

Lisalisi ya Liboso ya Mayoki

Lingala Version



Lisalisi ya liboso ya mayoki (EFA) ezali nini?

**Lolenge oyo etambwisami na
baninga mpo na koyanola na
mikakatano oyo elendisaka
kobikisa mpe ekimaka kozala
na ba traumatisation mosusu**



Note: Tosalelaka te terme "Premiers soins psychologiques" mpo e perpétuer approche industrielle médicale na santé mentale mpe ekoki kozala stigmatisant mpe pathologisant mpo na ba survivants ya traumatisme.

Bilembo oyo emonanaka mingi ete moto azali na mpasi



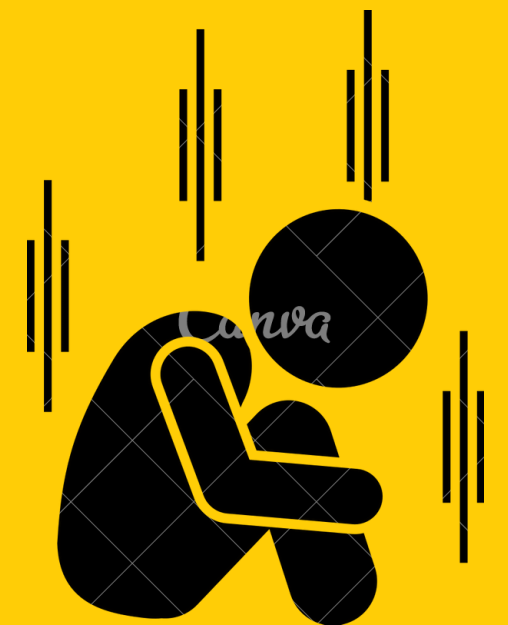
**Uncontrollable
Sobbing / Shaking /
Difficulty Breathing**



**Kopanzana ya
mayoki**



**Congelation /
Kosimba Pema**



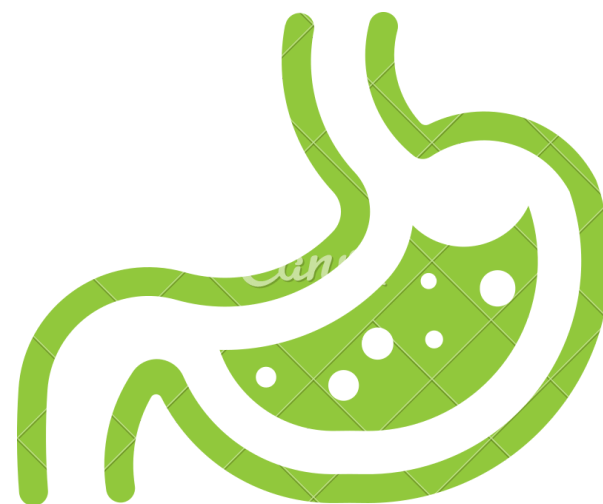
Kolongwa

Atako yango ezali bilembo oyo emonanaka mingi, moto nyonso akeseni. Bato mosusu oyo babiki bakoki mpe komonisa bilembo ya mpasi te, nzokande bakoki kaka kozala na mposa ya lisungi.

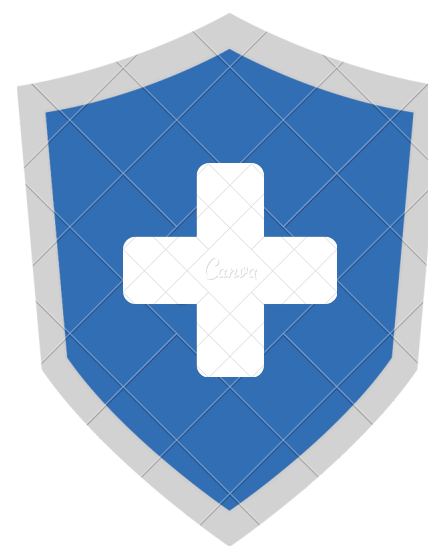
Nzoto na biso ya... **Koyanola na mitungisi ya mbalakaka** esalisaka biso tóbika na ntango ya mikakatano



