents of the university, or put graffiti on them.
- Do not organize any meeting, conference or panel without the permission of the Rector's Office.
- Do not boycott or occupy the university campus.
- Do not organize political propaganda or strikes on the university campus.
- Do not misuse the equipment, tools, materials and buildings of EMU.
- Do not commit criminal acts or steal other people's property.
- Do not miss classes and exams without an excuse.
- Do not try to get exam questions before the exam.
- Do not cheat or plagiarize.
- Do not attend an exam in place of somebody else or make somebody attend an exam in your place.

- Do not withhold necessary information from the disciplinary board when asked.
- Do not make false statements to the university authorities.
- Do not commit shameful crimes.
- Do not gamble on the campus.
- Do not use or sell harmful or illegal substances and alcohol on the campus.
- Do not use or carry sharp objects, guns or similar dangerous objects which may harm others.
- Obey the traffic rules within the campus area and pay attention to the warnings of security officers.

- After the termination of any kind of suspension period imposed by the University Disciplinary Board, do not repeat the same behavior or do similar actions, or maintain the same attitude, which caused the original suspension.
- Do not attempt or make unwelcome sexual advances, requests for sexual favors, and other verbal or physical conducts of sexual nature on or off campus.

For more information please check EMU Rules & Regulations on EMU's website (<http://mevzuat.emu.edu.tr>).

Preface

Dear Eastern Mediterranean University Students and Staff,

Since its establishment in 1997, The Eastern Mediterranean University Psychological Counseling Guidance and Research Centre (EMU-PDRAM) has been providing psychological and research services within EMU, determined to continue and improve its scientific, principled and human friendly approach.

One of the indicators of this determination is the recently reviewed and improved EMU-PDRAM's Stop Violence: Domestic violence against women Handbook that you are reading right now. The range of our psychological services is expanding as revealed by close communication with students, parents and the EMU staff and by scientific research carried out on this target population. Our aim is to help individuals to live their lives with improved self-confidence and self-esteem in order to be independent and successful individuals who are at ease with themselves and others.

In the first few pages of this handbook, you would find information about the establishment of EMU-PDRAM, its development and the services it provides.

You can also find the universal ethical principles for psychologists that are consistently observed by the EMU-PDRAM psychologists while providing these services. Next are, short explanations of some topics and tips which we believe would be beneficial to EMU students and staff by helping them live a healthy, successful and happy adulthood.

Domestic violence is an international health issue that has universal and social ramifications. Today violence against women is one of the most widely seen human rights violation worldwide. As a result it should not be forgotten that violence against women is not only a women's issue but a societal one. EMU-PDRAM Stop Violence: Domestic violence against women Handbook aims to inform and promote awareness towards this social issue.

From time to time, everyone might need to consult a psychologist and to get the view and support of a specialist. As EMU-PDRAM psychologists, we are ready to listen to you within the framework of the ethical principles of Psychology, to share your concerns and to support you in the process of finding an appropriate solution.

Best wishes,
EMU-PDRAM Psychologists

An Overview

Eastern Mediterranean University Psychological Counseling Guidance and Research Center (EMU-PDRAM) was established and approved by the University Board on November 4th 1997 as a unit working in direct association with the Rector's office. EMU-PDRAM is a pioneer institution in North Cyprus that offers psychological services at the university level. EMU-PDRAM is located on the ground floor of the Health Center and psychological services have been actively offered since the Spring of 1998.

