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**CWWPP (COALITION FOR WORK WITH PSYCHO-TRAUMA AND PEACE)**

**ITSINDA RIHARANIRA AMAHORO NO GUFASHA ABAHUNGABANYE**

**IBYATEGANYIJWE MU MINSI YO KWIBUKA**

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**UMUTWE**

Iyi nyandiko ije isubiza ubusabe bw’abahuye n’ibikomere bya genocide mu Rwanda no mubihugu by’ uburayi (Europeans). Ishingiye ku kwigisha ibyo bakora mugihe cy’ icyunamo. Iyi nyandiko itanga gahunda ngenderwaho. Ishingye no kubitekerezo by’ingenzi n’ingamba ( gufata ibyemezo). Niba abantu bashaka gukora cyane, twifuzako bakorana natwe cyangwa abandi bo mw”itsinda rikorana na bahungabanye. Twifuza ko kandi bafashanya mu mahugurwa y’ibikorwa byo kuzamurana (pragmatic empowerment training (PET) cyangwa andi matsinda.

Aha dutanga ibiteganyijwe by’ibanze.

Icyambere tureba niba warahuye n’ihungabana rikomeye. Ibi bireba abo bafitanye isano nabandi bahuye ni ngaruka ziryo hungabana. Kuri bamwe iminsi yo kwibuka iba ari iminsi ikomeye(igoye) kuri buri mwaka. Hari ubwo wumva ushake kumenya icyo wakoresha muburyo bwo kubaho muri ibi bihe. Ibyo turabyinjiramo muburyo busumbuyeho. Hari ibintu bike byingenzi igihe ukora ibi bikorwa.

Icyambere 1 shaka uburyo wasohora ibyiyumviro byawe (feelings). Ndiwigire ukomeye, cyangwa intatinya ngo uhishe uko wiyumva. Niba wumva warira rira, niba wumva wataka bikore . kora icyo aricyo cyose wiyumvamo urikugikora. Ikindi baza abantu bahuye n’ihungabana wahuye naryo ndetse nabakwitaho. Mufashanye. Mubikore none no mubihe bizaza. Mugeregeze kuvurana. Ndetse na nyuma y’ibi bihe, mwunamire abanyu bitabye imana. Kuko bababereye ingirakamaro.

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Ntiwicyuze icyatumye usigara. Ni byiza ko warokotse. Wikwicuza. Nibura weho wabashije kubinyuramo. Abarimbutse nabo bari bashaka kurokoka nkawe.

Waba ufite ibimenyetso bigaragara (physical) nibitagaragara byo mu mitekerereze (psychological). Ibi byaba ari icyo aricyo cyose, cyangwa byose. Ibitagaragara bigizwe n’umujinya, insika, ubwoba, kubunza imitima, kumva udatuje, guhugwa, no kunanirwa cyangwa kwibona muyindi si kumwa no kubona ibyo abandi batabona. Mbese usa naho wivanye mwisi, ugasigara uri umuntu utagira icyo yitaho. Ibigaragara (Physically) ni ngo kuribwa mumutwe, ikizungera, kureba ibikezikezi, ibikomere byo mugifu. Guhumeka bigoranye, gucika intege, ndetse nibindi bitavuzwe aha. Ibi byose ni ingaruka z’ibyo wanyuzemo.

Nibyiza ko muri ikigihe ukora, ikintu ukunda gukora. Cyanecyane iyiteho, mubihe bikomeye (icyunamo). Ntiwicire urubanza kubwibyo. Shaka uburyo bwo kwambuka ibi bihe. Tuzavuga uburyo bwo gukira nyuma.

Uburyo abantu benshi bakunze Kwifashisha ni “gushaka ahantu hari umutekano” shaka ahantu wumva utuje kandi ukunda kujya. Hashora kuba ahariho hose, mu cyumba, k’umusozi cyangwa hafi y’ amazi. Ahantu haba abavandimwe cyangwa inshuti. Wibwire ko umuntu ushaka ko yaba ari yo ariyo. Mugihe wumvishe ibyiyumviro(feelings) bibi, jyana ibitekerezo aho hantu muri iyo minota.

Guhumeka nabyo n’ingenzi. Mugihe tutishimye guhumeka cyane, kandi vubavuba. Wibante kuguhumeka kwawe. Humeka wohereza kandi unasohora umwuka buhorobuhoro, witsa imitima.

Ikindi, gerageza kwibanda ku gikorwa kimwe uri gukora. Witekereze ibindi byiruhande yawe, ibyo urakora cyangwa uzakora mugihe kiraza. Ubu buryo bwo kwibanda kugikorwa butuma umuntu agira agahenge (aba aruhutse).

