HOPE FOR ETERNITY MINISTRY

HEM SCHOOL OF COUNSELLING

CERTIFICATE IN COUNSELLING

IGITABO CYA 1: UMUSINGI WA KANSALINGI

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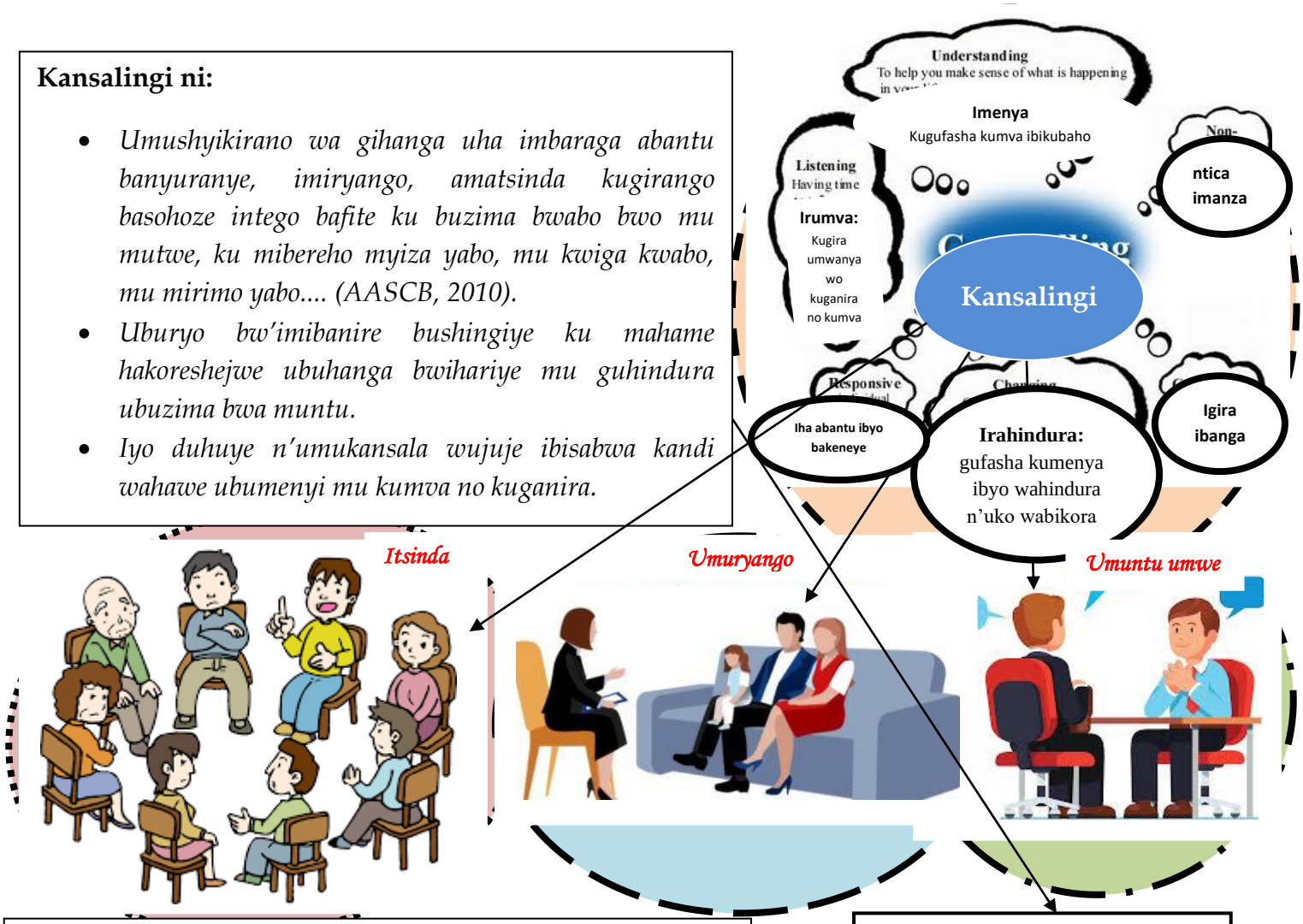
ISOMO RYA 1: TUMENYE KANSALINGI

Icyigisho cya 1: Igisobanuro cya "Kansalingi"

Kansalingi ni:

- *Umushyikirano wa gihanga uha imbaraga abantu banyuranye, imiryango, amatsinda kugirango basohoze intego bafite ku buzima bwabo bwo mu mutwe, ku mibereho myiza yabo, mu kwiga kwabo, mu mirimo yabo.... (AASCB, 2010).*
- *Uburyo bw'imibanire bushingiye ku mahame hakoreshejwe ubuhanga bwihariye mu guhindura ubuzima bwa muntu.*
- *Iyo duhuye n'umukansala wujuje ibisabwa kandi wahawe ubumenyi mu kumva no kuganira.*



Impurirane mu bisobanuro bya Kansalingi:

- ✓ *Umwuga*
- ✓ *Kansalingi ikubiyemo ubumenyi bwihariye butandukanye*
- ✓ *Abantu bagomba kubaho neza*
- ✓ *Yubakiye ku nyigisho kandi ibera ahantu habugenewe*
- ✓ *Uburyo bufasha umukiriya gufata icyemezo no gushyiraho ingamba nshya z'imyitwarire, imyumvire n'imitekerereze.*
- ✓ *Yita ku guha imbaraga umuntu ndetse n'amatsinda y'abantu*

IBIBAZO RUSANGE

1. *Umwuga ni iki?*
2. *Umwuga w'umushyikirano ni iki?*
3. *Uburyo bw'imibanire ni iki?*
4. *Umukansala ni iki?*
5. *Umukansala wujuje ibisabwa ni iki? Ni nde? Ameze ate? Ibisabwa ni ibihe?*

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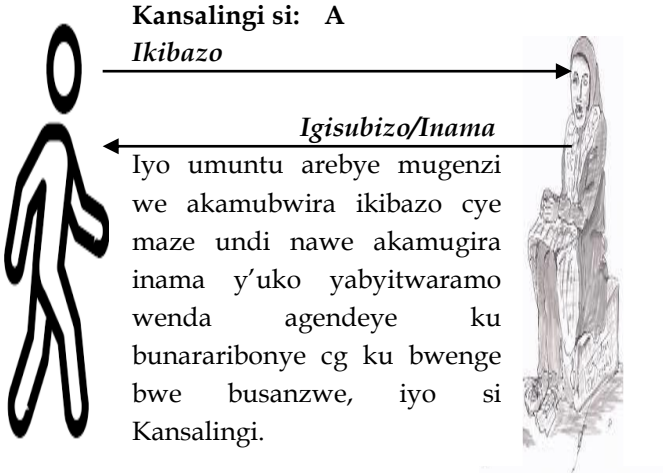
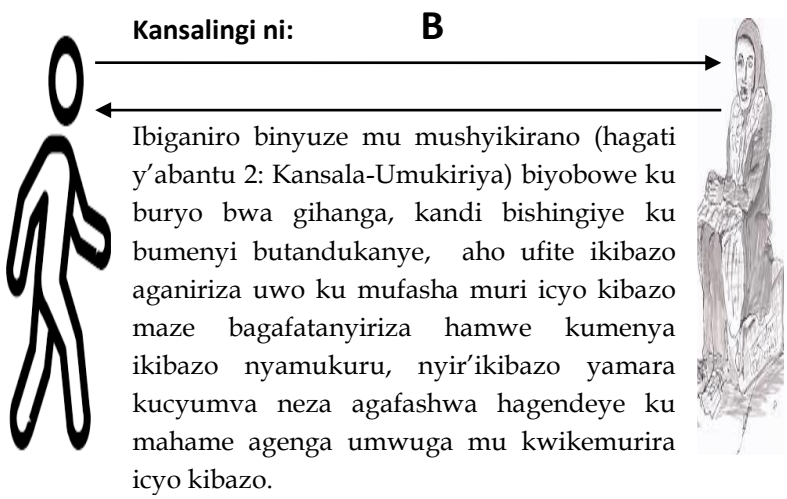
<u>Kansalingi</u> ***ni uburyo bw'iterambere bufasha umukansala kuyobora no gutera inkunga, kubeshyuza no kuzanira ibitekerezo bishya umuntu cyangwa itsinda ry'abantu mu buryo bunoze kandi bukemura ibibazo by'abantu ku giti cyabo, bukabafasha kugera ku ntego zabo bakoresheje ubushobozi bubarimo.***

<u>Ibisobanuro</u>

Tugendeye ku isomo tumaze kubona,





Dusomye neza ibi bisobanuro bitanzwe turasanga neza Kansalingi atari gutanga inama gusa nk'uko benshi babimenyereye. Kansalingi irenze gutanga inama ku kibazo cg ibibazo runaka. Mu rugendo rwa Kansalingi umukansala afasha umukiriya we, binyuze mu buryo bwa gihanga kandi hifashishijwe ubumenyi butandukanye, gufata icyemezo no gushyiraho ingamba nshya z'imyitwarire, imyumvire n'imitekerereze. Ibyo bikorwa nyuma y'uko nyir'ikibazo asobanukkirwa neza ikibazo/ibibazo afite maze agafashwa mu gutegura ingamba nshya zo kubisohokamo no gushyiraho intego nshya z'ubuzima, agahindura ubuzima ngo burusheho kuba bwiza. Muri uwo mushyikirano umukiriya aronkeramo imbaraga zo guhindura ubuzima bwe mu buryo bw'umubiri, ubwenge ndetse n'umwuka.

