

Pastoral Counseling

ခရစ်ဖိတ်ကဟူကယၢ်သးအတၢ်အိၣ်ဆူၣ်အိၣ်ချ့

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Goals of this class

တၢ်မၤလိအတၢ်တိၢ်

<ul style="list-style-type: none"> - To introduce very basic concepts of pastoral counseling and biblical foundation for counseling. - To expose students to some basic counseling skills. - To offer a glimpse of using a selected counseling model. - To present particular information and resources related to family ministry. - To gain an understanding of the importance of self-care. 	<ul style="list-style-type: none"> - ဒ်သီးပၤမၤလိတၢ်ကသ့ၣ်ညါ တၢ်ဂ့ၢ်ခိၣ်ထံးတနီၤ ဘၣ်ယးဒီး ခရံၣ်ဖိတၢ်ကဟူကယၢ် သးအတၢ်အိၣ်ဆူၣ်အိၣ်ချ (pastoral counseling) ဒီး လံာ်စီဆုံအတၢ်ဂ့ၢ်တၢ်ကျိၤအဂံၢ်ခိၣ်ထံးဘၣ်ယးဒီး counseling န့ၣ်လီၤ. - ဒ်သီးပၤမၤလိတၢ်ကန့ၢ်ပၢၢ် counseling အတၢ်သ့တၢ်ဘၣ် အခိၣ်ထံးတဖၣ်. - ဒ်သီး ပၤမၤလိတၢ် ကထံၣ်တဖျးဘၣ်ပဲ ပၤသူ counseling model အဒိအကျါတခါ. - ဒ်သီးပၤမၤလိတၢ် ကမၤန့ၢ် တၢ်ဂ့ၢ်တၢ်ကျိၤတနီၤ ဘၣ်ယးဒီး ခရံၣ်ဖိဟံၣ်ပူၤယီၤပူၤတၢ်သးခုကစီၣ် အတၢ်ဖိးတၢ်မၤ. - ဒ်သီးပၤမၤလိတၢ် ကန့ၢ်ပၢၢ် လၢတၢ်ကဟူကယၢ်လီၤ က့ၤပသး မ့ၢ်အတၢ်ရဲဒိၣ်.
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I. Basic Information about Pastoral Counseling

I. တၢ်ဂ့ၢ်ခိၣ်ထံးဘၣ်ယးဒီး

ခရံၣ်ဖိတၢ်ကဟုကယၣ်သးအတၢ်အိၣ်ဆူၣ်အိၣ်ချ

A. What is counseling?

က. counseling မ့ၢ်တၢ်မနုၤလဲၣ်.