**Motema Kobeta &
Tansió ebongwanaka**



**Kosilisa bilei
ekangami**



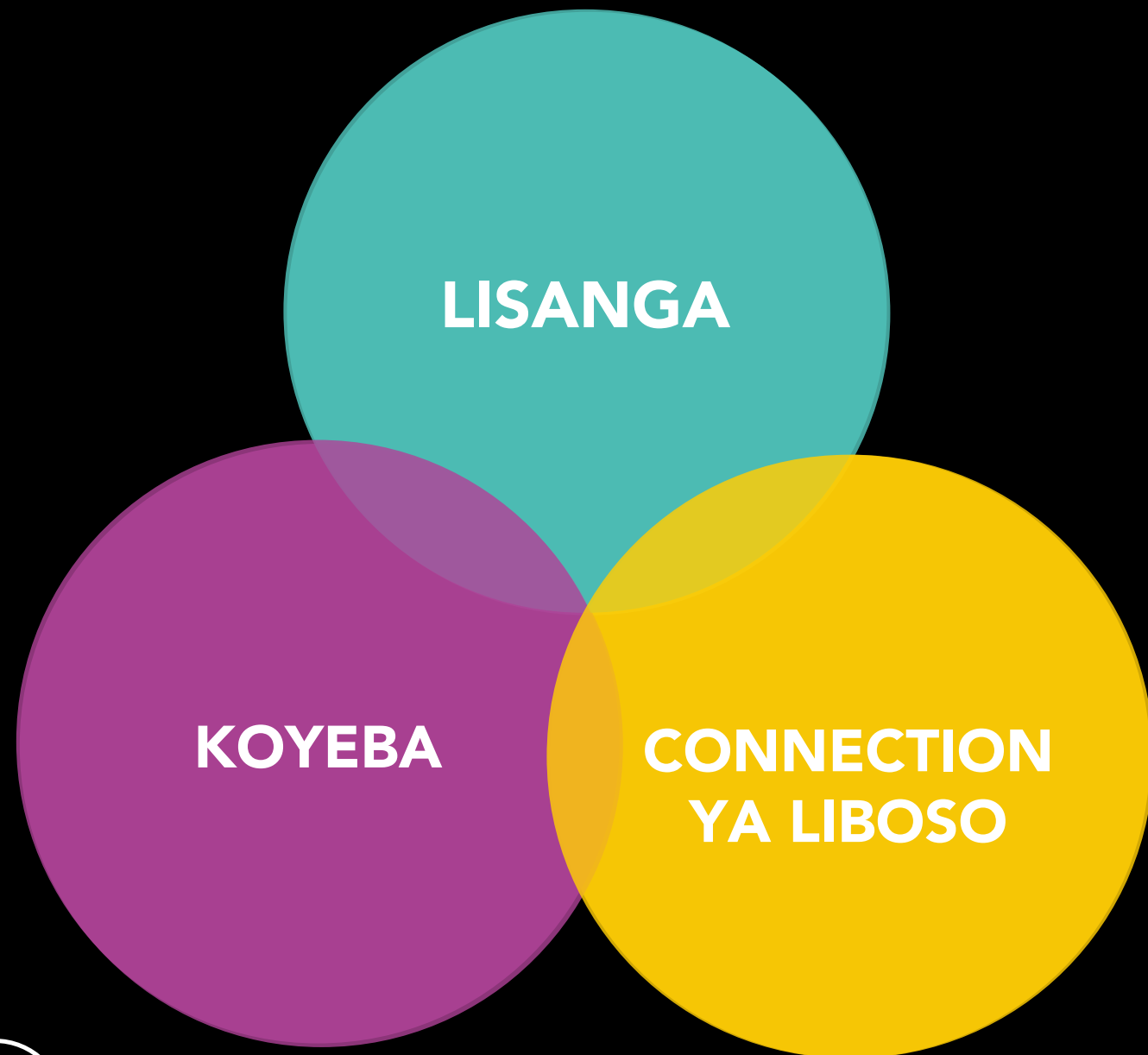
**Bokasi ya nzoto
Système ekangami**



**Ezali na lolenge ya
mayele "Tinking
Brain" ezo kende
hors ligne**

Wana ezali biyano ya physiologique oyo emonanaka mingi oyo ekoki kozala na bopusi na moto oyo azali na mpasi; nzokande liste oyo ezali ya mobimba te mpe ezali te momonisi ya babiki banso.

EFA Mitinda



LISANGA

Moto nyonso oyo abiki azali moto oyo ayebi malamu kobikisa ye moko. Kumisa makasi na bango ya kobotama, mpiko, mayele, koyika mpiko, mpe lotomo na bango ya koyeba bamposa na bango moko.

KOYEBA

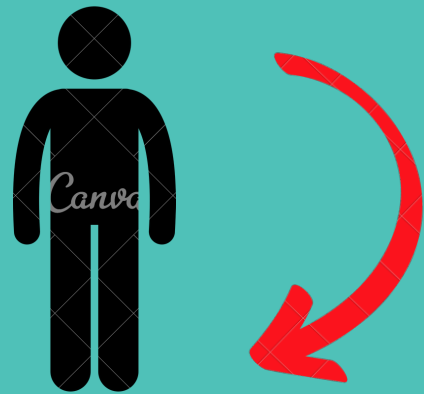
Bokeseni ya mposo, ya mobali to mwasi, ya lingomba, ya kelasi, ya mimeseno, mpe ya nguya mosusu ekoki kobimisa mpe kobakisa mpasi ya motema. Yebá ndenge oyo makambo na yo moko ekoki kokesana na oyo ya moto mosusu. Kosala ba suppositions te. Bopusana penepene na mobiki nyonso na bososoli, na komikitisa, mpe na bokebi.

