

**“Psychology made Simple”** By: Ângela Rodrigues

**PSYCHOLOGICAL VIOLENCE**

Unfortunately, violence subject is often brought to counselling sessions.

Violence is a crime punishable by law.

Violence is the act of harming the other; is the use of the force against the natural rights of another person or living being. The violence is practiced by a person that may harm another person or an animal. In the case of psychological violence the aggression happens from one person to another and the aggressor aims to intimidate the other person or to make her feel humiliated and embarrassed.

Some types of violence:

**- The insults.**

When a father or a mother insults a son, calling him ugly names, the son feels humiliated; his self-esteem is hurt and this may affect his character and growing. Later, this child may become rebellious and also harm others with his anger and bitterness. This is an aggression against a person's right of being respected in his human value.

**- The public humiliation.**

When, in a group of young people, all get together to tell jokes about other person, pointing to some mental difficulty, physical handicap or criticizing his decisions and life choices, this will cause shame and humiliation. This aggression is currently called "bullying".

It is the aggression of discrimination, against the right of being different and the right to choose freely.

If a parent hits his child in public, this also produces humiliation. This child will feel exposed and ashamed.

The same it will be felt by a young woman who is criticized by her boyfriend in front of friends or family. This is an aggression against the right of dignity, as a person.

**- Blackmail.**

When someone requires another person's money or other material things in exchange to keep a secret, that's blackmail; it is the aggression against the right of privacy.

**- Threats.**

When the husband threatens his wife, saying that he will hit her if she talks with a friend, this will produce fear on her and violates her right of freedom.

Most of these situations do not happen just once; these people are victims of this aggression types for many months or even years. Many of them need psychological support to overcome the trauma caused by these aggressions. They need to speak to a trusty person and need to be understood. Therefore, the therapy with a licensed professional is the most advisable.

Silence facilitates violence!

Do not suffer alone, SEEK FOR HELP!

**By: Ângela Rodrigues**

Counsellor  
From APPCP (Portuguese Association of Person-Centered Psychotherapy and Counselling) association that is a "Full Member" of European Association for Counselling

Master in Helping Relationship and Therapeutic Intervention.  
From UAL (Universidade Autónoma de Lisboa), the oldest private Portuguese University

Contact: **7807 3834 or rodriangie2@gmail.com**



**HEALTH**

**Pregnancy weight gain 'going unmeasured'** Midwives are calling for official guidance on how much weight is healthy for women to put on during pregnancy.



One in five women in the UK are obese when they start pregnancy, yet there is no national target for what constitutes normal pregnancy weight gain. Regular weigh-ins fell out of favour in the 1990s when it was suggested that they cause pregnant women unnecessary anxiety for little or no clinical gain. Officials say they are considering whether to reintroduce them. The National Institute for Health and Care Excellence

(NICE) is reviewing its weight advice for pregnancy. Its current guidelines say weight and height should be measured at the first appointment, but not repeatedly during pregnancy as a matter of routine. US guidelines do recommend keeping track of weight gain, and set clear targets:

Institute of Medicine Weight Gain Recommendations for Pregnancy:

Underweight - gain 28-40lb (12.7-18.1kg) during pregnancy

Normal Weight - gain 25-35lb (11.3-15.9kg)

Overweight - gain 15-25lb (6.8-11.3kg)

Obese - gain 11-20lb (5-9.1kg)

NICE says it is considering whether to adopt the same recommendations in its new advice, which is still in the early phases of planning - meaning it is unlikely to be published before 2019. Its current guidelines advise against dieting when pregnant, but do say pregnant women should avoid "eating for two". Energy needs do not change in the first six months of pregnancy and increase only slightly in the last three months, when mothers-to-be need around 200 extra calories per day. Mandy Forrester from the Royal College of Midwives (RCM) said some UK midwives were already using the US weight guidelines, but that others did not have access to weighing scales. "There is a clear need for midwives to have the tools, guidance and training they need so they can offer women the best possible support and care. This is especially pressing because of the potentially serious complications that can arise in pregnancy as a result of women being overweight or obese." Women who are obese (with a BMI over 30) when they become pregnant face an increased risk of complications such as gestational diabetes, miscarriage and pre-eclampsia. Being over or underweight during pregnancy might also have a negative impact on the baby, according to research. The comments from the RCM come as a new study published in the journal Diabetologia says either too much or too little weight gain during pregnancy is linked with adverse outcomes in children aged seven years. The Hong Kong study looked at 905 mothers and their children, and found health problems such as high blood pressure and poorer blood sugar control. *BBC*

