

Cases in the project "A MESSAGE FOR YOU"

Synopsis of some reports / statements during these seven years of operation.

The original names of some participants kept confidential for ethical / personal and privacy issues.

1. A lady of about 40 years old goes through the panel and says she needs to talk to the author. Parking the car and with the arrival of the psychologist she deeply thanks the placement of the messages because with this she said that the professional would have saved her life. Asked to explain, she says that days ago she left home, aimlessly and with a clear goal of committing suicide. When passing the main street, she do not know why turned right and in front of the message board picked one. She read and was sensitized. She left with hers car and parked it at the very end of the same street and stayed for about 30 minutes, where she cried deeply and chose to face life again. In reporting she insisted on thanking the psychologist, who challenged such responsibility and explaining to the public servant that in reality she was the one who was responsible for the choice and deserved the merits of the choice made.

2. A gentleman is a listener of a Radio Cidade das Águas show under the command of Rita Althemam. Such a listener, once a week leaves his city, Jaguariúna takes an ordinary bus and comes to Amparo exclusively to get his message. Reports to the psychologist that, although he could get messages in other places or means, it is here with the Project "A MESSAGE FOR YOU" that he feels strengthened and makes an inner well-being without measures, since the broadcaster has commented on the messages of the project. This gentleman said to be happy and strengthened by such a trip, because the two or three messages that he collected "would fall as gloves" in his life.

3. A retired lady, living in one of the buildings near the project site commented that, on average, once a week collects messages for her and also for a friend. But for that friend she puts it in an envelope and sends it to Buenos Aires-Argentina. I Asked why to send, if messages can be collected anywhere such as books, magazines, internet, newspapers etc; she said that her friend in Argentina knows that she could get messages there, but when she became aware of this project the Argentine friend asked for exclusivity and attention to collect such messages without reading them

4. An acquaintance of the psychologist when meeting him in the center of the city, asks attention to make a comment. With about three months of project running, in brief he told the psychologist that he was a 'fool' and asked to explain. He justified that label by saying that the Brazilian is not in the habit of reading, and that the professional was spending time and money on such 'nonsense'. The professional listened silently and the author of the placement wanted to know what the professional thought about it. Upon being placed that he had no answer and he chose not to answer such a question. The author, though insisted and unanswered, gave up and left the scene. After about two months, the author seeks again the psychologist and says:

- "I'm sorry for that placement. I was mistaken. I know of a lot of people who pass on your street just to get messages and I myself am one of these people"

- "Forgive me".

5. On Saturday mornings, the younger daughters of a gentleman, early in the morning, charge their father to get out by car to get messages. The girls, around 10/12 years old, usually arrive when they get close to the panel, each one picking up their message, without looking at exactly what message will be removed. After such collection they exchange opinions and with the father begins a chat about the chosen messages. At home they stick all the chosen messages in a school notebook. This ritual is already part of the family's weekend routine generating proactive moments that are shared with everyone, as the father reports.

6. A lady, employee of a shop in the city center, while going through the panel collects her message and also takes around 5/7 of these to her co-workers. Such a routine that the same lady called 'therapeutic' generates feelings of well-being, reflections and became a healthy habit in relations between friends-coworkers.

7. A Girl around her 25 years going through the panel of the project "A MESSAGE FOR YOU" withdraws her message and some more to take to some colleagues in the confection where she works. She comments that such an attitude makes the greatest success among the friends to the point of generating a special procedure on the initiative of the author of the project. Every one or two weeks, the worker who manifested herself, today has the possibility of taking into the company, as authorized by HR of the same, a device that offers hundreds of messages to the workers of this company. Every day, when they hit the point every employee has the possibility to choose their message without any obstacle and so make their reflection.

8. Several 'messengers' (collectors of messages) collecting their sentences and / or thoughts make similar comments to: 'it fell like a glove'; "It was written for me"; "Every message is

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a stimulus"; "This is divine work"; "Served right for my life"; "I'm not without messages when I go here"; "This is a magical moment"; "Thank you for your initiative, commendable";

9. Two young teens collect messages weekly and comment that they are collecting them by pasting them into their schoolbooks. One of them commented that no message was missed. " It's like they're written to me," she said. They also commented that at school when they showed the notebooks to their classmates, they asked them to pick up messages to take in class.