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Umwitozo w'Icyigisho

Ibibazo-ngiro

1. *a) Ese wigeze wumva "Kansalingi"?*
   b) Niba ari Yego, uzi ko Kansalingi ari iki?
2. *a) Waba warigeze gushaka serivisi za Kansalingi?*
   b) Niba ari Yego, wazishatse inshuro zingahe? (Gereranya niba utibuka)
   c) Ese wari ufite bibazo ki?
   d) Ni nde wagiye gushakaho serivisi za Kansalingi?
   e) Ese yagufashije ate?
3. *a) Waba warigeze gutanga serivisi wise iza Kansalingi?*
   b) Niba ari Yego, wabikoze igihe kingana iki? (Imyaka, amezi)
   c) Wifashishije igisobanuro cya Kansalingi twabonye harugru, izo serivisi watanze ni iza Kansalingi koko?
   d) Niba wumva arizo, tanga ibisobanuro.
   e) Niba wumva atarizo, uratekereza ko zari izihe/izihe?
4. *Iri somo riguteye kwibaza ibihe bibazo? (Hitamo iby'ingenzi. Nturenze 3)*

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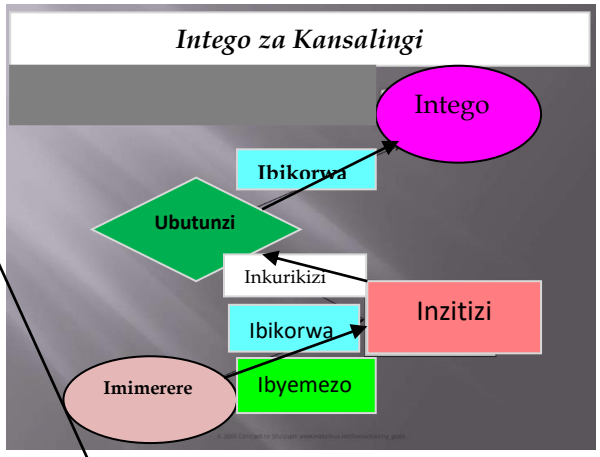
Icyigisho cya 2: Intego za Kansalingi

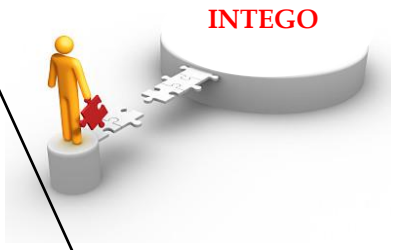
Mu ntego zihuse harimo:

- ✓ Gufasha umuntu gukora icyo yifuza;
- ✓ Kugabanya kwiheba;
- ✓ Kongera kurushaho kwimenya;
- ✓ Kunoza imibanire n'abandi.



Intego nyamukuru z'igihe kirambye:

- ✓ **Gutuma habaho impinduka mu myitwarire:** gufasha umukiriya kugera ku buzima bwiza kandi bufite umusaruro.
- ✓ **Kunoza imishyikirano**: kugira imishyikirano myiza n'abandi; kwitwara neza mu mibanire n'abandi;
- ✓ **Kunoza uburyo bwo kwikura mu kibazo**: gufasha abantu guhangana n'ibibazo bishya ndetse n'inzitizi nshya.
- ✓ **Guteza imbere ifata-myanzuro**: gufasha abantu gufata imyanzuro myiza; kubafasha kwita ku ngaruka zayo; kugenzura amahitamo; gufasha abakiriya kumenya neza uko imbamutima zabo, imitekerereze yabo n'indangagaciro zabo bigira uruhare mu gufata ibyemezo no guhitamo.
- ✓ **Guteza imbere ubushobozi bw'umukiriya**: kunoza imikorere myiza y'umuntu; kumwigisha gukoresha ubushobozi n'umwete yifitemo hitabwa ku byiyumviro, umubiri, ubuzima bwo mu mutwe mu kumufasha kugaragaza ubushobozi bwe.



IBIBAZO RUSANGE

1. *Intego ni iki?*
2. *Ubufasha ni iki?*
3. *Ihinduramyitwarire ni iki?*
4. *Gufata ibyemezo ni iki?*
5. *Ubushobozi bw'umukiriya ni iki??*

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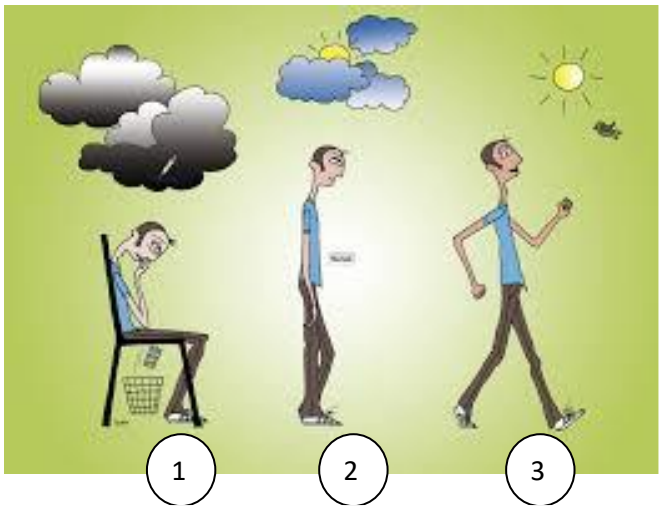
<u>Intego nyamukuru ya Kansalingi</u> *ni ugufasha umuntu/itsinda (umukiriya) gufata ibyemezo bishyitse bijyanye n'ibyo ateganya gushyira mu bikorwa ntawe ubigizemo uruhare. Kansalingi izafasha abantu mu kubona amakuru, no kumenya neza imbogamizi bahura nazo mu gufata ibyemezo.*

<u>Ibisobanuro</u>



Iki gishushanyo kuri 1 kiratwereka umuntu wigunze, wahobewe, ibibazo byarenze, utwikiriwe n'igihu. Ibi birashushanya **UBUZIMA/IMIBEREHO** mibi umuntu cg itsinda ry'abantu ryaba ririmo. Mu mibereho ya buri muntu cg itsinda ry'abantu habamo byinshi bibatesha umutwe bigatuma biheba bagatakaza ibyiringiro by'ubuzima. Kuri 2 baratwereka umuntu wari ufite ibibazo wafashe **icyemezo.** Yahagurutse aragenda. Bigaragara ko hari ibyo agiye gukora (**IBIKORWA**) kugirango yivane mu buzima yari arimo. Muri urwo rugendo ariko azahuramo n'**INZITIZI**/imbogamizi niyo mpamvu asabwa kwita ku nkurikizi zazo maze agakoresha **ubutunzi** bwe (imbaraga/ubushobozi) yifitemo akora (**ibikorwa**) ibishoboka byose ngo agere ku buzima bwiza (**INTEGO**). Umuntu rero ufite ubuzima bwiza ni:

- ✓ Utife imyitwarire myiza
- ✓ Ubana n'abandi neza
- ✓ Uzi gushyikirana n'abandi
- ✓ Ushoboye kwikura mu kibazo ahuye nacyo
- ✓ Ushoboye gufata ibyemezo by'ubuzima bwe
- ✓ Wiyumvamo ubushobozi bwo kwikemurira ibibazo.

