

NORTHLAND INSPIRATION

IMFASHANYIGISHO ZA GIKRISTO MU GUFASHA NO GUKIZA UMUNTU W'IMBERE

GUKIZA IBIKOMERE BY'IHOHOTERWA RISHINGIYE KU GITSINA

(Healing the Wounds of Sexual Abuse)

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Ibikomere

Imibonano mpuzabitsina hagati y'abana n'abantu bakuru ni imyitwarire itemewe hose ku isi, ariko ibyo ntibubuza ko twumva aho abakuru baryamanye n'abana bato ndetse n'ihohoterwa rishingiye ku gitsina ryagaragaye cyane muri buri gihugu cyateye imbere. Uburyo rusange buhuriweho na benshi bw'iri hohoterwa rikorerwa abana (rishingiye ku gitsina) ni umubyeyi/umukobwa we, umupapa/umukobwa w'umugore we, nyirarume/umwishywa, umusore na mushiki we. Ihohoterwa rishingiye kugitsina rikorerwa abana bishobora no kuba hagati y'abahuje igitsina (gabo/gabo na gore/gore).

Imibare y'iri hohoterwa no gufatwa ku ngufu igenda itandukana bitewe n'itsinda ry'abashakashatsi. Bamwe mu bashakashatsi bahamya ko abagera kuri 25% by'igitsina gore bo muri kaminuza bahuye niki kibazo cy'ihohoterwa rishingiye ku gitsina ndetse n'ibisa nabyo. Nta nzitizi z'umuco, z'ubukungu, z'ahantu, z'ubwoko cyangwa se z'idini runaka zitagerwaho n'aya mahano y'ihohoterwa.

Ibyanditswe bidusaba kuzirikana ko imibonano mpuzabitsina yemewe gusa hagati y'abashakanye. Rero kugira imibonano mpuzabitsina hagati y'abatarashakanye, ndetse nubwo baba bafitanye isano ntabwo aribyo, siwo mugambi w'Imana ku muryango kandi rwose ntibyemewe. (Abalewi 18)

Ingaruka Zigaragara Ku Wahohotewe

Abantu bakuru bahuye n' iki kibazo cy'ihohoterwa rishingiye ku gitsina bakiri bato bashobora kugaragaza ibimenyetso mu buryo butandukanye. Ibi bimenyetso bishobora kuba ibigaragara mu buryo bufatika, mu myitwarire/marangamutima yabo ndetse no mu buryo bw'umwuka:

▪ Ingaruka zifatika

Mu bifatika, abahohotewe bashobora kugira ibimenyetso, birimo nko kurwara umutima bidashira, umutwe udakira, kubura ibitotsi, kugira isesemi ndetse no kurwara igifu.

▪ Ingaruka zigaragara mu marangamutima n'imyitwarire

Ibimenyetso mu myitwarire n'amarangamutima bishobora kugaragarira mu bibazo aba bantu bagira mu gutangiza no gukomeza imibanire n'abandi. Bimwe mu bibazo bikomeye aba bantu bahuye n'ihohoterwa bakiri bato bakunze kugira ni ukugira ubushuti bushikamye hagati yabo n'abandi bantu. Ubushakashatsi bwakozwe na Lundberg-Love, Crawford na Geffner mu mwaka wa 1987, bwagaragaje ko 89% by' abahuye n'ihohoterwa batakaje kugirira abandi ikizere mu gihe 86% nabo bahura n'ibibazo byo kugira imibanire y'ubushuti n'abandi.



Ibindi bimenyetso by’ imyitwarire n’amarangamutima birimo kwifata nk’umuntu wakwigirira nabi, nko kurya nabi no kwifata nk’uwakwiyahura, kugira ubwoba bwo kutaba hamwe n’abandi cyangwa se kutegera abandi ngo mubane, mufashanye. Ikindi ni uko ingaruka z’ihohoterwa zagira imbaraga kuri kamere y’abahohotewe, bikabatera iteka guhora bashakisha uko bakora byiza birushije ubwabo ndetse bakanabitegereza ku bandi. Bamwe mu bahuye n’iri hohoterwa bashobora guhinduka abantu bagenzura uko abandi bakora ibintu no kubabeshya kugira ngo bagaragaze ko nta kibazo bafite, mu gihe abandi bashobora kutagira icyo bakora bonyine ubwabo ahubwo bakisanga bakoreshwa.

