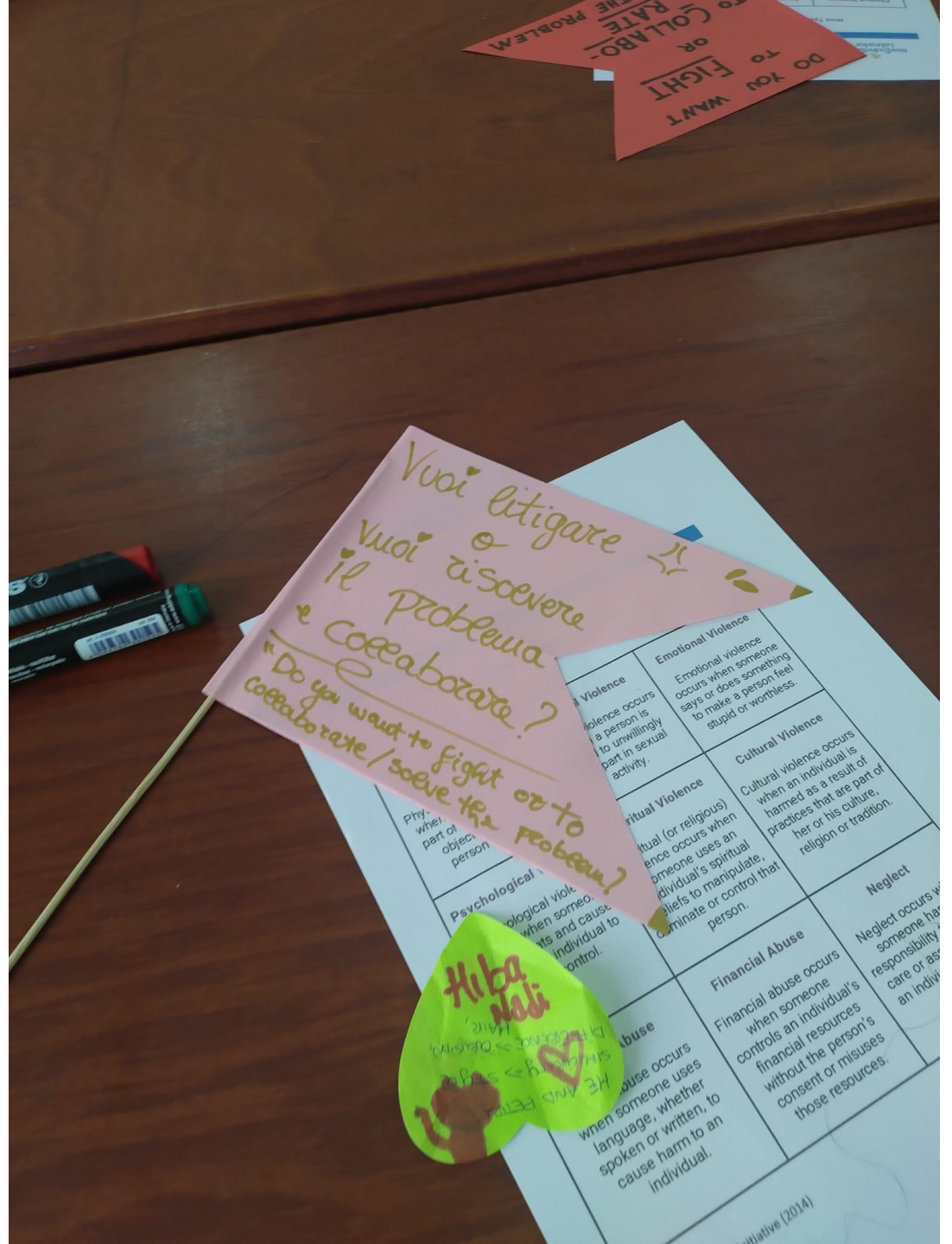