Urugendo rwa Kansalingi rero rufasha umukiriya mu gutera intabwe afata icyemeze cyo kugira icyo akora ngo yivane mu kibazo/ibibazo arimo. Ibyo abigeraho yiyemeza gufata umwanzuro zo kuva mu buzima arimo, ashyiraho ingamba zo kubivamo no guhangana n'imbogamizi azahura nazo mu rugendo kandi yishakamo imbaraga zo gukora ibikorwa bizamugeza ku ntego yiyemeje. Intego nyamukuru ni uguhindura ubuzima akagira ubuzima bwiza.

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Umwitozo w'Icyigisho

Ibibazo-ngiro

1. *Ese waba warigeze gutanga serivisi za Kansalingi cg wise iza Kansalingi?*
2. *Niba ari Yego, abantu wafashije wabagejeje ku ntego zabo? Ni ibihe bibazo wahuye nabyo/wagize?*
3. *Wabafashije ute? (Hitamo ingero 2 werekane uko wabyitwayemo muri make)*
4. *Niba ari Oya, urugendo rwa Kansalingi waruvugaho iki?*
5. *Ese abantu wafashije ubu ubuzima bwabo bwifashe bute?*
6. *Ni ibihe bibazo wakwibaza nyuma yo kwiga iri somo?*

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Icyigisho cya 3: Imbibi za Kansalingi

Urubibi: *Ni ahantu cyangwa ikintu ntarengwa; aho ikintu gifite umumaro. Imbibi za Kansalingi zigaragaza mu bice bine (4)*

1. Ibyo yitaho: (Iki?)
- ✓ **Gufata nabi/guhohotera** (ku buryo bw'imbamutima, imitekerereze, umubiri, igitsina, ……)
- ✓ **Kubatwa/gusabikwa** (inzoga, ibiyobyabwenge, imyitozo ngororamubiri, amagambo, kunywa itabi, ubusambanyi, ….)
- ✓ **Kurinda uburakari/umujinya**
- ✓ **Gupfusha/kubura uwawe**
- ✓ **Agahinda/kwiheba/guhangayika**
- ✓ **Ibibazo by'imirire**(Kwiyicisha inzara, inzoga nyinshi/ubusinzi bukabije, gutinya kubyibuha no kurya cyane,…….)
- ✓ **Icyizere gike**
- ✓ **Imibanire** (Kansalingi y'abashakanye, abatanye, ibibazo bijyanye n'imibonano mpuzabitsina/ibanga ry'imibonano mpuzabitsina, gucana inyuma…..)
- ✓ **Imihangayiko itewe** (Amafaranga, ubuzima, imibanire n'abandi, akazi, ……)
- ✓ **Ihahamuka ritewe** (impanuka, ibitero, gufatwa nabi, urugomo, intambara, Ibiza, ……)
- ✓ **Ibibazo bya nyuma y'ihahamuka**

2. Aho ikenerwa (Hehe?)
- ✓ Imiryango
- ✓ Amatorero
- ✓ Ibitaro
- ✓ Ibigo ngororamuco
- ✓ Ibigo byita ku buzima bwo mu mutwe
- ✓ Ibigo byita ku basaza n'abakecuru
- ✓ Amagereza
- ✓ Ibigo by'amashuri
- ✓ Imiryango idaharanira inyungu
- ✓ Ibigo bya Leta n'ibyigenga,
- ✓ …….

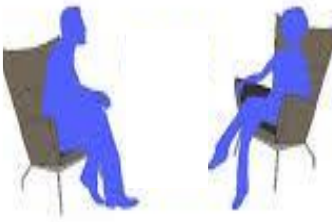
HEHE?

IKI?

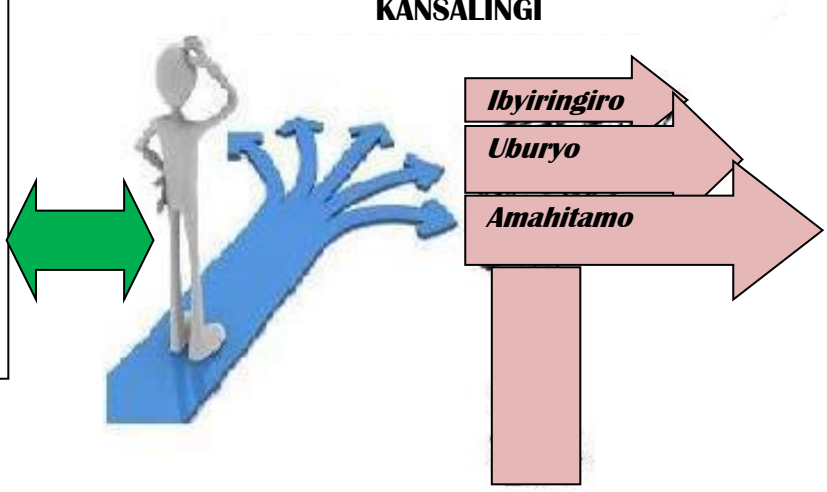
3. Inzego za Kansalingi:
- ✓ Kansalingi y'umuntu umwe
- ✓ Kansalingi y'abantu 2 (abashakanye, ……)
- ✓ Kansalingi y'umuryango
- ✓ Kansalingi y'itsinda ry'abantu

GUTE?

HAKENEWE KUGANIRA



KANSALINGI



4. **Uburyo bukoreshwa cyane mu guteza imbere no gukemura ibibazo:**
- ✓ Gutanga uburyo bwo kwiga bushya bw'imikorere no kwikemurira ibibazo;
- ✓ Kwiga ubuzima bwatambutse hagamijwe gusesengura uburiho/ imibanire n'abandi, ifata ry'ibyemezo, imibereho y'umuryango;
- ✓ Kumva neza imbaraga n'ubushobozi bifasha mu kugabanya inzitizi z'ubuzima bigeza ku ntego zo gukira no kubaho neza.

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Imbibi ngiro

Umwuga wa Kansalingi:

- ✓ *Ukora ku bijyanye n'imitekerereze, imbamutima/ibyiyumviro, imivugire, imikurire, imyitwarire, imyigire n'imibanire;*
- ✓ *Wita cyane ku bantu ku giti cyabo, abashakanye, imiryango, amatsinda,.....*

Ibisobanuro

Hari benshi bibazaga mu isomo rya 1 bati ese Kansalingi usubiza ibibazo byose? Iri somo ku mbibi za Kansalingi riratwereka aho kansalingi igera n'aho itagera. Nk'uko tubizi, imyuga myinshi iriho igamije gukiza/kuvura ifite ibyo ikora indi nayo ikagira ibyo ivura. Kansalingi rero nayo ntivura/ntikiza byose, hari ibyo ivura hari n'ibindi irekera abandi banyamwuga.

Ibyo Kansalingi yitaho twabonye mu kazu ka mbere twabiganyamo ibice bitatu bikurikira:

a) **Ibijyanye n'ubuzima bwo mu mutwe/imbamitima**:
   - ✓ Uburakari/umujinya
   - ✓ Agahinda/kwiheba/guhangayika
   - ✓ Guta ibyiringiro/icyizere
   - ✓ Ihahamuka
   - ✓ Ibibazo bya nyuma y'ihahamuka, ...

b) **Ibijyanye n'imibanire**:
   - ✓ Imibanire mike/mibi/idahwitse,.....

c) **Ibijyanye n'imibereho**:
   - ✓ Gufatwa nabi/guhohoterwa
   - ✓ Kubatwa/gusabikwa
   - ✓ Gupfusha/kubura uwawe
   - ✓ Imirire,.....

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Kansalingi kandi yitabanzwa henshi harimo amavuriro atandukanye, ibigo bitandukanye byita ku bantu bafite ibibazo bitandukanye, amashuri, mu miryango n'ahandi. Kansalingi ishobora gukorerwa umuntu umwe, abantu 2 bafitanye isano (abashakanye, abavandimwe, abakorana, ...), imiryago n'amatsinda anyuranye. Aho hose kansalingi yita ku bibazo byavuzwe haruguru ndetse n'ibindi bifitanye isano ikoresheje cyane cyane kwigisha kwikorera no kwikemurira ibibazo, gusesengura ibyahise ngo bidufashe guteganya ubuzima buzaza no kwivumburamo imbaraga n'ubushobozi. Kansalingi rero ifasha guhitamo ubuzima bushya bufite intego kandi bwiyemeje kuzigeraho.