Abandi bashobora nabo kwisanga mu bibazo bitewe nuko bisuzugura, biciraho iteka, bagira uburakari, kutemera uko bari. Izi ngaruka z’ihohoterwa ntizigera ku bahohotewe gusa nk’abantu, ahubwo zigira n’imbaraga nyinshi ku mibanire yabo n’inshuti, abo bashakanye n’abo mu muryango wabo. Ingaruka z’ihohoterwa zishobora no guteza ibibazo mu kurera abana aho uruhererekana rukomeza ubwo abana bazira ihohoterwa ababakuriye bahuye naryo kera bakiri bato.

▪ **Ingaruka zo mu mwuka**

Mu mwuka, abahohotewe bahura no guhinyuzwa naho. Uwaungabanye ashobora gukora cyane mu rusengero ariko nubwo aba akora ibyo byose ashobora kuba nta mahoro n’umunezero yigera amenya mu mutima we.



Uwahohotewe ashobora kumva aremerewe n’imyitwarire n’amarangamutima hamwe n’ingaruka zifatika bikaba byamutera kumenya gake cyangwa se no kutigera amenya umudendeze wo mu mwuka. Kurakarira Imana cyangwa itorero ni ibintu rusange ku bahohotewe, ariko benshi muri bo bagira ikibazo cyo kugaragaza ubwo burakari. Abandi bashobora no kugira ikibazo cyo kubabarira no kwakira imbabazi hanyuma abandi bo bashobora kuba bashakisha igisubizo cyihuse ku bibazo bimaze igihe kitari gito mu buzima bwabo.

Abahohotewe mu buryo bufatika cyangwa se bakaba barafashwe ku ngufu kenshi bumva muri bo, ko Imana igomba kuba atari nziza, ko ari mbi ndetse ishobora kuba ifite imyitwarire nk’ iy’ uwabahohoteye. Imana ishobora gufatwa nk’itababarira, itegeka /ikoresheje igitugu, irakaye, itanga ibihano, icira abantu imanza. Kureba Imana nk’Imana y’Urukundo no kugwa neza, Imana yiyemeje kukwitaho ubwabyo byahindura ubuzima bwawe.

Kubona ubufasha

Bitewe n’uburyo ndetse n’ibyo uwahohotewe yanyuzemo, abahohotewe basigara bumva bakeneye uburyo bw’ubufasha bukomeye, itsinda ry’abantu bizewe abo bashobora gusangamo gukomezwa no gushyigikirwa. Ikibabaje, ni uko hariho imbogamizi zitari zimwe zibangamira iyi nzira yo kubona aba bantu bafasha uwahohotewe. Ibi bikurikira bigaragaza imyitwarire n’imyemerere itera abantu kudashaka ubufasha:

- Kwiyinga, bigaragara mu mvugo nka, “Ntibyigeze biba, ntacyo byantwaye”
- Kwiciraho iteka kubera ibyo yahuye nabyo (By’ihohoterwa)
- Kwemera ko nta bufasha bushoboka
- Kumva muri wowe udakwiriye mu buryo bw’umwuka cyangwa se ukumva isoni
- Kumva biguteye isoni cyane kwemera gusaba ubufasha cyangwa se no kubwemera.

Icyo Abahohotewe Bashobora Gukora

- ✓ **Kumenya ihohoterwa ryabaye no kuryakira ndetse n'ibibazo ryateye.**

Kwigenzura ubwawe, ukareba uko umeze, ubwoba wumva, ibibazo ugira mu mibanire yawe n'abandi, uko wiyumva mu mwuka, ingeso mbi, uko wibona nyuma y'ihohoterwa n' ibibazo wagize kubera gufatwa ku ngufu. (Zaburi 139:23)

- ✓ **Kwemerera umutego w'amarangamutima kwigaragaza**
(2 Abakorinto 10:5)

- ✓ **Kubwira abandi icyakubabaje mu ihohoterwa wahuye naryo**

Shaka umuntu wo kwizerwa, utagucira iteka, umuntu wa kumva mu gafatanya muri uwo mubabaro no gukomereka (Abaroma 12:15)

- ✓ **Ntiwemerere kumva ko ukwiriye gucirwaho iteka**

Wahohotewe n'umugizi wa nabi ariko ntukemere ko ibyo hari uruhare wabigizemo.