10 A girl, around the age of 13, collects messages weekly and is making a mural on the wall of her room, with only the messages chosen. He commented that this mural was already small and had to change size already twice. She said she loves to get the messages and that the friends like her panel in the room with comments on the thoughts of the authors inserted in the project.

11. One Director of a hospital institution in the city reported that by going through the message board, he chose 5 or 6 of them and went to a meeting with his partners to discuss themes pertaining to the improvements and supposed organizational problems. Days after such a meeting reports the importance and coincidence of the messages in relation to the issues discussed and how valid such an attitude was, in sharing and discussing with the leaders the meanings of each thought collected in the panel of the "A MESSAGE FOR YOU" project.

12. On a Saturday, early evening, a young bicycle worker knocks on the door of the project's author and asks if he could give her a message. The young woman said that she always picks up messages and that Saturday she left later from the house where she works and wanted a message because she was "needing". The author answered the request, she chose four messages. When reading one of them, before leaving said:

- "This is what I needed to hear. Thank you Tito ".

13. The female teacher at a public school reports that she picks up messages once a week and leads to discussion with students of a particular class who she considers 'problematic'. He mentioned that such an opportunity has made the relations 'teacher-student' and 'student-student' have become more understanding, more dialogue and seeming to generate a legal environment that was not once in the classroom.

14. A patient of the Third Age from a Health Unit, on Fridays picks up several messages and takes to distribute to the other patients of that institution. Shee feels that the patients are more

receptive and better 'astral' because some comment their messages on the messages of the other; instead of talking about diseases, delays, problems, etc.

15. A store employee for popular products (1.99), almost every morning when she goes to work, change her itinerary to pick up messages that leads to her colleagues. She says she misses them when it rains or she can not make the path of the panel's location.

16. A driver truck of furniture transporter from the city of Nova Odessa / SP, called by the nickname of 'Caraguá', when passing by the panel, asks for permission to choose the message and says:

- "When I receive the order of service for deliveries in Amparo, I already start thinking about passing by your house, and get my message, this is a magic moment."

17. A common driver reported that on leaving work he changed his route to pick up messages and that he had to comply with the ritual of not looking at the messages and completed: "One is for me and another for my wife, otherwise there is a complaint at home".

18. A lady of the Third Age when passing by with her automobile said:

- "I come to get my packed lunch" in the supermarket and I get my message, that is the dessert. Do not forget to put the poster with messages please!

19. Some young people with skateboarding, around five of them, on a Saturday afternoon, coming down the street pass by the panel and each one gets a message. Everyone reads almost aloud at the same time as they walk. Suddenly one of them, turning back, turns to the psychologist and says,

"It was great." Short Lao Tzu. Thanks brother!"

20. A prosecutor at the Amparo Justice Forum, in his weekly column in a city newspaper, highlighted the importance and value of the project, being this same jurist a customary "messenger" (collector of messages).

21. A prominent entrepreneur in the city, an assiduous 'messenger' of the "A MESSAGE TO YOU" Project, looks for the author and, in return, offers a package with thousands of messages which was taken from a widely circulated newspaper. After a week or so, another package with

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thousands of messages again is donated to the author of the project who felt gratified by the feedback.

22 A teacher from the city of Campos-RJ requests authorization to implement the project in a public school. Authorized and advised by the author, chooses a period that would be the 'most problematic': the night, where young people from the periphery study. In order not to have to face the state bureaucracy, it was agreed that the name of the school would not be disclosed, since the direction would not be consulted. It would simply be implemented as an initiative of the said teacher. Immediately the event became 'fashionable' among teens, to the point of complaining about the lack of messages when the panel was empty or the delay in replacing them. It became 'fashionable' to also get messages and comment among themselves, as they were different.

This initiative worked during the year 2012.

23. Participants of Facebook, where the author, Tito psychologist has a page for dissemination, among other matters the news of said project, such participants recorded hundreds of statements of praise, positive appreciation, credibility and appreciation of the same since the implementation of the same in December/2010.

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