<p>? <i>How do you understand pastoral counseling?</i></p>	<p>? <i>နနၢ်ပၢၢ် counseling ဒ်လဲၣ်.</i></p>
<ul style="list-style-type: none"> – Traditionally, pastoral counseling is called “Soul Care.”¹ – Soul (Hebrew = <i>nepesh</i>, Greek = <i>psyche</i>) basically refers to the whole person. It is not a part of a person but the total self. – Therefore, when you care for the soul, you are caring for the well-being of a person, with a concern for his or her inner life of thinking, feeling, and willing. – True soul care is concerned with the well-being and growth of the whole person. 	<ul style="list-style-type: none"> – ဒ်လုၢ်လၢ်တၢ်ဆဲးတၢ်လၢအသိး, pastoral counseling န့ၣ် ဘၣ်တၢ်ကိးအိၣ် လၢ “တၢ်ကဟုကယၣ်သးသမ္မ” န့ၣ်လီၤ. – သးသမ္မ (ဧၤတြိ - နဲးဖဲးရူ, ဟူးလုၣ် - စၣ်) အဒိပညီ မ့ၢ်ဝဲ ပှၤကညီဒီဂၤအတၢ်မ့ၢ်တၢ် လီၤ. – တမ့ၢ်ပှၤကညီတဂၤအတၢ်မ့ၢ်တၢ် တက့တဒိဘၣ်. – အန့ၣ်သတး, ဖဲနကဟုကယၣ် သးသမ္မ န့ၣ်, မ့ၢ်ဝဲ နကဟုကယၣ် ပှၤကညီဒီဂၤညါ, အိၣ်ဒီးတၢ်သးအိၣ် လၢပှၤအံၤအတၢ်အိၣ်ဆူၣ်အိၣ်ချအဂီၢ် ဒီး ပှၤအံၤအသးသမ္မလၢအကိပှၤဘၣ်ယးဒီး အတၢ်ဆိကမိၣ်, အတၢ်ကလၢၢ်တူၢ်ဘၣ်တၢ်, ဒီး အတၢ်သးအိၣ်တၢ် တဖၣ်န့ၣ်လီၤ. – တၢ်ကဟုကယၣ်သးသမ္မအံၤအိၣ်ဒီးတၢ်သးအိၣ်လၢ ပှၤဒီဂၤညါအတၢ်အိၣ်ဆူၣ်အိၣ်မုၢ်အိၣ်ဘၣ်ဘျီးဘၣ်ဒါ အဂီၢ်ဒီး လၢအတၢ်ဒိၣ်ထီၣ်အဂီၢ်န့ၣ်လီၤ.
<ul style="list-style-type: none"> – Modern pastoral counseling today integrates Christian faith and psychology (the science that deals with mental processes and behavior.) – They integrate Biblical principles with mental health, psychology, and human development theories to treat interpersonal, behavior, emotional, and cognitive disorders. 	<ul style="list-style-type: none"> – မုၢ်မဆိတနံၤအံၤ ခုခါ pastoral counseling ပၣ်ဖျိၣ် ခရံၣ်ဖိအတၢ်တူၢ်တၢ်နၣ် ဒီး သးဂ့ၢ်ဝီပီညါ (စဲအုၣ်တၢ်သ့ၣ်ညါဘၣ်ယးဒီး သးသ့ၣ်ညါဆိကမိၣ် တၢ် ဒီး ပတၢ်အိၣ်မူအိၣ်ဂဲၤ) န့ၣ်လီၤ. – အဝဲသ့ၣ်ပၣ်ဖျိၣ်ဝဲ လံၣ်စီဆ့အတၢ်သိၣ်လိ တဖၣ် ဒီး သးတၢ်ကူစါယါဘျါ, သးဂ့ၢ်ဝီပီညါ, ဒီး ပှၤကညီ အတၢ်ဟဲဒိၣ်ထီၣ်တဆိတဆိအတၢ်သ့ၣ်ညါဒိတဲၣ် တဖၣ် ဒ်သိး ကကူစါယါဘျါ တၢ်တဘၣ်လီၤဘၣ်စး တဖၣ်လၢ အဘၣ်ယးဒီး တဂၤဒီးတဂၤတၢ်ဘၣ်သး

¹ David G. Benner, *Strategic Pastoral Counseling*. (Grand Rapids, MI: Baker Academic, 2003), 14-40.

	အဘဉ်စၵ, တၢ်အိၣ်မူအိၣ်ဝဲ, သးအတူၢ်ဘဉ် အတၢ်ဟူးတၢ်ဝဲ, ဒီး သးအတၢ်သ့ၣ်ညါ တၢ်တဖၣ်န့ၣ်လီၤ.
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B. What is not counseling?

ခ. counseling တမ့ၢ်တၢ်မနုၤလဲၣ်.

<ul style="list-style-type: none"> - Telling people what to do - Lecturing people - Readily dispensing advice - Solving people's problems - Changing people 	<ul style="list-style-type: none"> - တဲပုၤလၢပုၤကဘဉ်မၤဒ်အံၤဒ်လဲၣ်. - စံၣ်တဲၤတဲၤလီၤတၢ်ဆူပုၤအအိၣ်. - ဟ့ၣ်လီၤတၢ်ကူၣ်တၢ်ဖးတဘျီယီ. - မၤဆွဲၣ်ပျီၣ်ပုၤအတၢ်ဝဲၣ်ကိတဖၣ်. - ဆီတလဲပုၤ.
? <i>How can these points present challenges in our culture?</i>	? <i>တၢ်တဖၣ်လၢဘဉ်တၢ်ပၣ်ဖျါအိၣ်လၢထးန့ၣ် ကဲထီၣ် တၢ်ဝဲၣ်ကိတဖၣ်လၢပတၢ်ဆဲးတၢ်လၢအပူၤသ့ဒ်လဲၣ်.</i>

C. What is involved in soul care?

ခ. တၢ်ကဟုကယၢ်သးသမူအတၢ်မၤမ့ၢ်အိၣ်အသးဒ်လဲၣ်.