EMU-PDRAM Founding Director

Prof. Dr. Biran E. Mertan (1997-2016)

BA, MA, Universite François Rebelais,
DEA & PhD, Universite Rene-Descartes, Sorbonne

Staff Members

Uğur Maner

Director / Psychologist

BSc, Middle East Technical University,
Ankara,
MA, Near East University
MSc, Eastern Mediterranean University

Dr. Mehmet Yağlı

Psychiatrist

Istanbul University,
Cerrahpasa Medical Faculty

Hatice Tüfekçioğlu

Vice-director / Psychologist

BSc, Middle East Technical University,
Ankara,
MA, Lefke Avrupa University

Fatoş Özeylem Özen

Psychologist

BSc, Near East University,
MSc, Lancaster University

Özlem Güler Erginsoylu

Psychologist

BSc, Eastern Mediterranean University,
MSc, University of Sussex

Güler Ataş Buldu

Psychologist

BSc, MSc, Eastern Mediterranean
University

Haşim Haşimoğulları

Psychologist

BSc, MSc, Eastern Mediterranean
University

Halide Sarp

Social Worker

BA, University of Central Lancashire

Funda Ortunç

Administrative Assistant

Objectives

The objective of EMU-PDRAM is to provide psychological services to the individuals at EMU.

It is aimed at helping EMU students to access psychological services suitable for their age and developmental stage without any discrimination in order to enable them to develop as healthy, successful and happy individuals. It is also aimed at providing support for the EMU staff so that they can live their lives as efficient, healthy and happy adults.

Mission & Vision

The vision of EMU-PDRAM is to pursue psychological research and applications according to the European Union (EU) standards. EMU-PDRAM's mission is to provide services that improve performance, cognition and behavior available to all individuals at EMU.

Additionally, EMU-PDRAM conducts and publishes psychological research in certain areas of psychology. The aim of these research projects is to prepare programs which enhance EMU students and staff's understanding and awareness of their social, emotional and cognitive potentials and which helps them to utilize resources available to them to become healthy, successful and happy individuals.

Psychological Services

Psychological Counseling

Individual Counseling Services

- Psychological counseling and psycho-education

Group Counseling Services

- Psycho-educational programs for EMU students and staff
- Psycho-educational programs offered to community

Group counseling topics;

- Developing effective communication skills
- Effective study skills
- Effective time management programs
- Coping with stress
- Exam anxiety and coping with exam anxiety
- Coping with sleep problems
- Anger management
- Coping with interpersonal violence

Guidance

Awareness Raising Programs

- To enhance an individual's objective insight of his/her personality
- To help individuals better understand their personality and potential
- To guide the students to understand how to use their existing potential
- To inform and guide the students on various topics

Research Activities

Research Fields

- Attitudes toward getting psychological help among university students
- Attitudes toward domestic violence
- Emotional literacy
- Life satisfaction in old age
- Healthy divorce
- Emerging adults
- Parental attitudes

Universal Ethical Principles for Psychologists

Beneficence and Nonmaleficence

Psychologists respect, seek to safeguard the rights and welfare of those whom they interact professionally.

Justice

Psychologists recognize that fairness and justice entitle all persons to access to and benefit from the contributions of the discipline of psychology and psychological services.

Respect for People's Rights and Dignity

Psychologists are aware of and respect cultural, individual, and role differences including those based on age, gender, gender identity, race, ethnicity, culture, national origin, religion, sexual orientation, disability, language, socio-economic status, etc.

Fidelity and Responsibility

Psychologists are aware of their professional and scientific responsibilities to individuals/societies in which they work.

Integrity

Psychologists seek to promote accuracy, honesty and truthfulness in the science, teaching and practice of psychology.

First time at EMU-PDRAM



Individuals, who would like to get psychological services from EMU-PDRAM, initially fill out an application form and then an appointment is made to meet with a psychologist.

It is important to make an appointment to be provided with psychological services in order to avoid waiting. Individuals may make appointments either by coming to EMU-PDRAM in person or by calling extension 2251. The same number can be used to

inform the center about rescheduling or canceling an appointment.

If the person cannot attend his/her session, then he/she is required to cancel or reschedule for another day and time. It is important to inform the center about a cancellation in order to show respect to others who may need these services as well. Psychological services provided by EMU-PDRAM are free of charge.

What is Psychology?

Psychology is the scientific study of behavior and related psychological, social and biological processes in both humans and animals. The discipline of Psychology has only been around for the past 136 years.

Despite being a relatively new discipline, the subject matters of psychology are diverse, spanning from biology all the way to sociology. Biology studies the structures and functioning of living organisms. Sociology examines how groups function in society. Psychologists make their services available to individuals to improve their performance, cognition and behavior.