Umwitozo w'Icyigisho

Ibibazo-ngiro

1. *Ese wigeze ukoraho ubufasha busa n'ubwa Kansalingi?*
2. *Niba ari Yego, ibibazo by'ingenzi bakugejejeho ni ibihe?*
3. *Ni ibihe byiciro by'abakiriya wakiriye? Niba hari ibigo/imiryango wakozemo bidusangize.*
4. *Ni ubuhe buryo bwo gufasha bukoreshwa muri Kansalingi witabaje?*
5. *Ese wavuga iki ku mbibi za Kansalingi?*
6. *Ese iri somo ritumye wibaza bibazo ki? (Nturenze 3 by'ingenzi)*

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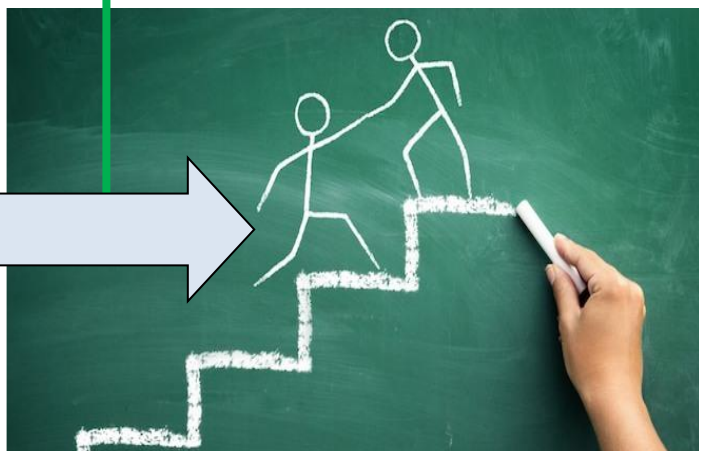
Icyigisho cya 4: Tumenye "umukansala"

Umukansala ni umuntu:

- ✓ umenya ibyiyumviro by'umukiriya no kubifata nk'ukuri kuriho;
- ✓ ugira ibanga rya byose;
- ✓ uyobora ibiganiro ku bibazo abakiriya bafite;
- ✓ wubaka icyizere mu mukiriya;
- ✓ ugarurira umukiriya umutekano;
- ✓ usaba ko umukiriya amuhishurira ibyiyumviro bye n'ibitekerezo bizana ibisubizo;
- ✓ wishyira mu mwanya w'umukiriya kandi akagaragaza ko amwitayeho;
- ✓ wihangana;
- ✓ utarangara igihe ari kumwe n'umukiriya;
- ✓ ugaruramo icyizere;
- ✓ wita ku ntego z'umukiriya zaba iz'igihe gito cg ikinini;
- ✓ wirinda kwitwara nk'inzobere;
- ✓ wumva cyane akavuga make.

Imico/imyitwrire iranga umukansala mwiza:

- ✓ Kwihangana
- ✓ Kumva neza
- ✓ Kwitegereza
- ✓ Kugira urugwiro
- ✓ Kugira ubumenyi
- ✓ Kwishyira mu mwanya w'umukiriya/umurwayi
- ✓ Gukomeza kwereka umurwayi umushyikirano w'ubuvuzi
- ✓ Ibanga
- ✓ Ubupfura/ubunyangamugayo



Kansalingi y'umwuga ni **umushyikirano w'umwuga** uha imbaraga abantu batandukanye, imiryango, amatsinda zo kugera ku ntego z'ubuzima bwiza bw'imitekerereze, kubaho neza, kwiga, umurimo. **Abakansala b'umwuga** bafasha abakiriya gutegura ingamba zo guhangana n'imbogamizi n'inzitizi bahura nazo.

Ibisobanuro

Iki cyigisho kiradusobanurira umukansala mwiza uwo ari we, kikaduha imwe mu migenzo/imyitwarire/imico iranga umukansala mwiza. Tuzabigarukaho mu yandi masomo ariko harimo kwihangana, kumva neza, kwitegereza, kugira urugwiro, kugira ubumenyi, kwishyira mu mwanya w'umukiriya/umurwayi, gukomeza kwereka umurwayi umushikirano w'ubuvuzi, ibanga n'ubupfura/ubunyangamugayo n'iyindi. Hari andi masomo tuzabona azarushaho kudusobanurira neza ibiranga umukansala mwiza. Ibyo tubonye reka bitangire kuturanga mu buzima bwacu maze twitoze kuba abakansala beza kandi bazatanga umusaruro.

Umwitozo w'Icyigisho

Ibibazo-ngiro

1. *Waba warigeze gutanga serivisi zisa n'iza Kansalingi?*
2. *Niba ari Yego, ni iyihe myitwrire yakuranze igihe watangaga izo serivisi?*
3. *Iyo myitwarire/mico urabona ihagije ngo ube umukansala w'umwuga? Tanga ibisobanuro.*
4. *Wavuga iki ku myitwarire/imico y'umukansala twabonye muri iri somo?*
5. *Wakwibaza ibihe bibazo nyuma yo kwiga iri somo?*

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Umwitozo wo kwimenya usubizwa kuri nomero y'umuyobozi +256-783-929-070 (Whatsup) cg kuri email: hemsc2020@gmail.com (ababishoboye).

Ugendeye ku myitwarire/imico y'umukansala mwiza tumaze kubona, genzura imyitwarire/imico yawe. Ni iyihe ufite? Ni iyihe ubura?

Iri suzuma ni ngombwa kuri buri munyeshuri wese. Koresha ukiri ntiwibere. Bizagufasha guhindura imyitwarire yawe witegura kuba umukansala mwiza kandi ufite umumaro.

Kudakora uyu mwitozo bishobora kugaragaza ko utari mu nzira nzira zo kwitegura kuba umukansala mwiza.

Hakenewe kandi:

1. Amazina yawe
2. Irangamimerere (Wubatse, ingaragu,....
3. Nomero za telefone
4. Umwuga/icyo ukora (mu buzima busanzwe)
5. Umurimo mu itorero

Icyitonderwa: Aya makuru azabikwa nk'ibanga rikomeye.

ISOMO RYA 2: UMUMARO WA KANSALINGI
Icyigisho cya 5: Ese Kansalingi irakenewe?

Ibibazo byoroshye/bito: (*ibibazo abantu bahura nabyo mu buzima bwa buri munsi*):

- ✓ Imfu mu muryango, ku nshuti, mu kazi;
- ✓ Impanuka;
- ✓ Gutana;
- ✓ Gushyingirwa;
- ✓ Guhangayika;
- ✓ Ubushomeri;
- ✓ Guhindura akazi;
- ✓ Intambara;
- ✓ Ibiza;
- ✓ Kuvuka; ……..

Uburyo bwo kubirwanya:

- ✓ Abantu benshi bitegura ku buryo bwose kugirango bahangane n'ibibazo by'ubuzima;
- ✓ Hitabazwa imirimo/ibikorwa by'abantu, imiryango n'inshuti mu gukemura ibyo bibazo

Iyo byanze/binaniranye:

Bizana ubukana bukomeye ku bantu no ku miryango

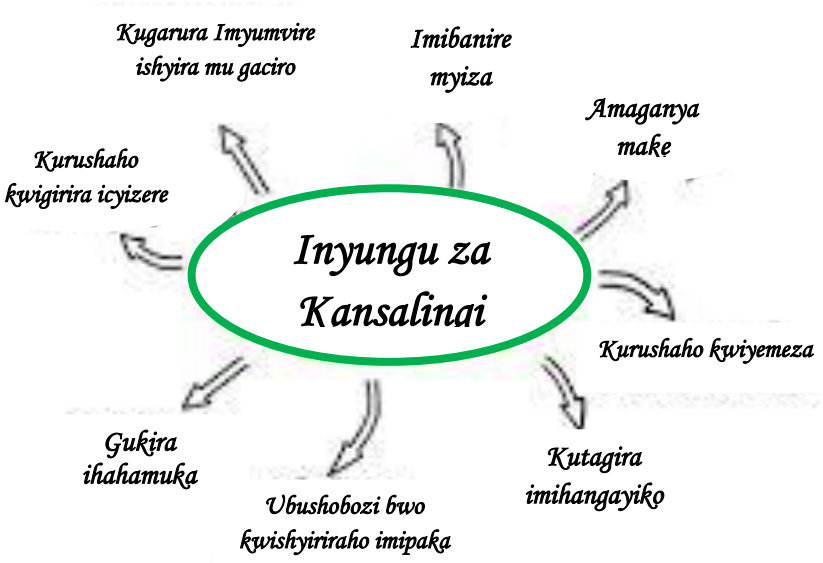
Ibibazo by'ingutu:

- ✓ Ihohoterwa rikorerwa umubiri
- ✓ Ihohoterwa rishingiye ku gitsina
- ✓ Ivangura rishingiye ku gitsina
- ✓ Gukora ibya mfura mbi
- ✓ Gutukana/amagambo mabi
- ✓ Kutoroherana
- ✓ Kutagira icyo witaho,
- ✓ ……

Uburyo burambye bwo gukiza = Kansalingi

Umurimo wa Kansalingi

- ✓ Kumva ibibazo,
- ✓ Gufasha kurushaho kumenya neza ibibazo,
- ✓ Kuyobora mu nzira zo gukemura ibibazo neza:
  - ➢ Kureba ibibazo ku bundi buryo,
  - ➢ Gufasha guhitamo umwanzuro wo guhindura ibyo umunntu ashaka guhindura.