**IBIKORWA BIKWIRIYE GUKORWA MUGIHE CYAMBERE NA NYUMA YU MUSI NYIRIZINA**

Ni byiza gutegura icyo uzakora mbere y’igihe ibyo uzakora mbere, mucyunamo na nyuma yacyo. Nibyiza gutegura igikorwa icyo aricyo cyose uzaba wikorera, ibyo ni uburyo bwo gutegura uko uzaca muri ibyo bihe cyangwa igikorwa ushaka gukorana nabandi bose, n’uwariwe wese. Ushobora gutegura umuhango wo guha agaciro uwawe witabye imana, bitegurane nabandi. Nonone ushobora kubyitegurira, hamwe nabantu bari hafi yawe. Uwo muhango n’igikorwa cyo kunamira uwawe w’itabye imana. Bishobora no kuba ibirori by’uwo uwo muntu yari ari (ibikorwa byingenzi yakoze akiriho). Ushobora kubiha agaciro ubona bakwiriye.

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Muri ibi bihe ushobora kumva ushaka kuba wenyine igihe runaka. Ushobora nokumva ushaka kuba hamwe nabandi bantu, abantu bahuye nibibazo nkibyo wahuye nabyo, abantu bari kumwu nababajwe nabantu bakwegereye. Ndabwo ari byiza kuba wenyine igihe kirekire.

Nkuko twabivuze hejuru nibyiza gusohora ibyo wiyumvamo. Uko wumwa wakwifato kose. Kurira, gutaka, nicyo aricyo cyose nibyiza. Dutekerezako kubibumbatira atari byiza.

Muri ibi bihe igirire icyizere kandi ukore ibintu bituma wiyumva umeze neza, nubwo abantu bose batakunda ibyo ukora. Ba uwo uriwe wihisha uko wiyumva. Sohora ibyo bintu ubeho mu buryo bwawe.

**IBINTU BIKWIRIYE GUKORWA CYANE N’IBIDAKWIRIYE GUKORWA BURI MUSI**

Muri iki gice tuzatanga ibitekerezo by úko twagabanya no kumvikanisha ingaruka za genoside. Ibikorwa bizahoraho. Ntiwabibagirwa. Icyo wakoro ni ukorosha ubuzima.

Icyo twasubiyemo cyane muri uru rwandiko, n’uko kubumbatira ibyiyumviro byawe muri wowe atari byiza. Vuba cyangwa nyuma imbaraga zibyo wiyumvamo zizatuma usandara hanze cyangwa inyuma. Ib bisobanuye ko ushobora gutandukana mo impere, mu buryo bw’imitekerereze, no muburyo bugaragara (ibikorwa) cyangwa gusandarira inyuma ukangiriza, cyangwa ikitwara nabi uko utabishaka. Uko byagenda kose ugomba gushira ibyo wiyumvamo hanze ni cyo cyingenzi.

Uburyo bumwe twumvako ari ubwingenzi ni ukwandika. Hari ibintu byinshi wakora. Ni byiza kwandika ibyakubayeho, ikintu kukinti. Wandike nanone icyo wumva ku cyakubayeho cyose. Ibi bishobora gufata igihe kirekire. Bisome ubisubiremo kugeza igihe wumva unyuzwe. Uzibuka byinshi, kandi uzabasha kurekurira ibyo wiyumvamo hanze. Uru ni urukurikirane rw’uzuye.

Ubundi buryo ni ukugira ibyo wandika buri musi (journal), ndiwandike ibyakera gusa ahubwo andika uko wiyumva buri musi muri rusange atari ibyakubayeho gusa. Ibi bigabanya imbaraga zibikomere, bikanatuma usobanukirwa ibindu uko biri. Si munyandiko gusa ahubwo ushobora no kujya wifata amajwi namavideo ibi byaba ibyingenzi wireba mumaso nuko umubiri wawe ugaragaza ibikurimo ndetse nijwi ryawe.

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Nindi mirimo yose wakwihangira ni ingirakamaro. Iyo yaba nko kuririmba, ubukorikori, ikinamico, sinema, nikindi cyose cya tuma ibikurimo bisohoka. Iyo ukoresha ikinamico, ushobora gutangiza ibiganigo hagati yabafite uruhare muri icyo gikorwa, cyangwa abantu bo hanze. Ushobora no gukoresha ibice byombi ureba uko bari bwitware. Ibi byafasha.

Ikindi twakora ni ukwihuza namatsinda adufasha (adushigikiye) ari mugace dutuyemo, kuri interineti cyangwa kuyatangiza niba adahari. Muri ayo matsinda babona batari bonyine ko bashobora no gufashanya. Bashobora no gusangira ingamba zuko bakwitwara muri ibyo bihe.