Psychologists study the intersection of two critical relationships: one between brain functions and behavior, and one between environment and behavior. Psychologists develop theories and test them through research and publish their findings to promote further research and implementation of the results. Furthermore, they develop new approaches from established knowledge to meaningful models to explain the adaptation of people and societies to change. Psychology is a

tremendously wide field. Psychologists conduct both basic and applied research, serve as consultants to communities and organizations, diagnose and treat people and advance in academic careers. They assess intelligence and personality through objective methods and tests. They study how human beings relate to each other and also to machines and technology. They work to improve these relationships and offer advice and help to improve psychological wellbeing.

Many psychologists work independently. They can also team up with other professionals such as doctors, lawyers, school personnel, computer experts, engineers, legislators, the police and army to contribute in every area of society. Psychologists work in laboratories, hospitals, courtrooms, schools, universities, community health centers, mass communication centers and prisons. For example they work with business executives, performers and athletes to reduce stress and improve performance. When requested, they give advice in court depending on their expertise and collaborate with educators on school curriculum, with doctors at neurology and oncology clinics and with

psychiatrists at psychiatry clinics. Immediately following a disaster, such as a plane crash or bombing, earthquakes or tsunamis, psychologists help victims and bystanders to recover from the trauma or shock of the event. They team up with law enforcement and public health officials to improve the quality and extent of services provided after such events.

Career opportunities in psychology are expanding in number and scope, especially for those with postgraduate degrees. Indeed, many of the problems society faces today are behavioral problems, for example, drug addiction, poor personal relationships, violence at home and on the street, and the harm we do to our environment. It is important to develop preventative strategies as well as diagnose problems in the society. This approach leads to the development of programs that promote healthy behavioral patterns in everyday life.

Subfields of Psychology

Evolutionary
Psychology

Developmental
Psychology

Social
Psychology

Media
Psychology

Educational
Psychology

School
Psychology

Clinical
Psychology

Experimental
Psychology

Health
Psychology

Family
Psychology

Sport
Psychology

Traffic
Psychology

Art
Psychology

Counseling
Psychology

Rehabilitation
Psychology

Consumer
Psychology

Personality
Psychology

Law and
Psychology

Neuroscience
and Psychology

**For further information
about Psychology:**

<http://www.psikolog.org.tr>

<http://www.apa.org>

<http://www.bps.org.uk>

<http://www.sfpys.org>

<http://www.cpa.ca>

<http://www.efpa.be>

Introduction

“Spare the rod and spoil the child.”

“A husband can both love and beat his wife.”

(a Turkish proverb)