Inyungu ebyiri z'umurimo wa Kansalingi

Inyungu ku mukiriya:

- ✓ Kumva amerewe neza,
- ✓ Kumva afite amahoro,
- ✓ Kumva ariho neza kandi yishimye,
- ✓ Kwisanzura mu bandi,
- ✓ Kugabanya imihangayiko mu rugo, ku kazi cg mu mibanire n'abandi,
- ✓ Kugabanya ibimuhangayikisha cg ibimukura umutima,
- ✓ Gufatanya n'umukansala kwikemurira ibibazo,
- ✓ Kumenya intego afite mu buzima no gushyiraho intego nshya ashaka kugeraho,
- ✓ Kwiga imyitwarire mishya ikemura ibibazo bye,
- ✓ Gushyiraho uburyo n'ingamba nyazo zo kugera ku ntego ze,
- ✓ Kumenya ibitekerezo bye, ibyiyumviro n'ibisubizo,
- ✓ Kumenya abo ukunda n'imibanire nabo,
- ✓ Kongera kumva by'ukuri kand bya kivandimwe,
- ✓ Kubwira umunyamwuga wa gihanga ubwoba bwe, uko abona isi n'uko abona abandi,
- ✓ Kumva afite umutekano wo kuvuga ibibazo bye,
- ✓ Gukora ngo yiheshe icyubahiro.

Inyungu ku munyeshuri/umukansala:

- ➢ Kongere ubumenyi-ngiro bwo gushyikirana,
- ➢ Kurushaho kwiyakira no kwigirira icyizere,
- ➢ Ubushobozi bwo guhindura imyitwarire/imitekerereze yo gucika intege,
- ➢ Uburyo bwiza bwo kuvuga no kuyobora imbamutima harimo n'uburakari,
- ➢ Kwigobotora agahinda, amaganya n'ibindi bibazo by'ubuzima bwo mu mutwe,
- ➢ Kongera icyizere n'ubumenyi mu gufata ibyemezo,
- ➢ Ubushobozi bwo kuyobora neza imihangayiko,
- ➢ Kongera uburyo bwo gukemura ibibazo n'ubushobozi bwo gukemura amakimbirane.

Kansalingi *ikozwe n'umunyamwuga wabihuguriwe igira umumaro/ingaruka z'ingenzi ku buzima bw'abantu ku giti cyabo, amatsinda y'abantu cg imiryango.*

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Ibisobanuro

Iri somo riratwereka "inyungu za Kansalingi". Riradusobanurira neza ko hari ibibazo cg ibyo duhura nabyo mu buzima busanzwe tukageregeza gushyiraho ingamba zo kubisohokamo. Nyamara siko byose tubivamo amahoro dore ko ibidakemutse akenshi bigira ingaruka zifite ubukana bwinshi maze bikatubera imitwaro iremereye cyane. Aho rero Kansalingi rirtabazwa cyane kugirango isesengure ibyo bibazo kandi ifashe mu kubishakira imiti.

Bityo rero, Kansalingi ntigirira umumaro uyikorerwa (umukiriya) ari nawe uba ufite ibibazo ahubwo igirira umumaro n'umukansala kuko imifasha kumenya ubushobozi bwe mu mwuga wa Kansalingi no kwiyongeramo imbaraga zituma abaho ubuzima bwiza.

Umwitozo w'Icyigisho

Icyitonderwa: Uyu mwitozo urakorerwa kuri wowe, umuryngo wawe n'aho utuye.

Ibibazo-ngiro

1. *a) Ni ibihe bibazo byoroheje wahuye nabyo, umuryango wawe wahuye nabyo, agace utuyemo kahuye nabyo? (Hitamo kimwe kuri buri rwego)*
   b) Ibyo bibazo byakemuwe na bande? Gute?
   c) Tanga ingaruka zikomeye zaba zaraturutse mu gukemura nabi ibyo bibazo.
2. *a) Ni ubuhe buryo wifashisha mu gukemura ibibazo byoroshye (by'ubuzima busanzwe) uhura nabyo cg umuryango wawe uhura nabyo?*
   b) Iyo byanze gukemuka ubigenza ute?
3. *a) Ese ibibazo by'ingutu wahuye nabyo cg umuryango wawe wahuye nabyo byakemutse gute?*
   b) Ibyananiranye hakozwe iki?
4. *a) Ese urabona Kansalingi ari ngombwa kuri wowe, umuryango wawe, aho utuye?*
   b) Niba ari yego, tanga ibisobanuro.
5. *Ni iki utegereje kuri aya masomo ya Kansalingi ?*
6. *Ni ibihe bibazo iri somo ritumye wibaza?*

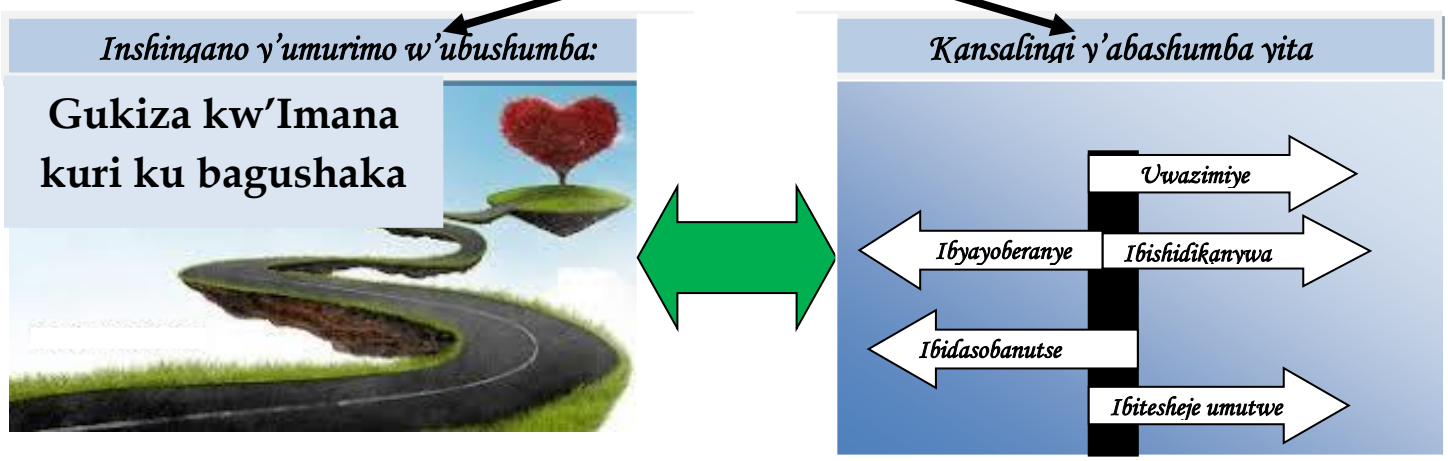
Icyigisho cya 6: Umumaro wa Kansalingi mu itorero

Impamvu:

- ✓ Abashuma benshi baha agaciro umurimo wo kubwiriza bityo abenshi ntibarabona agaciro ka Kansalingi;
- ✓ Havuzwe ko "umubwiriza udaha agaciro Kansalingi aba ari umubwiriza utuzuye".
- ✓ Ibimenyetso by'imico myiza mu mushumba/umuyobozi mu itorero ni:
  - Kwifuza gufasha buri wese,
  - Kubera abandi umugisha.