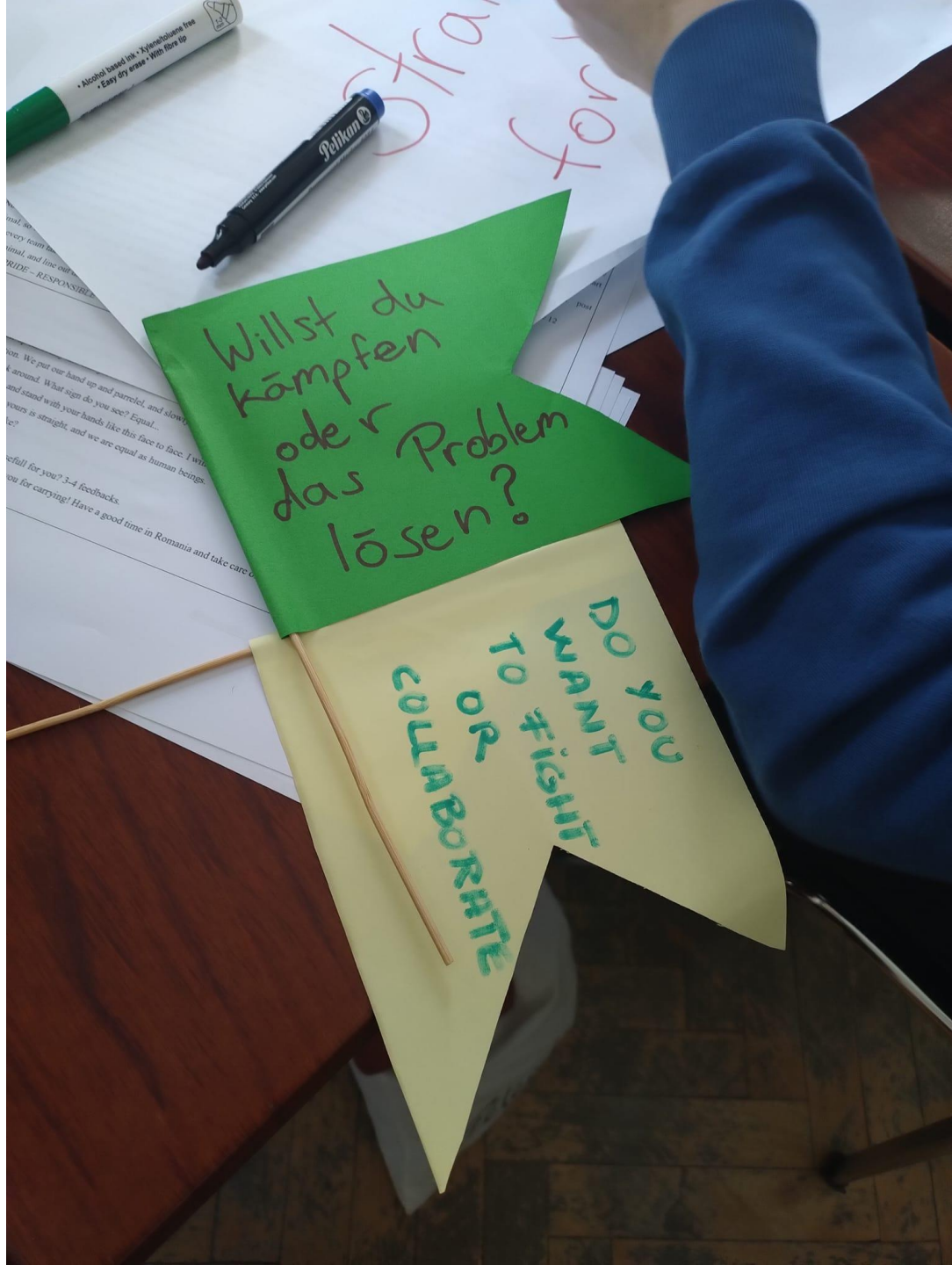