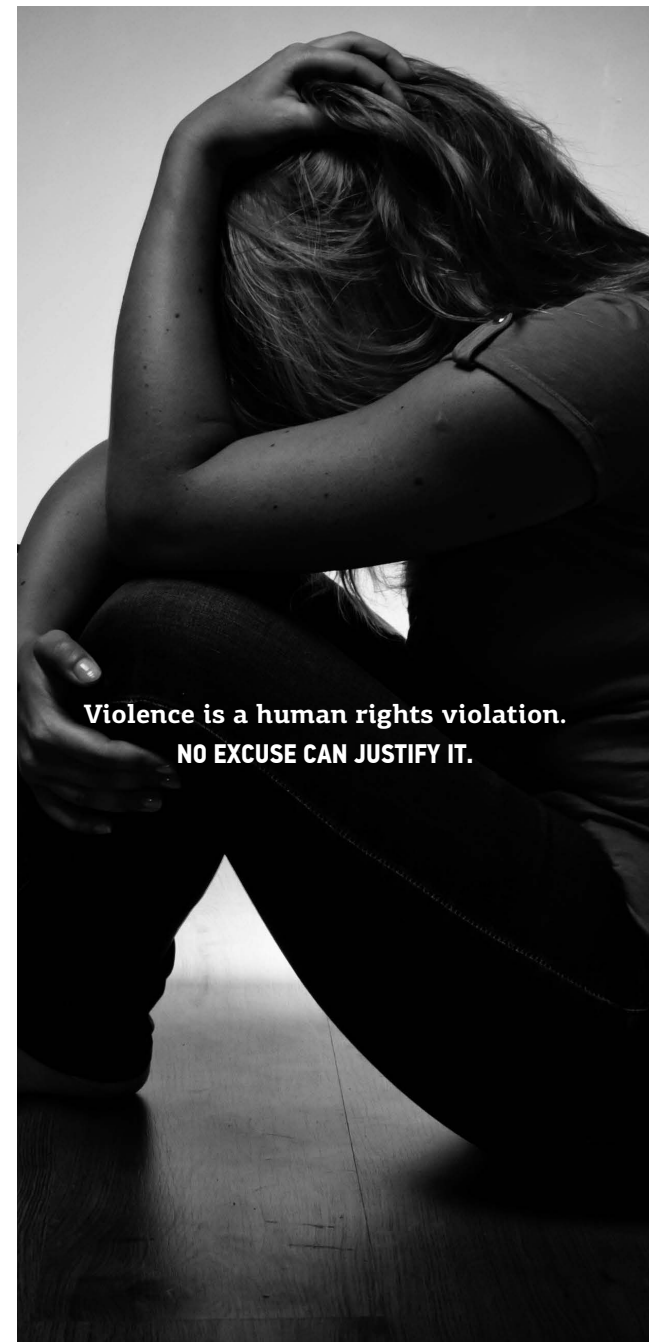
One cannot disregard such euphemisms as existing in the past. Domestic violence and discrimination is ever present not only in the lands we live in but all over the world.

Seeking ways to stop domestic violence and to stop silently observing and passively accepting it as one’s “destiny” are the most effective methods of preventing domestic violence and discrimination.

You may think that domestic violence does not exist in North Cyprus. You may also be a victim of domestic violence or a witness to domestic violence within your home. You may even be the

perpetrator. Whoever you may be, this handbook is just for you! This handbook has been prepared in order to serve as a milestone on the path to a well-balanced society formed of happy and healthy individuals.

This handbook has been prepared by psychologists working at Eastern Mediterranean University Psychological Counseling Guidance and Research Center in order to further examine the issue of domestic violence against women, provide insight into the dynamics behind it, raise social awareness of the issue at hand and aid those experiencing domestic violence.



**Violence is a human rights violation.
NO EXCUSE CAN JUSTIFY IT.**

What is Domestic Violence?

Domestic violence is any type of aggressive act directed toward a person's partner, children, parents, siblings and/or relatives.

However, not only violence of a physical nature is included in this definition; derogation, threatening, limiting financial expenditures, coercing into marriage, forcing or prohibiting one from getting work and limiting or preventing involvement with friends and family members are also forms of domestic violence which serve to reduce the dignity and self-esteem of the individual, creating a false sense of insecurity in one's self and one's environment.

Domestic violence may take different forms depending on whom it is directed at, such as the partner, children or elderly at home. In terms of domestic violence between spouses, research suggests that men are more likely to be abusive towards their wives.

In research conducted in the West on domestic violence, the abuser is known as the PERPETRATOR and the abusee is referred as the VICTIM or SURVIVOR. The perpetrator is the partner that has serious problems and behavior that needs to change. The VICTIM/ SURVIVOR is in no way responsible for the violence directed towards him/her.

According to scientific research conducted around the world, women are the most likely group to experience domestic violence. In 1999, The United Nations declared the 25th November as "International Day for the Elimination of Violence against Women." The aim of such a decision was to raise public awareness of the fact that domestic violence is on the rise around the world and to encourage governments to create and enforce precautionary policies to prevent domestic violence.

**NOBODY deserves to be abused,
NO MATTER WHAT THE REASON.**



Myths and Realities of Domestic Violence

Myth: Only a small percentage of women experience domestic violence.