CONNECTION YA LIBOSO

Koyokela ye mawa, mawa, mpe boyokani ya bato ekoki kosunga moto oyo azali na mpasi mpo ayoka libateli na mayoki, ata ntango esika na ye ekoki kozala te to koyoka libateli te.

Lien positif oyo ekoki ko tampon contre ba impacts négatifs ya long terme ya traumatisme.

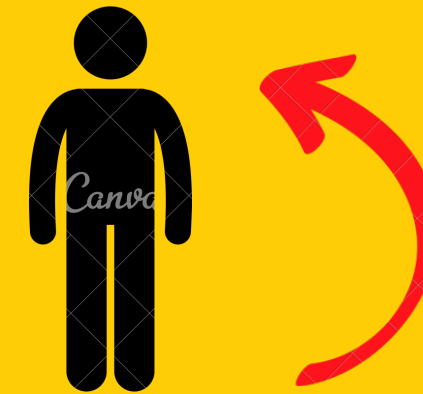
Ndenge ya kosala ya EFA



Likolo na nse

Ntango Cerveau na biso ya Kokanisa ezali libanda ya internet, tokoki te koloba nzela na biso mpo na koyoka ndenge mosusu.

Koloba to kozongela lisolo liboso ete moto azala prêt ekoki kosala lisusu traumatisant.



Na nse Likolo

EFA ezongisaka nzoto liboso na homéostase. Yango epesaka signal na Cerveau Pensant ezonga na internet.

Na sima toyokaka pe to valider mobiki pe totomboli sens ya empowerment personnel.