<ol style="list-style-type: none"> 1. Healing: Help someone overcome an impairment and move toward wholeness. 2. Sustaining: Help a hurting person endure and transcend devastating circumstances. 3. Reconciling: Help rebuild broken relationships. 4. Guiding: Help a person make wise choices with the aim to grow spiritually.² 	<p>၁. တၢ်ကူၣ်စါယါဘျါ - မၤစၵပုၤဒ်သိးအကလဲၤဒီဖျါမၤနုၤ တၢ်သးဟးဂီၤတၢ်တလၢတပျဲၤသ့ၣ်တဖၣ် ဒီး သးအသးလၢကျဲဆူ တၢ်ဝဲၣ်အလၢအပျဲၤအအိၣ် န့ၣ်လီၤ.</p> <p>၂. တၢ်ဒုးအိၣ်ကအိၣ်ဒီးဒုးမူဒုးဝဲ - မၤစၵပုၤဒ်သိး ပုၤလၢအဘဉ်ဆူးဘဉ်ဆါ အသ့ၣ်ဘဉ်ဒီးသးဘဉ်ဒီး ကအိၣ်စံၣ် အိၣ်ကျၢၤလၢတၢ်တူၢ်ဘဉ်အပူၤဒီး ကစီၣ်ထီၣ်ဖီအသး ထီၣ်ထီၣ်န့ၣ်ဒ်တၢ်အိၣ်အသးသ့ၣ်တဖၣ်လၢအမၤဟးဂူၣ် ဟးဂီၤတၢ်တဖၣ်န့ၣ်လီၤ.</p> <p>၃. တၢ်မၤယူမၤဖိးမၤဘဉ်လိာ်ဖိးမံတၢ် - မၤစၵပုၤ ဒ်သိး အကက့ၤဘျီကဒါက့ၤတၢ်ရူၤလိာ်မုၢ်လိာ်လၢအဟးဂူၣ် ဟးဂီၤကွံာ် တဖၣ်န့ၣ်လီၤ..</p> <p>၄. တၢ်န့ၣ်လိတၢ် - မၤစၵပုၤဒ်သိး အကအိၣ်ဒီး တၢ်ယုထၢ အဘဉ်တဖၣ် လၢကဒုးဒိၣ်ထီၣ် အိၣ်လၢနီၤသး န့ၣ်လီၤ.</p>
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² William V. Arnold, *Introduction to Pastoral Care*. (Philadelphia, PA: The Westminster Press, 1982), 78.