Reality: The percentage of domestic violence cases yielded by research is actually under representative of the true situation due to the shameful and taboo-like nature of the act.

Myth: Domestic violence only occurs in families of low socioeconomic status.

Reality: Domestic violence is being experienced in every society at all levels of socioeconomic status. The domestic violence cases experienced by families of low socio-economic status are more likely to involve governmental institutions such as social welfare office and will therefore seem greater in number.

Myth: The violent husband cannot really love his wife.

Reality: Scientific research indicates the presence of the vicious cycle of violence

in abusive relationships. It is known that the husband may change from a loving, considerate, caring man to an abusive, violent and aggressive person.

Myth: Abusive people cannot control their aggressive impulses.

Reality: Abusers will often find consolation in such a notion therefore they avoid taking responsibility for their actions. They are however, in control of aggressive impulses in relationships outside their home.

Myth: Abusive people are mentally ill.

Reality: Clinical research suggests that this is not the case. Abusive individuals are able to lead a controlled and well-balanced lifestyle outside their home environment. They may be from all occupations and societal class.



Cycle of Violence

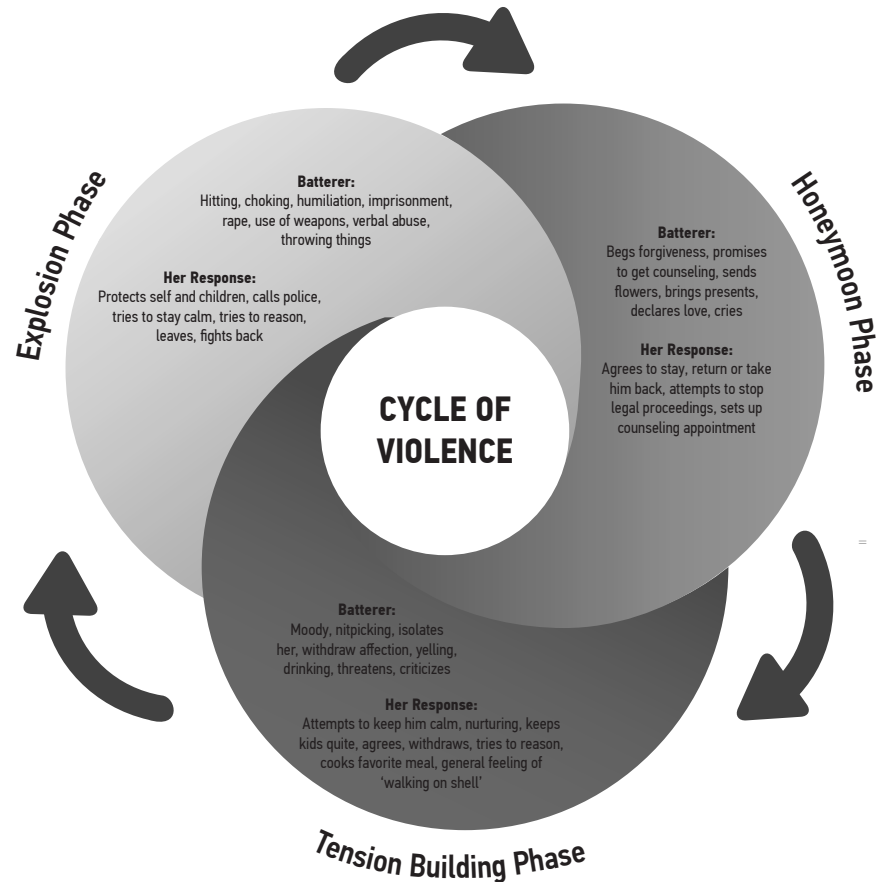
Psychology is a behavioral science that began dealing with women's issues particularly after the 1970's when the number of female scientists was on the rise.

At the time, assumed differences between men and women in personality traits and skills were once again researched in detail. These researches emphasized equality between the sexes and were based on a foundation of human rights. The cycle of violence wheel illustrated on this page was suggested by a female researcher, Lenore Walker in 1970.