Matambee ya EFA

1



**KIMYA
NZOTO NA YO**

2



**KOTYA
LIBATELI**

3



**SUNGA BANGO BA
KIMIA NZOTO NA
BANGO**

4



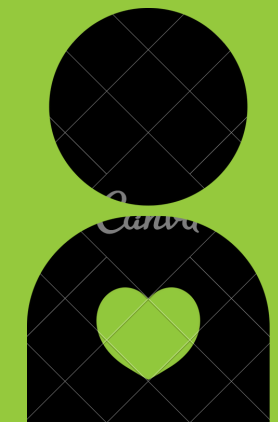
**KOYOKA &
VALIDER NA
NDENGE**

5



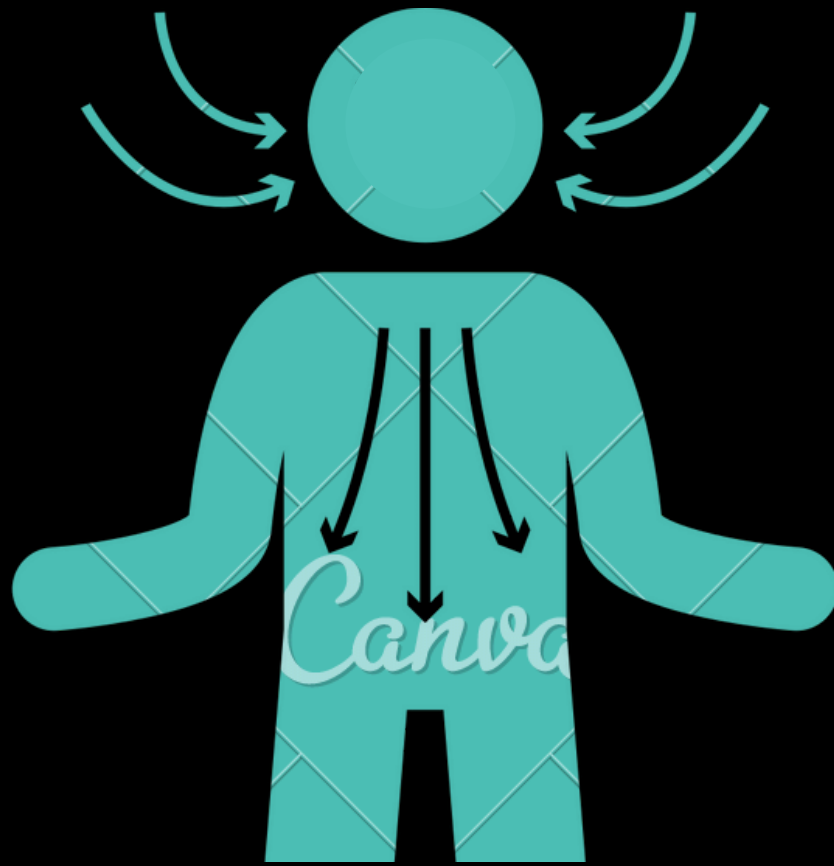
**KOZONGISA
LISANGA**

6



**KOMEKA
KOMIBANDELI**

1



KIMYA NZOTO NA YO

Soki ozali na somo, landa ba étapes ya EFA mpo na komibatela.

Panic ezali contagieuse. Koluka kosalisa basusu ntango ozali na nsomo ekoki kosala mabe mingi koleka bolamu.

Pema mozindo mbala mingi. Soki ntango ezali, tanga kino na 5 na mbala moko na moko ya kopema mpe kobimisa mpema.



KOTYA LIBATELI

Soki likoki ezali, longola moto yango na likama ya nzoto. Talá soki moto yango asengeli kozwa lisalisi ya monganga nokinoki.

Luká esika oyo ezali mwa kimya epai bato bazali na bomoi ya moto ye moko. Yango ekoki kozala pene na efelo to nzete.

Mayoki ya libateli ekeseni na moto na moto. Salisá moto oyo abiki mpo na koyeba makambo oyo basengeli na yango mpo na koyoka ete azali na libateli mpe kobondisama.