<ul style="list-style-type: none"> – According to David G Brenner, “<i>Pastoral counseling involves the establishment of a time-limited relationship that is structured to provide comfort for troubled persons by enhancing their awareness of God’s grace and faithful presence and thereby increasing their ability to live their lives more fully in the light of these realizations.</i>” 	<ul style="list-style-type: none"> – David G Brenner စံးလာ, “ <i>Pastoral counseling မှတ်တမ်းရှုလိပ်မုခ်လိပ်လာတစ်ဆာကတိတ်ခါ အပူလာ အအိတ်ဒီးတင်သုးကျဲတိတ်ကျဲ န်သိး ကမမုခ်သုတ် မုခ်သး ပုတဂါလာအိတ်ဒီးတင်ကိတ်ခဲ ခီဖျိ တင်မါ အါထီဂ်ဂုထီဂ်ပုအံအတင်သုတ်ညါဘတ်သးဒီး ယွါအဘျူးအဖျိတ် ဒီး ယွါအတင်အိတ်ယုတ်တိဒီးအါ ထီဘိ ဒီး ကမမုခ်သုတ်ပုအံအတင်အိတ်သုအိတ်န့ လာ အတင်သုတ်ညါအံတဖ်အတင်ကပီအဖီလတ် အဂီန့လီ.</i>”
<p>Soul-care empowers people by helping them to ...</p> <ul style="list-style-type: none"> – Analyze their behavior, emotions, and relationships. – Communicate their thoughts and feelings constructively. – Process their anxiety, depression, and anger that show up in many forms. – Deal with pain and sadness and work through the losses. – Find meaning in life in the love and grace of God. 	<p>တင်ကဟုကယတ်သးသမူ ဟုတ်စိဟုတ်ကမီ ပုကညီ ခီဖျိ အမေစာအီလာ --</p> <ul style="list-style-type: none"> – တင်ပဲင်ထံနီဖး အတင်အိတ်မူအိတ်ဂဲ, အသးအတင် ဟူးတင်ဂဲ, ဒီး အတင်ရှုလိပ်မုခ်လိပ်တဖ်. – တင်ဆဲးကျဲစိတ်ဆွါ အတင်ဆိကမိတ် ဒီး အတင်တူဂ်ဘတ် ခိတ်ဘတ်တင်တဖ် လာကျဲလာအကဲဘျူးမဂုထီဂ်တင်. – တင်ဆိကမိတ်ဟံးဂုဂီမါ အတင်သုတ်ကိတ်သးဂီ, တင်သးဟးဂီအဒိတ်အမုဂ်, ဒီး တင်သုတ်ဒိတ်သးဖျိး တဖ် လာအဟဲဖျိထီဂ်လာအချာလာကွဂီအါမံ. – တင်လဲခီဖျိ တင်တူဂ်ဘတ်တင် ဒီး တင်သုတ်အုးသးအုး ဒီး တင်လီမင်တဖ်လာသးသမူအပူ. – တင်ယုထံန့ သးသမူအခီညီလာ ယွါအတင်အံဒီး အဘျူးအဖျိတ်အပူ.
<p>? <i>How is your church already involved in soul care?</i></p> <p>? <i>How can we do better?</i></p>	<p>? <i>နတင်အိတ်ဖျိတ်မပါပင်စာ တင်ကဟုကယတ်သးသမူ အတင်မါ န်လဲ.</i></p> <p>? <i>နမဂုထီဂ်တင် ကသုဒ်လဲ.</i></p>

D. What is the role of the pastoral counselor?

၈. Pastor counselor နှစ်မါတင်မနုလဲ.

<ul style="list-style-type: none"> – Represent religious beliefs and values. Bring Christian meaning to bear on human problems. 	<ul style="list-style-type: none"> – အဝဲကဲဝဲ တင်ဘျုတ်တင်ဘါ အတင်စူဂ်တင်နင် (လာခရံအပူ) ဒီး အတင်ပင်လုင်ပင်ပွါတင် တဖ် အခါစးန့လီ. အဝဲဟဲစိတ် ခရံဖိအတင်စူဂ်
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<ul style="list-style-type: none"> – 42% of Americans reported to visit ministers first when facing problems.³ 	<ul style="list-style-type: none"> – တၢ်န့ၣ် အခီပညီတဖၣ် ဆူပုၤကညီအတၢ်ကီၢ်တၢ်ခဲတဖၣ်န့ၣ်လီၤ. – ပုၤသ့ၣ်ညါဘၣ်လၢ ပုၤအမဲရံကၤဖိ ၄၂% န့ၣ်လဲၤထီၣ်ဝဲ တၢ်အိၣ်ဖျိၣ်သရၣ်ဖဲအကွၢ်ဆၢၣ်မဲၣ်ဘၣ်တၢ်ကီၢ်တၢ်ခဲအခါန့ၣ်လီၤ.
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E. What are the goals of pastoral counseling?

ဃ. Pastoral counseling အတၢ်တိၣ်တဖၣ်မ့ၢ်မနုၤလဲၣ်.