The model describes the actions of the "victim" and "abuser" in three separate phases:

- The honeymoon phase (apologies, excuses, amends)
- The tension building phase
- The serious battering phase (abuse)

Research has demonstrated that the cycle is often passed down from generation to generation, further suggesting that participation of both the "victim" and "abuser" in rehabilitation and empowerment programs help individuals cope with the issue.



(Walker, 1970)

Types of Domestic Violence

Domestic violence may change as a function to whom the abuse is directed to and how it is enacted. The perpetrator may abuse the individual in several ways including physical, emotional (psychological) and economic abuse. Physical, emotional and economic abuse are defined below.



1. Physical Abuse

This is the most common form of domestic violence. Pushing, punching, slapping, kicking, throwing objects, pushing against walls, grabbing and pulling by the hair, hitting using a cane or stick, tying the arms or legs, forcing into sex, attacking or injuring with a sharp object or firearm, and attempting to kill are types of physical abuse.



2. Emotional Abuse

Yelling, disparaging in front of others, hurting one's pride or honor, threatening to hurt one physically, preventing one from freely expressing thoughts or feelings, forcing to behave in ways the abuser sees fit, controlling and limiting one's involvement with family and friends, preventing from choosing one's own clothes are methods which are not actually physically oppressive however threaten one's mental health and psychological well-being.



3. Economic Abuse

Preventing one from getting a job and having one's own income, preventing one from buying or selling products, taking full control over one's salary, or forcing one to work are forms of economic abuse.

Consistency in Domestic Violence

In domestic violence cases, with each turn of the wheel of the cycle of violence the level of aggression increases. Therefore, physical abuse in households in the form of more simple actions such as pushing or hitting, may escalate to strangling and actions that may lead to death.

Emotional abuse such as constant criticism, naming, repeatedly suggesting one is worthless may on the other hand lead an individual to feel degraded which can lead to attempts of suicide.

Research states that several factors may trigger domestic violence:

- Unstable family environment
- Unhealthy family affairs and relationships
- Stress
- Substance abuse
- Economic strain

However, even in the absence of such factors, some men may still continue to be abusive.