Zimwe mu mpamvu zerekana ko Kansalingi ari ingenzi cyane mu itorero:

- ✓ **Kansalingi yita kubyo abantu bakeneye:** ivugabutumwa ni umugisha, nyamara si buri gihe rigera kubyo umuntu akeneye.
- ✓ **Kansalingi iharanira gukemura ibibazo by'umuntu (**ku giti cyabo**)**
- ✓ **Kansalingi ni ibiganiro by'abantu babiri:** ibiganiro hagati y'umukiriya/umurwayi n'umukansala. Bityo ntitwatera imbere cg ngo duhinduke tudahawe umwanya wo kuganira ibibazo byacu.
- ✓ **Kansalingi ifite ubucukumbuzi***:* rimwe na rimwe imbaraga dukoresha zinyura hejuru. Nyamara kwita ku bantu bigira umumaro munini. Umukiriya arushaho kwimenya. Bityo bigatanga ibisubizo bifatika kandi bihoraho.



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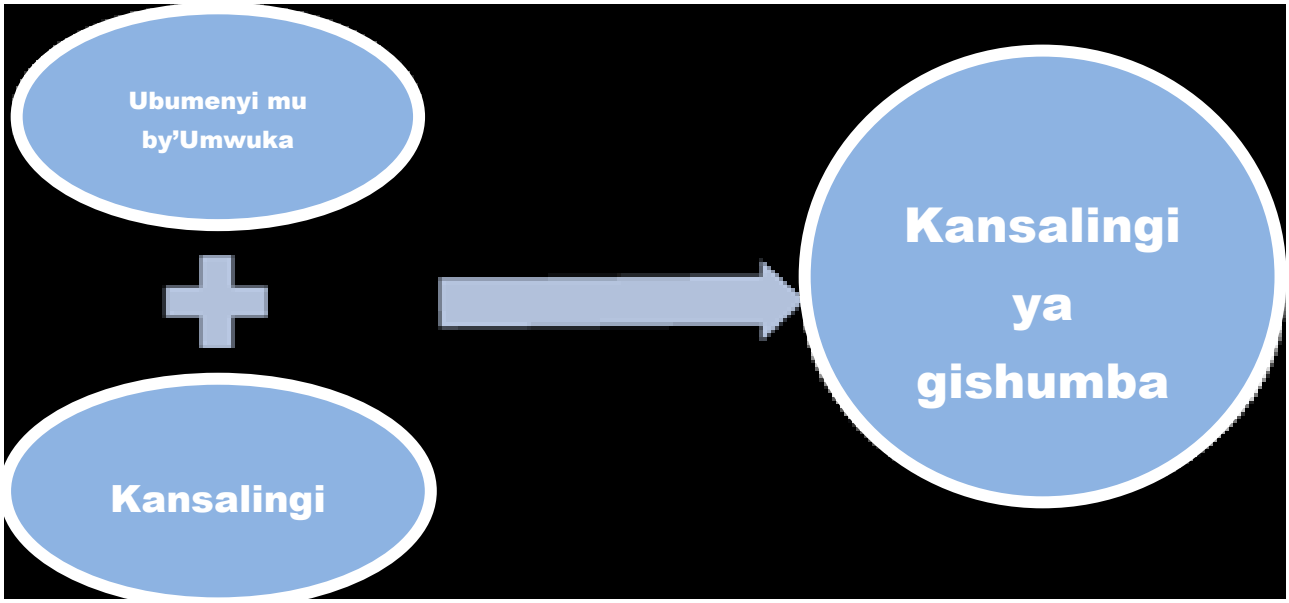
Ese umukozi w'Imana yanoza ate kamere ye y'mukansala?

- ✓ *Akenshi abantu bajya ku muntu bazi;*
- ✓ *Abantu babwira ibibazo byabo uwo bakunda;*
- ✓ *Abantu babwira ibibazo byabo uwo bubaha;*
- ✓ *Abantu bakunda gushaka ubufasha ku bakozi b'Imana berekana ko batanga serivisi za Kansalingi;*
- ✓ *Abantu bashaka serivisi za kansalingi kuwo babona ko abishoboye;*
- ✓ *Abantu babwira ibibazo byabo umuntu wubahiriza amahame ya kimwuga;*
- ✓ *Abantu bajya ku mukansala uzi Imana..*

Icyitonderwa:

- ✓ **Umurimo w'ubushumba na Kansalingi** ni iby'agaciro ariko biratandukanye cyane;
- ✓ **Abakansala b'abashumba** bashobora gusesengura kandi bagakiza abarwayi bayobowe n'ukwemera kwabo;
- ✓ **Abakansala b'abashumba** bafasha abakiriya babo ku bibazo bashoboye bifashishije ubumenyi n'ubumenyi-niro bya Kansalingi kandi bayobowe na Tewolojiya (ubumenyi ku Mana);
- ✓ **Kansalingi ya gishumba** ni umuhagaro mu murimo.



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Umurimo w'ubushumba *ni ubufasha bukozwe n'abagarariye abandi bugamije gukiza, gushyigikira, kuyobora, guhuza no kubungabunga abafite ibibazo n'ibigeragezo bya buri munsi.*

Kansalingi gikristo *ni umurimo ufasha abantu ku mpinduka n'iterambere birambye mu bice byose by'ubuzima bwabo binyuze mu mushyikirano wumvikanyweho ukozwe n'umukansala ufite imyumvire, indangagaciro n'imitekerereze ya gikristo.*

Amatorero *ubundi atanga serivisi zitandukanye ku bayagize harimo Umurimo w'Imana, amashuri, na Kansaling.*

Ibisobanuro

Mu masomo yatambutse abenshi twibajije umumaro wa Kansalingi mu matorero ndetse n'uruhare rw'isengesho n'Ijambo ry'Imana mu rugendo rwa Kansalingi.

Icyi cyigisho kiratwereka ibintu 2 by'ingenzi:

1) **Umumaro wa Kansalingi mu matorero**

Umurimo wo kwigisha Ijambo ry'Imana ukorwa n'abashumba cg abandi bakozi b'Imana ni umurimo mwiza cyane kandi ifitiye akamaro abayoboke b'amatorero. Cyokora icyi cyigisho kiratwereka ko uwo murimo utita ku muntu ku giti cye no kubibazo bye byihariye ngo umufashe kubikemura ku buryo burambye nk'uko Kansalingi ibikora. Bityo rero Kansalingi mu itorero irakenewe cyane ngo yunganire umurimo w'ubushumba.

2) **Uko umurimo w'ubushumba uhura na Kansalingi**

Kansalingi gikristo ni ikorwa n'umukansala w'umwuga yunganiwe n'ubumenyi mu by'Imana (Tewolojiya). Iyi yagira umumaro cyane kuko yagera ku bice byose bigize umuntu (umubiri, ubwenge n'umwuka).

Mu matorero hakenewe abashumba bafite ubumenyi n'ubumenyi-ngiro bya Kansalingi kugirango bafashe umuntu wese (umubiri, ubwenge n'umwuka) kandi itorero rigere ku iterambere rirambye.

Umwitozo w'Icyigisho

Ibibazo-ngiro

1. *Ese wemera ko Kansalingi ari ingenzi mu itorero?*
2. *Niba ari Yego, tanga ibisobanuro.*
3. *Wifashishije ingero (nibura 4) tandukanya umurimo w'ubushumba na Kansalingi.*
4. *Ese abashumba n'abandi bakozi mu murimo w'Imana uzi bashoboye gukora Kansalingi y'umwuga?*
5. *Niba ari Yego, tanga ibimenyetso bibigaragaza wababonyemo.*
6. *Niba ari Oya, ubona babura iki ngo babe abakansala b'umwuga?*
7. *Ni ibihe bibazo wakwibaza nyuma y'icyi cyigisho?*

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ISOMO RYA 3: KUYOBORA NA KANALINGI

Icyigisho cya 7: Kuyobora na Kansalingi

Kuyobora na Kansalingi biruzuzanya n'ubwo hari aho bitandukaniye.

KUYOBORA (GUIDANCE):

✓ **Inyito:**

- Inama cg ubufasha buhabwa umuntu cyane cyane abanyeshuri ku bijyanye no guhitamo isomo ryo kwiga cg umwuga, umurimo cg gutegura umwuga, bitangwa n'umukuriye muri uwo murimo cg inzobere,
- Urugendo rwo kuyobora, kugenzura cg kwereka umuntu icyo agomba gukora

✓ **Intego:**

- Kwereka abanyeshuri icyiza n'ikibi mu mahitamo yabo n'umumaro wo kwifatira ibyemezo bigenga ejo habo hazaza.