SUNGA BANGO KIMISA NZOTO NA BANGO

Bisaleli oyo elandi ekoki kosalisa:

Loba kombo na bango.

Fanda pembeni na bango.

Kimisa bango motema, "Ozali yo moko te. Nazali awa elongo na yo."

Bópema elongo.

Tyá motema na efelo to na nzete.

Tambola elongo.

Komi embrassement na yo moko.

Ekoki kozala koningana, koningana, to konguluma nzembo ya kobondisa.

Ba sens mitano.

Engager moko na moko ya ba sens. Ndakisa Komela mayi to ti. Yoka nsolo ya molona moko. Lia mwa eloko ya kolya. Simbá eloko moko. Talá likoló.

Komi calmer yo moko.

Benga bango ba frotter maboko na bango esika moko pe ba créer chaleur, sima ba tia bango na nzoto esika esengeli.

Konyata, kokima na esika, kopumbwa, koningana.

Yango esalisaka kobimisa ba produits chimiques ya stress na nzoto.

Koganga.

Na compte ya 3, ganga elongo. Soki ezali na likama te, ganga na kati ya oreiller to chemise. To "koganga ya mongongo ya nse."

Kolela.

Oyo ekoki kozala liberation cathartique. Soki bazali kolela kozanga kopekisa, salisá bango bápema malɛmbɛmalɛmbɛ mpe na mozindo.

**Nazali
elongo
na yo**

Nayoki yo

KOYOKA & VALIDER NA NDENGE

Kimbisá bango ete eloko nyonso oyo bakabolaka ezali sekele. Yango esalaka ete bato bázala na libateli.

Kotindika bango na makasi te basolola soki bazali prêť te. Ezali mabe te kofanda na kimia.

Sengá bango báyebisa bango ndenge oyo bazali koyoka. Yoka na molende. Kokatakata maloba te. Kanisa lisusu makambo oyo oyokaki bango koloba.

Tyá makanisi na yo nyonso na mayoki, kasi kaka na lisolo yango te.

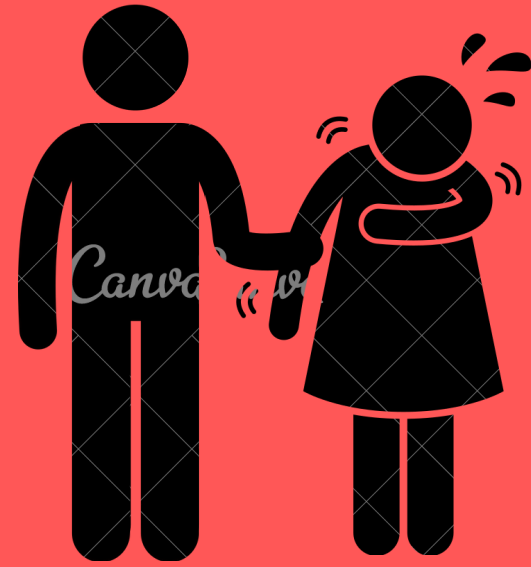
Soki bakangami na traumatisme ya kozongela lisolo, yebisa bango ete basengeli te kokabola sikoyo. Kitisa bango malɛmbɛmalɛmbɛ. Bópema mozindo elongo.

4 BA PHRASE YA LISUSU

Makambo oyo elandi ekoki kosalisa moto oyo abiki ayoka ete amonani, ayoki ye, mpe andimisami:

- Nazali na mawa mingi likambo oyo esalemaki.
- Nayoki yo.
- Yango eyokani mpenza mpasi.
- Nandimi yo.
- Ezali faute na yo te.
- Obongi na likambo oyo te.
- Ezali mabe te koyoka mawa / kobanga / kanda / etc.
- Ezali mabe soki olingi kosolola sikoyo te.
- Bokoki kosolola ntango nyonso oyo bozali pene.
- Zwá ntango nyonso oyo osengeli na yango.
- Nazali awa elongo na yo.
- Ozali yo moko te.
- Na admire courage / force / vulnérabilité na yo.
- Nazali na lolendo mingi mpo na yo.
- Matondo mingi mpo na kokabola.
- Yango ezalaki mpiko mingi.