<ul style="list-style-type: none"> – Help people understand their problems and their lives in the light of their relationship with God, and then to live more fully in the light of this understanding. – Bring those who seek help into contact with the Ultimate Healer, our Lord and Savior Jesus Christ. – Bring those who seek help into contact with the healing resources within the church and the community. – Healing comes from God and therefore pastoral counselors help people with spiritual formation and growth, the formation and growth of the character of Christ within people. – Remember, even pastors cannot change people. Only God can. 	<ul style="list-style-type: none"> – မၤစၢပုၤဒ်သီးအဝဲသ့ၣ်ကနုၢ်ပၢၢ်အတၢ်ကီၢ်တၢ်ခဲတဖၣ်ဒီး အတၢ်အိၣ်မူ လၢတၢ်ရဲလိာ်မုၢ်လိာ်ဒီးကစၢ်ခရံၣ်အတၢ်ကပီၤအပူၤ ဒီး ကအိၣ်ဝဲဆိးဝဲအါထီၣ်လၢတၢ်နုၢ်ပၢၢ်အတၢ်ကပီၤအပူၤန့ၣ်လီၤ. – ဟဲစိၣ်ပုၤသ့ၣ်တဖၣ်လၢအယုတၢ်မၤစၢ ဆူပုၤမၤဘျါတၢ်အိၣ်ကတၢ်အထီကတၢ်, ပယွၤကစၢ်, ပုၤလၢအအုၣ်က့ၤဒိၣ်က့ၤပုၤ ယုၣ်ရှုးခရံၣ် န့ၣ်လီၤ. – ဟဲစိၣ်ပုၤသ့ၣ်တဖၣ်လၢအယုတၢ်မၤစၢ ဆူတၢ်မၤဘျါအတၢ်မၤစၢတဖၣ်လၢအအိၣ်လၢတၢ်အိၣ်ဖျိၣ် အပူၤဒီး တၢ်တဝါအပူၤန့ၣ်လီၤ. – တၢ်မၤဘျါက့ၤတၢ်ဟဲဒၣ်ထဲလၢယွၤအအိၣ်အယိ pastoral counselors မၤစၢပုၤသ့ၣ်တဖၣ် လၢသ့ၣ်ဝုၢ်သးကျိၤ အတၢ်တုၤထီၣ်ဘျီထီၣ်တၢ် ဒီးအတၢ်ဒိၣ်ထီၣ်လၢသးအကံၢ်အလဲပူၤ လၢ အမၤထွဲယွၤအသကံၢ်ပဝး, အဒိအတဲၣ်န့ၣ်လီၤ. – သ့ၣ်နီၣ်တက့ၢ်. pastors ဒၣ်လဲၣ်ဆီတလဲပုၤအတၢ်အိၣ်မူ တသ့ဘၣ်. ထဲဒၣ်ယွၤမၤသ့လီၤ.
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F. What kind of people get counseling?

င. ပုၤဒ်လဲၣ်သ့ၣ်တဖၣ် ဟဲယုဒီးဝဲ counseling လဲၣ်.

<p>Myth:</p> <ul style="list-style-type: none"> – Weak people – Crazy people – People with many problems 	<p>တၢ်တဲယဲၤမုၢ်န့ၢ် -</p> <ul style="list-style-type: none"> – ပုၤလၢအစၢ်အပွဲၣ်သ့ၣ်တဖၣ်. – ပုၤလၢအပျူၢ်အခိၣ်န့ၣ်တဘျီလိာ်ဘၣ်စးတဖၣ်.
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³ David G. Benner. 35.

	<ul style="list-style-type: none"> — counselors လာ လုပ်အိပ်လုပ်အိပ်သေးမှုလာတင်မလဲ — ခံအံ့ လာ အိပ်ဒီးကံစိတ်သုတင်ဘဉ် — ပွါကူစါယါဘျါဘဉ်ဃးဒီး တင်တုတင်ဖျါဒီးဟံဉ်ဖိယိဖိ အတင်ဂွါတင်ကျါတဘဉ်လီၤဘဉ်စးတဖဉ်
? What other resources may also be available in our communities?	? လၢနတၢ်တဝါအပူၤန့ဉ် တၢ်မၤစၢၤအဂၤမနုၤတဖဉ်အိဉ်လဲဉ်.