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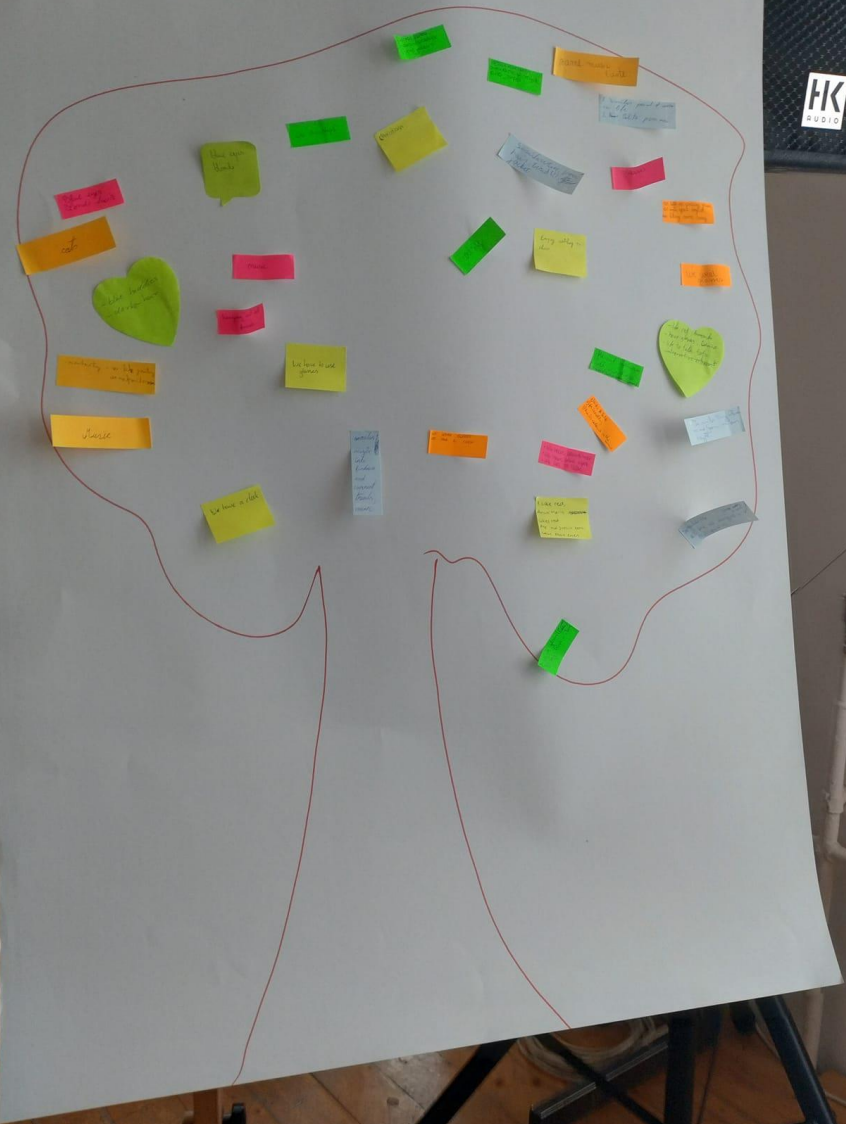
**SOME PSYCHOLOGICAL
ASPECTS OF THE
VIOLENCE
PHENOMENON**