Nini tosengeleli kokima



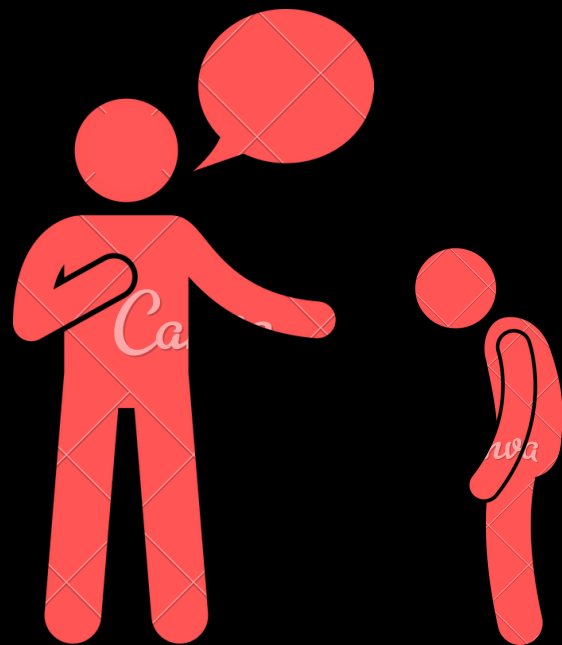
**KOSIMBA
KOZANGA KOTUNA**



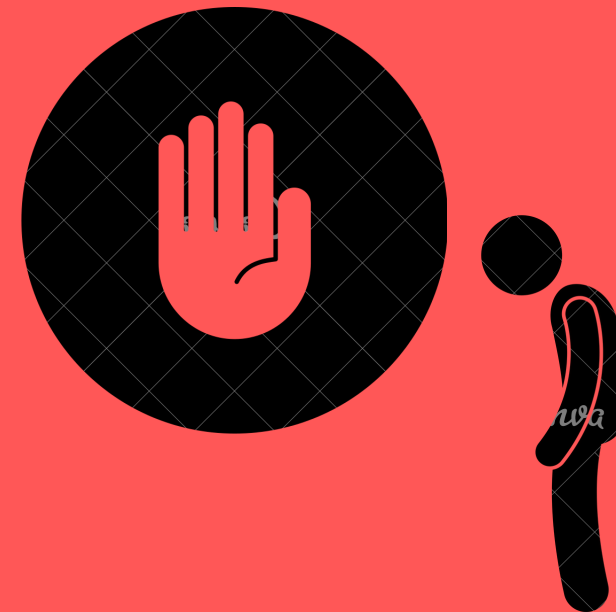
**KO FORCER BANGO
MPO NA KOLOBA**



KOPESA TOLI



**KOZUA LIBOSO
NA LISOLO NA YO**



**INVALIDATION YA
KOSALELA
PASI NA BANGO**

BA PHRASE ESENGELI KOBIMA

Maloba oyo elandi oyo ezali na makanisi malamumu ekoki kosala ete mpasi ya moto oyo abiki ezala na ntina te mpe ekoki komema na komisambisa to koyoka nsɔni mpo na ndenge oyo azali koyoka:

- Okoyoka malamumu na nsima.
- Nionso ekozala bien.
- Nyonso esalemaka mpo na ntina moko boye.
- Oyo ekoleka.
- Zálá kaka na esengo.
- Komitungisa te.
- Shhhhhh, kolela te.
- Meká kobosana likambo yango.
- Kozala na mawa te.
- Meka koyoka mawa / kobanga / etc te.
- Kopema.
- Kimia kaka na motema
- Tika yango kaka ekende.
- Ekoki kozala mabe koleka.
- Ekómelaki ngai, mpe nazali malamumu.
- Zálá na botɔndi.