H. What ethical principles should pastoral counselors follow?

ဆ. တၢ်သိဉ်တၢ်သီတၢ်ကြးမၤဂ့ၤမၤလၢ Pastoral Counselors ကြးလုၢ်ပိဉ်ထွဲတဖဉ် မ့ၢ်တၢ်မနုၤလဲဉ်.

<p>Ethical Principles⁴:</p> <ol style="list-style-type: none"> Promote autonomy <ul style="list-style-type: none"> Remember, you are to help people understand their problems and their lives in the light of their relationship with God. Do not diminish their own ability to make decisions. Respect their boundaries. Promote beneficence <ul style="list-style-type: none"> Respect privacy and practice confidentiality Keep excellent records Prevent maleficence <ul style="list-style-type: none"> Protect people from possible harm (harming self and others) Do not exploit the privileged relationship. You are in a position of power. Avoid practicing beyond your competence Promote trustworthiness <ul style="list-style-type: none"> Fair distribution of benefits and burdens Keep promises Fulfill responsibilities 	<p>တၢ်သိဉ်တၢ်သီတၢ်ကြးမၤဂ့ၤမၤ -</p> <ol style="list-style-type: none"> ဒုးအိဉ်အါထီဉ်ထီထီဉ်နီၢ်ကစၢ်တၢ်ပၤလီၤသး <ul style="list-style-type: none"> သ့ဉ်နီဉ်လၢ နမ့ၢ်ပွါလၢအမၤစၢၤ ပွါသ့ဉ်တဖဉ် ခံသီးကနၢ်ပၤဂဲအတၢ်ကီတၢ်ခဲတဖဉ်ဒီး အတၢ်အိဉ်မူ လၢတၢ်ရူလိာ်မုာ်လိာ်သးဒီး ယွၤအတၢ်ကပီၤ အဖီလၢလီၤ. တဘဉ်ထံဉ်ဆဲးမၤဆဲး အဝဲသ့ဉ်အနီၢ်ကစၢ် အတၢ်သ့တၢ်ဘဉ်လၢကမၤဝဲတၢ်ဆၢတဲဉ်တဖဉ် တဂ့ၤ. ပာ်ကဲအဝဲသ့ဉ်အသးသမူအလီၢ်အဆၢ တက့ၢ်. ဒုးအိဉ်အါထီဉ်ထီထီဉ်တၢ်မၤဂ့ၤ, တၢ်မၤဘျူးမၤဖျိဉ်, တၢ်မၤစၢၤ <ul style="list-style-type: none"> ပာ်ကဲပွါအတၢ်အိဉ်သဒံဉ်သဒၢသးတက့ၢ်. တၢ်ဂ့ၢ် တၢ်ကျါတဖဉ်န့ဉ် နကြးပာ်တဒၢအီၤလီၤ. အိဉ်ဒီး တၢ်ကွဲးနီဉ်ကွဲးယါ အဂ့ၤကတၢ်. ဒီတဒၢတြီယာ် တၢ်မၤဆါမၤဘဉ်ဒီတၢ် <ul style="list-style-type: none"> ဒီတဒၢပွါသ့ဉ်တဖဉ်လၢတၢ်မၤဆါမၤဘဉ်ဒီ (မၤဆါမၤဘဉ်ဒီလိာ်က့ၤအသး (မ့) ပွါအဂ့ၤ). တဘဉ်ဟံးန့ၢ်တၢ်ခွဲးတၢ်ယာ်လၢ နတၢ်ရူလိာ် မုာ်လိာ်လီၤဆီလၢပွါသ့ဉ်တဖဉ်အံၤအလီၤ
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⁴ S. Allen Wilcox, Theodore P. Remley, Jr., and Samuel T. Gladding, *Ethical, Legal, and Professional Issues in the Practice of Marriage and Family Therapy*. 5th ed. (Upper Saddle River, NJ: Merrill Prentice Hall, 2006), 43-44.