**CROSSWORD**

**Across:** 1. Hampton 8. Caught 9. Sceptic 11. Tommy-rot 12. Sepia 14. Cran 15. Lacrosse 17. Normandy 18. Vote 20. Herod 21. Inasmuch 23. Earthly 24. Lacuna 25. Bauxite **Down:** 2. Archer 3. Poplin 4. Omit 5. Earmark 6. Aggressor 7. Stuttered 10. Cowardice 12. Scintilla 13. Patriarch 16. Jasmine 18. Vertex 19. Toilet 22. Ha-ha

**SUDOKU**

6	7	9	4	2	1	5	8	3
4	5	8	7	9	3	1	2	6
2	1	3	8	6	5	4	7	9
7	9	4	1	3	2	6	5	8
8	3	1	6	5	7	2	9	4
5	6	2	9	4	8	3	1	7
3	2	7	5	8	6	9	4	1
9	8	6	2	1	4	7	3	5
1	4	5	3	7	9	8	6	2

**KAKURO**

8	9	4	8	2	1	8	9					
1	2	5	3	7	9	5	8	6	7	8		
5	1	4	2	6	3	6	8	7				
9	2	4	5	8	6	8	9	5	3			
7	3	2	1	5	7	3	8	9	4			
1	6	2	3	8	9	9	6	7				
9	5	5	1	4	7	5	2	3				
6	1	2	1	3	4	1	2	3	1			
9	8	6	2	7	8	3	9	4				
3	4	1	1	6	9	4	8	2				
8	4	7	8	2	9	7	9	5	8			
5	1	7	8	8	1	2	7	3	6			
2	7	1	1	8	4							
2	7	6	4	2	1	9	6	2	4	5	8	1
3	9											

**The Da Vinci Book Quizzes:**  
A. Natural Child

**The Rock Pop Trivia Book Quiz:**

18. 'Video Killed The Radio Star' (Buggles)
19. 'Darling Nikki' from Purple Rain (owing to its reference to female masturbation, 'I guess you could say she was a sex friend, I met her in a hotel lobby masturbating with a magazine')
20. Billy Joel (he was only 16 at the time)
21. 'Eight Days A Week' - The Beatles
22. Brian Wilson (Beach Boys) and John Phillips (The Mamas & The Papas) (Owen Elliott, daughter of Mama Cass, who also briefly a member)
23. Nick Cave
24. The Bass
25. Helena Christensen
26. Elton John and Bernie Taupin

**CODE CRACKERS**

B	L	A	Z	I	N	G	B	I	S	E	C	T	
E	R	T	O	U	O	H							
Q	U	I	T	E	S	A	C	R	A	M	E	N	T
U	S	M	S	K	K	C	I						
E	V	E	R	V	I	L	L	A	S	K	I	P	
S	T	M	P	I	A	S							
T	O	M	B	O	Y	N	U	N	F	R	Y		
I	T	B	U	G	N	A							
T	A	X	O	W	L	T	U	R	N	I	P		
H	R	A	L	L	R								
I	N	C	H	A	C	T	E	D	M	E	M	O	
E	O	I	K	A	F	L	J						
F	A	C	E	T	I	O	U	S	A	L	I	V	E
O	C	U	E	R	T	C							
S	A	C	H	E	T	D	I	M	M	E	S	T	
L	J	Z	F	S	N	O	P	W	E	Q	V	R	
G	U	B	M	D	T	X	I	Y	C	A	K	H	

**SUPER SUDOKU**

7	1	8	5	3	2	6	9	4
9	2	4	6	8	1	7	5	3
6	5	3	7	9	4	2	1	8
3	6	2	1	4	7	9	8	5
4	7	5	9	6	8	3	2	1
1	8	9	3	2	5	4	7	6
5	3	1	4	7	9	8	6	2
2	9	6	8	5	3	1	4	7
8	4	7	2	1	6	5	3	9

**POCKET PUZZLER**

1. Napkin, 2. Season, 3. Tackle, 4. Gentle, 5. Mortar, 6. Mother.
- Mystery Word:** Nectar

**JBL ELECTRICAL**  
Budget price Electrical Work at  
**\* AUSTRALIAN STANDARDS**  
Trained for 7, Half Years by Australian Electrician.  
Comoro, Kampung Merdeka, Dili, Timor Leste  
email: [jbl.electrical@live.com](mailto:jbl.electrical@live.com)  
phone: 7726 4000 / 7802 8000