KANSALINGI (COUNSELING):

✓ **Inyito:**

Uburyo bwo gukiza aho umukiriya aganira yisanzuye ibibazo bye kandi agasangira ibyiyumviro n'umukansala umufasha mu kwikemurira ibyo bibazo.

✓ **Icyibandwaho:**

Imbaraga z'umuntu, ubutunzi, abo ahura nabo, uko yize (amashuri ye), uko yateguye umwuga we na kamere ye.

✓ **Intego:**

Kuganira ibibazo bye bwite, iby'imibanire n'ibibazo by'ubuzima bwo mu mutwe bitera agahinda cg guta umutwe bigatuma yumva atameze neza.

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Kuyobora na Kansalingi *ni igikorwa cyateganijwe kandi cyateguwe kigamije gufasha utozwa kwimenya no kumenya ubushobozi bwe no kongera ubushobozi bifitemo mu gukemura ibibazo no guhuza ubuzima bwo mu mutwe, imibanire, imyigire n'umwuga kandi anagere ku ntege ze mu byo yigishwa.*

Ikigereranyo hagati yo Kuyobora(*Guidance*) na Kansalingi (*counseling*)		
Ibigenderwaho mu kigereranyo	**Kuyobora**	**Kansalingi**
Inyito/Igisobanuro	*Kuyobora biganisha ku nama cg ku makuru y'ingenzi byatanzwe n'umukuru mu gukemura ikibazo cg kwikura mu ngorane*	*Kansalingi iganisha ku nama za kimwuga umukansala aha umuntu mu buryo bwo kumufasha gukemura ibibazo bye bwite cg iby'ubuzima bwo mu mutwe.*
Kamere	*Kurinda (**preventive**)*	*Gukiza (**remedial/curative**)*
Uburyo ikoresha	*Gufasha gusobanukirwa kandi igendera ku bigaragara*	*Iracukumbura kandi ireba ibitagaragara*
Icyo ikora?	*Ifasha umuntu mu guhitamo inzira nziza*	*Igamije guhindura umurongo, gufasha umuntu kwibonera ibisubizo*
Icyo yitaho	*Uburezi n'ibibazo bijyanye n'umurimo*	*Ibibazo by'umuntu ku giti cye, imibanire n'ubuzima bwo mu mutwe*
Ugikora	*Buri muntu wese ugukuriye cg inzobere*	*Umuntu ufite ubumenyi-ngiro buhanitse kandi wahuguriwe umwuga*
Umwihariko	*Ku mugaragaro n'umwihariko mukę*	*Ibanga*
Uburyo ikoramo	*Umwe kuri umwe cg umwe kuri benshi*	*Umwe kuri umwe*
Ifata-byemezo	*Umuyobozi*	*Umukiriya*

Ibosobanuro

Kuyobora (*Guidance*) na Kansalingi (*Counselling*) ni inyoto ikunda gukoreshwa ikomatanye iyo iganisha kuri serivisi zitangwa mu bigo by'amashuri (mu nzego zose, kuva mu mashuri abanza kugera muri za kaminuza) n'abanyamyuga batandukanye bafasha mu burezi.

Ku rundi ruhande ariko n'ubwo iyo nyito ikomatanya byombi (Kuyobora na Kansalingi) uburyo bikoreshwa ndetse n'umusaruro bitanga uratandukanye. Impamvu bikoreshwa bikomatanye ni uko izo serivisi zombi ari ingenzi mu buzima bw'ishuri. Biragoye rero kubitandukanya.

Nyamara iyo ugiye hanze y'ubuzima bw'ishuri usanga Kuyobora na Kansalingi bitandukanye rwose kandi bifite intego z'itandukanye. Byombi rero birakoreshwa mu buzima bundi busanzwe bitewe n'umunyamwuga ubikoresha.

Icyi cyigisho kiratwereka ko Kuyobora na Kansalingi bikoreshwa ari urukomatane mu buzima bwo mu mashuri kuko byombi ari ingenzi. Nyamara rero mu buzima bundi busanzwe bifite itandukaniro rinini nk'uko imbonerahamwe ibitugaragariza.

Umwitozo w'Icyigisho

Ibibazo-ngiro

1. *Muri serivisi watanze ni izihe washyira muri serivisi zo kuyobora n'izo washyira muri serivisi za Kansalingi?*
2. *Ugendeye ku bibazo usanga mu muryango wawe, aho ukora, mu itorero, aho uba ubona byakemurwa no kuyobora cg Kansalingi? Tanga ibisobanuro.*
3. *Ugendeye ku bisobanuro uvanye muri iri somo, usanga mu matorero hakorwa cyane "Kuyobora" cg "Kansalingi"? Tanga ibisobanuro.*
4. *Ese ubona mu matorero hakenewe cyane iki hagati yo "Kuyobora" na "Kansalingi"? Tanga ibisobanuro.*
5. *Ni iki icyi cyigisho gitumye wibaza?*

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ISOMO RYA 4: AMAHAME-SHINGIRO YA KANSALINGI

Icyigisho cya 8: Indangagaciro n'amahame bya Kansalingi

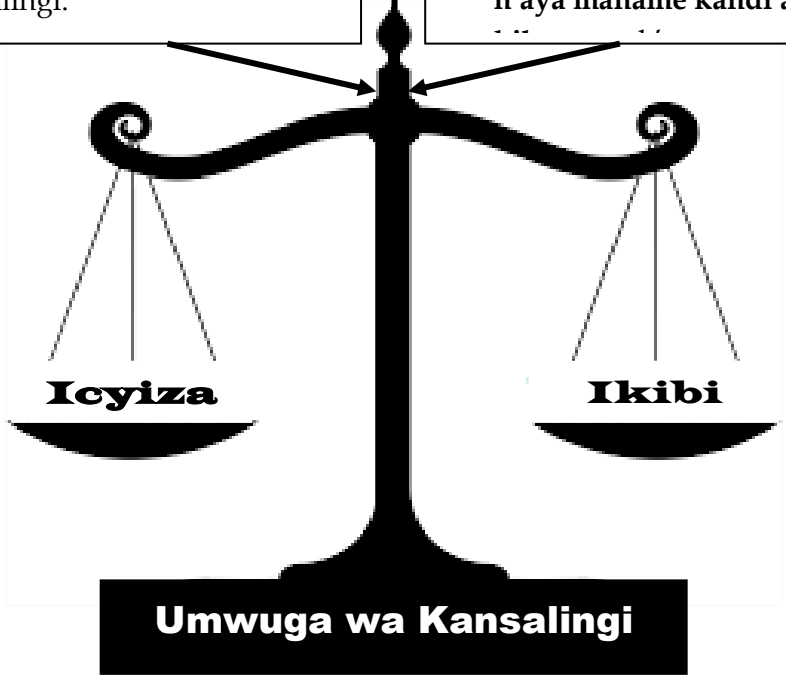
- ✓ ***Indangagaciro z'umwuga wa Kansalingi*** *ni uburyo bwo kugengwa n'amahame burinda umukiriya n'abakansala bubereka neza igikwiye.*
- ✓ ***Ihame:*** *ni ukuri kudakuka cg ingingo yubatse umusingi w'imyemerere cg imyitwarire cg uruhererekane rw'imitekerereze.*

Indangagaciro ndakuka za Kansalingi:

- ✓ Kubaha agaciro n'uburenganzira bwa muntu,
- ✓ Kurinda ubusugire bw'abakiriya,
- ✓ Kurinda ubudahemuka bw'imishyikirano y'umukansala n'umukiriya,
- ✓ Guha agaciro ubumenyi bw'umwuga n'ishyirwa mu bikorwa ryabwo,
- ✓ Gukuraho ububabare n'imihangayiko bya muntu,
- ✓ Gutuma umuntu yumva ko ari umuntu,
- ✓ Kongera ubushobozi bw'umuntu,
- ✓ Kunoza imibanire myiza mu bantu,
- ✓ Guha agaciro ibyabaye ku bantu n'imico yabo bitandukanye,
- ✓ Kwihatira gutanga serivisi nziza kandi zinoze za Kansalingi.