	<p>တဂုၤ. နမ့ၣ်ပှၤလၢအအိၣ်လၢတၢ်စိကမီၤ တၢ်လီၤတၢ်လၢ အလီၤန့ၣ်လီၤ.</p> <p>၄. ဒုးအိၣ်အါထီၣ်ထီၣ်တၢ်န့ၣ်န့ၣ်န့ၣ်</p> <ul style="list-style-type: none"> — တၢ်နီၤလီၤ တၢ်ဘျးတၢ်ဖျိၣ် ဒီး တၢ်ဝံတၢ်ယိး လၢတက့ၢ်မဲၣ်တၢ်အပူၤ. — တီၤဒီးနတၢ်အၢၣ်လီၤအီၤလီၤ. — မၤလၢပဲၤနမူဒါ.
<p>? <i>Why is it important to abide by these ethical principles?</i></p> <p>? <i>What if we violate any principle? What would be the consequences? Provide an example.</i></p> <p>? <i>Which ethical principle might be more challenging to follow in our culture?</i></p>	<p>? <i>ဘၣ်မနုၤအရူၤဒိၣ်လၢ နကလုၢ်ပိၣ်ထွဲ တၢ်သိၣ်တၢ်သီ တၢ်ကြးမၤဂ့ၤမၤတဖၣ်အံၤလဲၣ်.</i></p> <p>? <i>ပမ့ၢ်လုၢ်သ့ၣ်ခါပတၢ်အသိကဘၣ်မနုၤလဲၣ်. တၢ်မနုၤကလုၢ်ပိၣ်ထွဲထီၣ်လဲၣ်. ပၣ်ဖျါထီၣ်အဒိ.</i></p> <p>? <i>လၢပတၢ်ဆဲးတၢ်လၢအပူၤ, တၢ်သိၣ်တၢ်သီ တၢ်ကြးမၤဂ့ၤမၤ လၢလဲၣ်တခါ အကဲထီၣ် တၢ်ကီတၢ်ခဲ သ့ၣ်လဲၣ်.</i></p>