Ikibaso cyingenzi ni kwicira urubanza no kumva ufite isoni. Icyingenzi nuko uri gukora uko ushoboye kose. Waba uri kwiga, ubumuntu bwawe, uko wakuze, ibibazo wahuye nabyo nibindi. Bityo muri rusange ntampamvu yo kugira isoni. Nonone hariho kwicira urubanza kwiza n’ukubi. Kwicira urubanza kwiza n’ukumva ko hari ikindi gikorwa wakagobye kuba wakoze. Bityo wigira kubikorwa byawe, uko wabihembura, kuvugurura , guharanira kubishira kuri gahunda. Kwicira urubanza kubi ni kwiyumvisha ko wakoze nabi ntubyigireho isomo. Kwicira urubanza kubi n’isoni birarimbura.

Ubundi buryo bw’ingenzi wahangana nibyo bihe ni kwitekerezaho. Twifuzako washaka inyigisho zifasha imyumvire kuri interineti. Uzahasanga ibibazo bikomeye by’ubuzima, hari urupfu, ibifite umumaro nibitawufite, akato, n’uburenganzira nizindi nshingano zitandukanye. Nibyiza ko wagenda usoma buhobuhore mu itsinda ndetse nawe ubwawe. Twizerako kumenya impamvu y’ubuzima ari ingenzi cyane. Dukurikira Viktor Frankl, we ubwe yahuye nitsembatsemba ry, uburaya (Europe) akora ubu buryo butatu. Ubwambere ni intego muburyo bw’akazi cyangwa akazi wishimira. Ibi byaba icyo aricyo cyose akazi wishurirwa, nakategamiye kuri leta, akazi kaguha umutuzo. Ubundi buryo ni ubusabane bushora kugabanywamo kabiri. Imibanire yabashakanye umugore n’umugabo cyangwa inshuti ya bugufi cyane, imibanire y’inshuti n’imibanire yabakozi. Nibyiza gusobanura no kurinda iyo mibanire.

Ubusobanuro bwa gatatu bw’ubuzima ni ubwo tubaho ni sanzure (isi) kubizere ni imibanire y’abantu n’Isumba Byose. Ku bandi ni ukundu babona isi, imiterere no gupfa kwabo. Nanone ningenzi gukora kugiti cyawe cyangwa nk’itsinda kugiti cyayo. Tubona gukorera muri ubu buryo nk’ikintu cy’ingenzi mugihe tuvuga genocide.

Ubundi buryo tuvugaho cyane muri uru rwandiko ni kuba umuntu ufungutse mubyiyumviro byawe no mumivuganire yawe nabandi. Ibi bitugabanyiriza ibikomere bikorohereza abandi bantu kubona aho bahera badufasha. Bamwe batinya kubabaza abandi. Abandi bakabonako iyo ububabare busohotse buteza kubaba gusa. Nyamara, ahandi tuvugako kubumbatira ubwo bubabare bubigira bibi kurutaho.

Kandi bikaba byateza ingaruka zimbere nizinyuma.

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Icyo dukwiriye kwibuka ni uko kugira ibyo umenya no kutabimenya, ihungabana n’uburyo imitekerereze yabyo iri, bizimurirwa kubandi bantu, bivuze ngo abigihe kizaza ndetse nabantu bari aho utuye. Ihungabana (trauma) ishobora kuba uruhererekane rufata abibihe bizaza. Kutabivuga ntacyo bikiza, inzira nziza ni ukurirwanya (ihungabana).

Ikintu cyafasha ni guhura nabandi no kwiyunga n’itsinda ryabakoze genocide. Twabonye ko bitoroshye, akanshi biba nk’ibidashoboka. Hari bamwe bicuza ibyabaye kandi bifuza kongera guhura. Hari igihe aba ari byiza ko ushaka umuntu wo hanze cyangwa itsinda bashobora gufasha buhobuhoro uguhura kwayo matsinda aba yifuza kongera kwihuza.

Hanyuma dushima ko mwafata amasomo mugakorera mubufatanye. Hari amasomo menshi kuri interineti. Twebwe, itsinda riharanira amahoro no gukorana nabahungabanye (coalition for work with psycho-trauma and peace) dutanga amasomo hakoreshejwe ikoranabuhanga (online), tutishuje abiga. Ushaka kwimenyera byinshi jya kuri website yacu ni [www.cwwpp.org](http://www.cwwpp.org). reba umutwe “pragmatic empowerment training (PET)” Amahugurwa y’ibikorwa bitanga ubushobozi.

**Ijambo ryo Gusoza (epilogue)**

Tuzi neza uko bikomeye kurokoka Genocide no kuyibutswa akenshi. Twizeyeko uru rwandiko rushobora kubafasha. Nyamuneka muvugane natwe reka tumenye ibitekerezo byanyu n’ibyemezo.