Psychotherapist ANDREA MIANA VERES

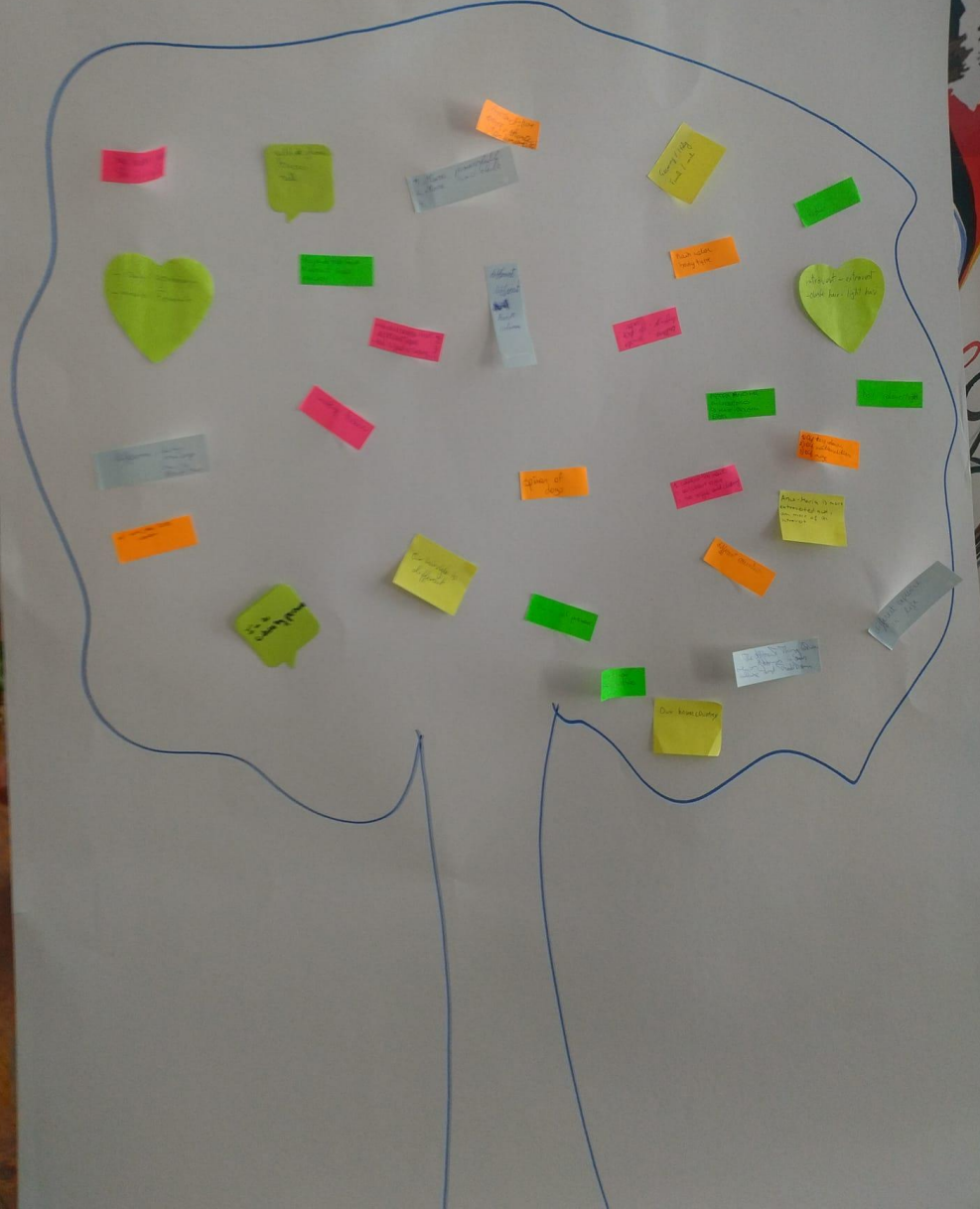




TREE OF SIMILARITIES



TREE OF DIFFERENCES



Some theory on violence



the intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, that either results in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment ...

World Health Organisation

Gender based violence

... is a phenomenon deeply rooted in gender inequality.

... is violence directed against a person because of their gender.

Both women and men experience gender-based violence but the majority of victims are women and girls.

Some forms...



Forms of ...

- Physical Violence.
- Sexual Violence. ...
- Emotional Violence. ...
- Psychological Violence. ...
- Spiritual Violence. ...
- Cultural Violence. ...
- Verbal Abuse. ...
- Financial Abuse

Bullying suggests a physically belligerent, hostile, overbearing individual, usually a manager, who takes pleasure in lording it over one or more subordinates.

Mobbing connotes a number of ordinary workers at whatever level who unfairly gang up on a manager, peer, or subordinate, tormenting the person in usually nonviolent ways.





- Repeated loss of temper
- Frequent physical fighting
- Vandalism or property damage
- Increased use of drugs and alcohol
- Increased demonstration of risk-taking behavior

- Announcing plans or threats to commit acts of violence or hurt others
- Enjoyment in hurting animals
- Carrying, access to or fascination with weapons, especially guns
- Withdrawal from friends and usual activities

- Feelings of rejections and marginalization
- Being a victim of bullying
- Poor school performance
- History of discipline problems or frequent run-ins with authority
- Failing to acknowledge the feelings or rights of others

Cause....inappropriate attempts to handle emotions.

The 4 animals



01

Parents, significant adults

Talk to someone about it!

Counsellors, therapists

Accept therapeutic help, violence can cause serious traumas.

02

RESOURCES

03

Support groups

Support groups are completing and complementing individual therapy.

Organisations

Check for organisations on your area.

04



Conclusion

I have the right to feel what I feel, I do not have the right to harm myself or other people because of how I feel.