Amahame ya Kansalingi:

- ✓ **Kuba umwizerwa: gukora ibijyanye n'icyizere.**
- ✓ **Ubwigenge: kongera ubushobozi bw'umukiriya bwo kwiyobora mu rugendo rwo gukira.**
- ✓ **Ubufasha: guharanira inyungu z'umukiriya ushingiye ku isuzuma rya kinyamwuga.**
- ✓ **Kwirinda ikibi:** kwirinda ihohoterwa rishingiye ku gitsina, ubukungu, imitekerereze cg irindi iryo ari ryo ryose. Umukansala agomba guharanira kugabanya icyagirira cg ikigamije kumugirira nabi cyose umukiriya.
- ✓ **Ubutabera:** gukoresha ukuri no gushyira mu gaciro ku bakiriya bose kandi no kubahiriza agaciro n'uburenganzira bwabo.
- ✓ **Kwiyubaha: umukansala agomba kugegwa n'aya mahame kandi akayashyira mu**



Indangagaciro nyamukuru z'umukansala ni urusobe rw'imyitwarire n'ubumenyi-ngiro biganisha ku bupfura, ubuyobozi n'ubwigenge by'umukiriya kandi bishingiye ku mukansala wubaha uburenganzira busesuye bwa muntu hagendeye kuri kamere n'imico y'abantu bitandukanye.

Amahame kimwuga ya Kansalingi ashyiraho umurongo ngenderwaho w'imyitwarire myiza, kubahana, ubutabera ndetse n'ubupfura aho baba cg bakorera. Ayo mahame agaragaza ibyiza bihurirwaho mu gutanga serivisi za Kansalingi.

Ibisobanuro

Icyi cyigisho kiratwereka neza icyiza n'ikibi, igikwiye gukurikizwa n'igikwiye kwangwa n'umukansala. Twabonye imyitwarire y'umukansala, indangagaciro ndetse n'amahame bya Kansalingi bije byiyongeraho ngo birusheho kutwereka umukansala nyakuri uwo ariwe maze bidutere umwete wo kurushaho guhinduka no kwitoza kuba abakansala bakunzwe kandi bakenewe muri sosiyete yacu. Umukansala nyakuri rero ni uzi guhitamo icyiza n'ikibi, agakurikira icyiza maze ikibi akakigendera kure mu buzima bwe no mu murimo we.

Muri byose, "**KWITA KU GACIRO N'UBURENGANZIRA BYA MUNTU**" ni ingenzi cyane mu murimo wa Kansalingi kandi tukemera ko twaremwe bitandukanye kandi twanyuze mu bitandukanye bityo bigatuma tubaho bitandukanye n'abandi. Ibyo byose rero umukansala agomba kubiha agaciro ngo bimufashe kugera ku ntego za Kansalingi igihe cyose akora uwo murimo.

Umwitozo w'Icyigisho

Ibibazo-ngiro

1. *Witegereje indangagaciro za Kansalingi:*
   a) *Ni izihe ubona zigoye gukurikiza? Sobanura.*
   b) *Ni izihe ubona zoroshye gukurikiza? Sobanura.*
2. *Witegereje amahame ya Kansalingi:*
   a) *Ni ayahe wumva azakorohera gukurikiza? Sobanura.*
   b) *Ni ayahe ubona atazakorohera gukurikiza? Sobanura.*
3. *Usesenguye serivisi zitangwa zitwa iza Kansalingi mu itorero ryawe, aho ukora, mu muryango, aho utuye:*
   a) *Abazitanga ubona bubahiriza amahame ya Kansalingi ?*
   b) *Ese amahame bagerageza kubahiriza ni ayahe?*
   c) *Amahame atubahirizwa ni ayahe?*
4. *Haba hari amahame ya Kansalingi asangiwe n'indi myuga? Niba ari yego, tanga ingero.*
5. *Ese icyi cyigisho hari ibibazo gitumye wibaza? Ni ibihe niba bihari?*

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Icyigisho cya 9: Imico, imyitwarire n'imikorere mu mwuga wa Kansalingi

Imico myiza ya kimuntu umukansala wese asabwa cyane kurangwa nayo harimo:

- ✓ **Kwishyira mu mwanya w'umukiriya: ubushobozi bwo kubwira umuntu ibyamubayeho nk'uko abyumva.**
- ✓ **Ubunyakuri:** Kwiyemeza guhuza ibiri mu muntu n'ibyo akora.
- ✓ **Ubupfura: kwiyemeza kugendera ku mahame ya kimuntu mu bandi, kurangwa no kudaca ku ruhande, ubunyangamugayo no kugendera ku mahame amugenga.**
- ✓ **Kwihangana:** ubushobozi bwo kwita ku bibazo by'umukiriya nta gumucika intege.
- ✓ **Kubaha: kwereka abandi icyubahiro gikwiye no kubafasha kwimenya.**
- ✓ **Kwicisha bugufi: ubushobozi bwo gusesengura neza no kumenya imbaraga n'intege nke z'umuntu.**
- ✓ **Ubushobozi:** gukoresha neza ubumenyi n'ubumenyi-ngiro bukenewe mu kugera ku bisabwa.
- ✓ **Ubutabera:** kubahiriza ibigenderwaho byabugenewe biyobora mu gufata ibyemezo no gushyira mu bikorwa.
- ✓ **Umwenge: kugira uburyo bunoze bwo gufata ibyemezo bigaragarira mu bikorwa.**
- ✓ **Umurava:** ubushobozi bwo gukora utayobowe n'ubwoba bw'ibyo wamenye, akaga ndetse no gushidikanya.

Imico iranga umwuga wa kansalingi:

- Kumenya inshingano n'ibyo umwuga wa Kansalingi usaba
- Kumenya intego za Kansalingi
- Gusobanukirwa n'inzego n'uburyo Kansalingi ikoresha
- Kwifuzwa no kugirirwa icyizere
- Kwigirira icyizere no kumenya uburyo bukoreshwa muri Kansalingi

Imico y'umukansala mwiza….

UMUKANSALA	MWIZA
C – Kugira ibanga	**G –** Ubwenge buhagije bwo gukora ibintu
O – Kwitegereza	**O –** Kuvana amakuru y'ingenzi ku murwayi
U – Kutarobanura	**O –** Gusubiza ibibazo nta marangamutima
N – Kutagira icyo unenga	**D –** Kwerekana ubunyamwuga
S – Kwishyira mu mwanya w'umukiriya	
E – Kwiyumvisha ibyo umukiriya akeneye	
L – Gutega amatwi cyane	
L – Kureka umukiriya agafata ibyemezo	
O – Kuba wagutse mu bwenge	
R – Kubaha uburenganzira bw'umukiriya	

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Umwanzuro

Usibye ibyavuzwe haruguru, Kansala agomba kuba uwa kamere nziza, imico ndetse n'imitekerere myiza, ubuzima bwiza, kuba atuje, yakira abantu, afite ubwenge, afite ubumenyi bwagutse kandi akunze kuyobora no gukorana n'abantu kandi asobanukiwe n'imibanire n'ubukungu by'abantu. Muri make, umukansala agomba kuba yujuje imico y'"UMUTWE" n'"UMUTIMA". Ni iby'ubwenge ko "***Kansalingi iba cyane umutima kurusha umutwe***".

Imyitwarire mibi mu mwuga wa Kansalingi:

- ✓ Umukansala wese udafite imico twabonye haruguru iranga umukansala mwiza afatwa nk'uwitwara nabi mu mwuga.

Imikorere mibi mu mwuga wa Kansalingi ikubiyemo, n'ubwo ati byo gusa**:**

- ✓ Ubushobozi buke
- ✓ Uburangare
- ✓ Kutagira icyo witaho
- ✓ Gutanga serivisi zidakwiriye.

Umwitozo w'Icyigisho

Ibibazo-ngiro

1. *Witegereje imico ya kimwuga isabwa umukansala:*
   c) *Ni iyihe mico y'ingenzi ikuranga mu buzima bwawe busanzwe cg mu kazi ukora? (Tanga nibura itatu)*
   d) *Ese haba hari ugukora nabi cg kwitwara nabi byigeze bikubaho uhereye ku mico yagombye kuranga umukansala twabonye? Sobanura.*
2. *Ese iyi mico ubona byoroshye kuyitoza no kurangwa nayo? Sobanura.*
3. *Kubananirwa kuyubahiriza wabagira izihe nama.*
4. *Kuri wowe urabona ari iyihe mico (itatu) yafatwa nk'umusingi wa kansalingi?*
5. *Iri somo rigusigiye iki? Ni iki wibaza nyuma y'iri somo?*

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