KOZONGISA LISANGA

"Motó / motema / nzoto na yo eyokaka ndenge nini na échelle ya 1-10?"

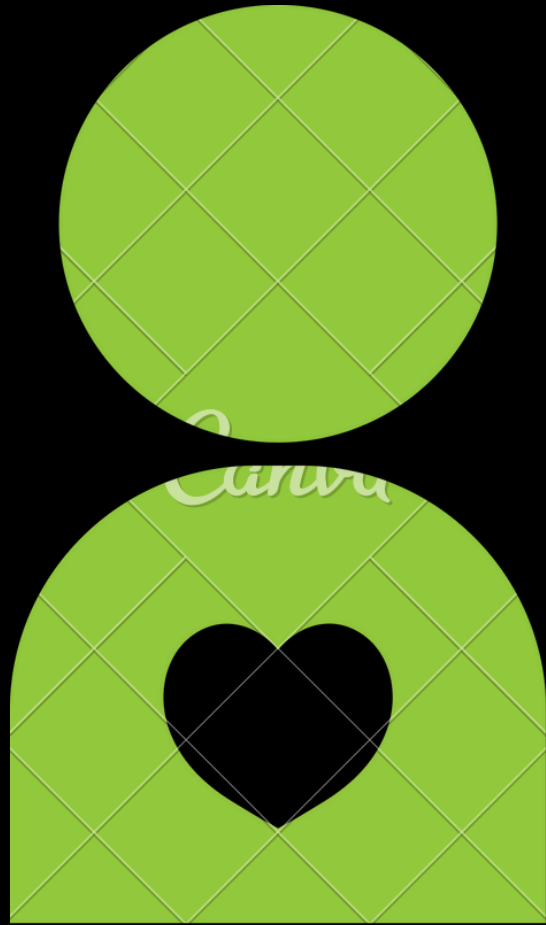
Yango esalisaka bango bámema conscience na état na bango ya lelo. Tuna nini ekoki kosalisa kobongola motango na bango?

"Ndenge nini nakoki kosunga yo sikoyo?"

Tyá likebi na bamposa ya mbala moko mpo na koboya kokanisa makambo oyo eleká to oyo ekosalema na mikolo ezali koya.

Pesá maponi ya pete mpo na kolendisa liyoki ya kopona, nguya, mpe bokonzi.

Eg Olingi ofanda awa to kuna? Olingi mai to tii? Olingi kosolola to kofanda kaka esika moko na kimia?



KOMEKA KOMIBANDELI

Kobatela basusu ekoki kopesa matomba mpe kolɛmbisa.

Ekoki mpe komema na kozika, makambo ya bokolongono, "traumatisme vicarious," mpe ekoki ko réactiver traumatisme na yo moko.

"Motó / motema / nzoto na ngai eyokaka ndenge nini na échelle ya 1-10?"

Mema conscience na ndenge ozali koyoka. Nini ekobongola nimeru na yo?

Kobimisa & Kozongisa sika.

Longola mitungisi to mayoki nyonso oyo okoki kozala na yango na nzoto na yo. Konyata, koningana, koganga, kotambola, kokima, kolela, etc.

Na nsima, salá eloko moko oyo ekoleisa nzoto, makanisi mpe motema na yo. Mela mayi to ti, pema mozindo, lia mwa eloko, kolekisa tango na molingami, etc.

To Connector

Mpo na koyeba makambo mingi, to soki olingi komipesa mpo na kobongola buku oyo na minoko mingi, sangana na nzela ya email to na nzela ya ba media social:



WeAreHealingTogether.org



info@WeAreHealingTogether.org



[@WeAreHealingTogether](https://www.facebook.com/WeAreHealingTogether)



[@WeAreHealingTogether](https://www.instagram.com/WeAreHealingTogether)



[@WeAreHealingTogether](https://www.linkedin.com/company/WeAreHealingTogether)