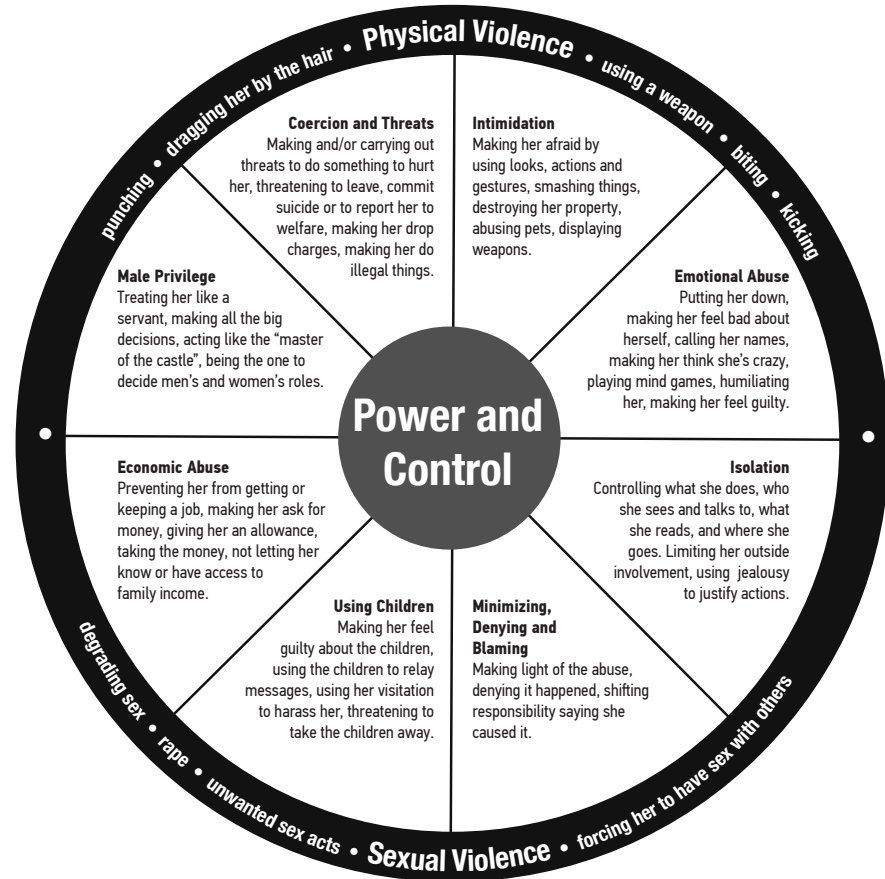
Power and Control (Duluth) Model

Abuse is used as a method to control and monitor the individual.

In traditional cultures, **using violence within the home** is not regarded as a crime.

Abusers can be:

- From any socioeconomic class
- Of any age
- Of any personality characteristic



Source: Domestic Abuse Intervention Project in Duluth, MN, USA

How to Break the Cycle of Violence Wheel

Why would a woman stay in such a bad relationship (or cannot leave)?

An unhealthy relationship may continue if the woman does not have economic security, family support, is fearful, experiences societal pressure, love for their partner in the hope that he will change or for the sake of their children.

A woman imprisoned in the cycle of violence loses complete self-esteem and the hope that she will ever escape and be free. The first intervention at this point is to empower the individual.

It must be explained in detail to her that no one deserves to be abused and provoke her to think of ways to escape from the perceived impossible situation. If the abuser feels that he is about to lose his power and control in the relationship, this may lead to an escalation of the violence, causing a dangerous situation. Therefore, the abused must behave carefully and take possible risks into consideration.

STOP VIOLENCE



**END
DOMESTIC
VIOLENCE**

If You Are Aware Of A Case Of Domestic Violence What Should You Do?

YOU ARE NOT ALONE!

For guidance contact EMU-PDRAM

Tel: 0392 630 2251

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

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

For More Information

Convention on the Elimination of All Forms of Discrimination against Women (CEDAW)

<http://www.un.org/womenwatch/daw/cedaw/text/econvention.htm>

Council of Europe Convention on preventing and combating violence against women and domestic violence Istanbul, 11.V.2011

<http://conventions.coe.int/Treaty/EN/Treaties/Html/210.html>

United Nations Security Council Resolution 1325 (2000) Gender Equality, Development and Peace for the Twenty-First Century

<http://www.un.org/womenwatch/osagi/wps/>

The 1325 (2000) resolution of United Nations Security Council Resolution was reinforced with the resolutions 1820 (2008), 1888 (2009), 1960 (2010), 2106 and 2122 (2013), and 2242 (2015).

The Universal Declaration of Human Rights
<http://www.un.org/en/documents/udhr/>

European Women's Lobby
<http://www.womenlobby.org/>

Women and Human Rights in North Cyprus

The “International Convention on the Elimination of All Forms of Discrimination against Women Law” (CEDAW) (5/1996) approved by the Turkish Republic of North Cyprus on the 8 March 1996, was announced and published in the 39th Official Newspaper on 22nd March 1996.

For full text of the convention please visit:

<http://www.un.org/womenwatch/daw/cedaw/text/econvention.htm>

The “Council of Europe Convention on Preventing and Combating Violence against Women and Domestic Violence” (58/2011) approved by the Turkish Republic of North Cyprus on the 15th December 2011, was announced and published in the 213rd Official Newspaper on 15th December 2011.

For full text of the convention please visit:

<http://www.conventions.coe.int/Treaty/EN/Treaties/Html/210.htm>

EMU-PDRAM's Other Handbooks

**Personal
Development**
HANDBOOK

**Healthy
Relations**
HANDBOOK

**Healthy
Sexuality**
HANDBOOK

**Psychological
Wellbeing**
HANDBOOK

**Healthy
Living without
Addictions**
HANDBOOK

For guidance contact EMU-PDRAM

Tel: 0392 630 2251

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