- ✓ **Gira ubwenge no gusobanukirwa**

Ushobora gusoma ndetse no kuvugana n'abandi banyuze mu ihohoterwa nkawe ukumva ibyabababaje. Kandi hari n'ibyo wakwigira mu babivuyemo ubu bakaba babayeho ubuzima bumeze neza. (Yakobo 1:5, Imigani 4:7)

- ✓ **Babarira abaguhohoteye bose**

Menya neza ububare ufite ubwo aribwo, no gukomereka wagize. Bohora uwaguhemukiye aguhohotera, ureke uburakari, umujinya, ugusharira n'urwango. Aha niho hagaragara inzitizi nyinshi. Rwose ntukinangire uje wemera gusaba ubufasha. (Matayo 6:12)

- ✓ **Menya aho ihungabana rikikugeraho ubu**

Satani akoresha ibyakubabaje n'ibikomere wagize kugira ngo agusenye. Menya rero aho ashobora kugutera. Hagarara mu mwuka ushyireho uburinzi bwo mu mwaka, hanyuma uhaguruke uhangane n'umwanzi w'ubugingo bwawe. (Abefeso 6)

- ✓ **Shakisha gusanwa mu mibanire yawe n'Imana ndetse n'abandi.** (1Abakorinto 1:8-9, Abakolosayi 5:17)

- ✓ **Tangira kureba hanze yawe ubwawe.** (2Abakorinto 1:3-4)

Imana ikiza abafite imitima ikomeretse ndetse ikavura ibikomere byabo (Zaburi 147:3). Iri sezerano rihamiriza abana b'Imana ko Imana nayo ubwayo yumva cyane uburemere bwo kubabara mu buryo bufatika, mu marangamutima no mwuka by'abahungabanyijwe n'ihohoterwa. Imana idusezeranya ko itwumva, ikadukomeza ndetse ikatubwira ko Urukundo rwayo rudatsindwa ruri kumwe natwe. Ni Imana yo kwizerwa kandi yasezeranye ko Itazadusiga twenyine cyangwa ngo Iduhane.



Gukira Mu Marangamutima

“Rekura, ureke bigende” ni ikintu k’ingenzi mu gukira ibikomere by’ihohoterwa rishingiye ku gitsina. Ariko na none, ni ngombwa kutitiranya “kurekura” no kwirengagiza ububabare bw’amarangamutima hamwe n’ihohoterwa. Ni ngombwa kwita ku marangamatima cyane aho wumva utamerewe neza, aho wumva bitoroshye kubivugaho, nk’isoni, kwiciraho iteka, inziika n’ubwoba. Kugerageza kwirengagiza aya marangamutima ntabwo biyavanaho. Ni igihe gusa aya marangamutima yitaweho neza, nibwo uwahungabanye yakira neza.



Ubu buryo kenshi buba butoroshye iyo nta bufasha. Shaka ubufasha bw’umushumba wakugira inama, inshuti yizewe cyangwa umujyanama wabigize umwuga. Gira kwihangana kandi wiyihanganire nawe. Gukira ntabwo biba ijoro rimwe – kenshi byafata amezi, imyaka se kugira ngo uko gukira gusohore byuzuye, ku bikomere bifatika by’ihohoterwa rishingiye ku gitsina.

Ntukemere uburakari no kubabazwa n’ibyo wahuye nabyo kera bikubuza kureba ibiri imbere (ahazaza). Ugusanwa, ugukira, ishyaka n’ibyiringiro tubibona gusa mu Rukundo rw’Imana dufashijwemo n’abagaragu bayo b’abizerwa.



Dr. Hal Baumchen ni umuyobozi mukuru wa Northland Counseling Services, akaba n’umuvuzi mu mitekerereze, ni umukozi w’Imana, akaba yarananditse igitabo “*Kubona Ibyiringiro bishya*” afatanyije na Dr. Neil T. Anderson hamwe n’izindi nyandiko zitandukanye. Atanga inama ku bantu ubwabo muri gahunda za Northland.

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