II. Biblical Foundation for Counseling

II. တၢ်ကဟ့ုကယၢ်သးအတၢ်အိၣ်ဆူၣ် အတၢ်အိၣ်သ့ၣ်လီၤအသး လၢလံာ်စီဆုံအပူၤ

A. To comfort and give hope in Christ

က. ဒ်သီးနကမၤမုၢ်ပူၤဒီးဟ့ၣ်ထီၣ်တၢ်မုၢ်လၢၤခရံၣ်အပူၤ

<p>– Jesus has called the church to be a beacon of light and hope to those who suffer affliction.</p>	<p>– ကစၢ်ယုၣ်ရှုးကိးတၢ်အိၣ်ဖျိၣ်လၢအကဲထီၣ်တၢ်ကပီၤဒီးတၢ်မုၢ်လၢၤပူၤသ့ၣ်တၢ်တဖၣ် လၢအတူၢ်ဘၣ်ခိၣ်ဘၣ်တၢ်တဖၣ်အဂီၢ်န့ၣ်လီၤ.</p>
<p>– We are called to comfort others with the comfort we ourselves have received:</p> <p><i>2 Corinthians 1:3-5 – Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, ⁴who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. ⁵For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ.</i></p>	<p>– ပဘၣ်တၢ်ကိးပုၤလၢ ကပမၤမုၢ်ပူၤအသးလၢ တၢ်မၤမုၢ်လၢပနီၢ်ကစၢ်မၤန့ၢ်လၢခရံၣ်အိၣ်လီၤ.</p> <p>၂ ကရံၣ်သ့း ၁:၃-၅ - ယွၤပကစၢ်ယုၣ်ရှုးခရံၣ်အပၢ်, တၢ်သးကညီၤအပၢ်, ဒီး တၢ်မၤမုၢ်ခဲလၢာ်အကစၢ်, မိၤအဘၣ်တၢ်စးထီၣ်ပတြၢအီၤတက့ၢ်. အဝဲဒၣ်မၤမုၢ်ထီၣ်ပုၤလၢပတၢ်နးတၢ်ဖျိၣ်ခဲလၢာ်အပူၤ, ဒ်သီးပကမၤမုၢ်ထီၣ်ပုၤလၢအဘၣ်တၢ်နးတၢ်ဖျိၣ်တမံၤမံၤ, လၢတၢ်မုၢ်လၢယွၤမၤမုၢ်ပသးန့ၣ်လီၤ. အဂ့ၢ်ဒ်အံၤ, ဒ်ခရံၣ်အတၢ်နးတၢ်ဖျိၣ်အါဝဲဂီၢ်ဝဲလၢပပူၤအသီးန့ၣ်, တၢ်မၤမုၢ်ထီၣ်ပုၤလၢခရံၣ်အယိ, အါဝဲဂီၢ်ဝဲဒ်န့ၣ်အသီးလီၤ.</p>
<p>? <i>Many people think when God comforts us, our troubles disappear. If that were the case, what would happen?</i></p>	<p>? <i>ပုၤအါဂၤဆိကမိၣ်လၢ ဖဲယွၤမၤမုၢ်ပသးအခါ ပတၢ်ကီၢ်တၢ်ခဲလၢာ်တဖၣ်ဟါမၤကွံာ်ဝဲန့ၣ်လီၤ. မ့မ့ၢ်ဒ်န့ၣ်ဒီး တၢ်မၤန့ၣ်ကကဲထီၣ်အသးလဲၣ်.</i></p>
<p>– The Holy Spirit gives us wisdom on how to comfort others.</p> <p><i>John 14:26 – But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.</i></p> <p><i>Romans 8:26 – In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.</i></p>	<p>– သးမုၢ်စီဆုံဟ့ၣ်ပုၤတၢ်ကူၣ်ဘၣ်ကူၣ်သ့ လၢပကမၤမုၢ်ပူၤအဂၤအသးန့ၣ်လီၤ.</p> <p>ယီၤဟ့ၣ် ၁၄:၂၆ - ဘၣ်ဆၣ်ဒီးပုၤမၤစၢၤတၢ်, သးစီဆုံလၢပၢ်မၤလီၤအီၤလၢယမံၤ, အဝဲဒၣ်ကသိၣ်လိသ့လၢတၢ် ခဲလၢာ်, ဒီးကဒူးသ့ၣ်နီၣ်ထီၣ်က့ၤ သ့လၢတၢ်လၢယစးဘၣ်တဲဘၣ်သ့ခဲလၢာ်လီၤ.</p> <p>ရိမုၤ ၈:၂၆ - ဒ်န့ၣ်အသီး, သးန့ၣ်မၤစၢၤပဂံၢ်စၢ်ပဘါစၢ်တဖၣ်လီၤ. အဂ့ၢ်ဒ်အံၤ, တၢ်လၢပဝုၤယုၤဘါထုကဖၣ်တၢ်</p>

	နဲ့၊ ပတ်သက်သည့်အားဖြင့် မှန်ကန်သော အကောင်အထည်ဖော်မှု၊ ယူနိုက်တက်အိတ်ဒီး တက်ကအာကွာလီယာပေးတတ်တတ် တသွားတတ်လီ။
<p>? When was the last time you did not know how to pray or comfort others, but the Holy Spirit helped you?</p> <p>? Have you ever had a conversation with the Holy Spirit?</p>	<p>? လာပြီ၊ ဖဲနတသွက်ညါလါ၊ နကဘက်ဘါထုကဖန်ဒ်လဲ၊ နကဘက်မာမုတ်ပုအသးဒ်လဲ၊ သနက်က သးစီဆုံမာစာနာနဲ့ အိတ်တဘျီဘျီနီ။</p> <p>? နကတိသကိးတင်လါသးစီဆုံတဘျီဘျီနီ။</p>
<p>— God gives us a future and hope.</p> <p>Jeremiah 29:11-14 – For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future. ¹Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you,” declares the LORD, “and will bring you back from captivity. I will gather you from all the nations and places where I have banished you,” declares the LORD, “and will bring you back to the place from which I carried you into exile.</p>	<p>— ကစာယွဟုတ်ပု၊ ခါဆူညါတင်အိတ်မူ ဒီး တင်မုလ်လ် နဲ့လီ။</p> <p>ယံးရမံယ၊ ၂၉:၁၁-၁၄ - အဝ်ဒ်အံယသွက်ညါ တင်ကူင် လာယကူင်ထီင်လာသုဂီ၊ ယွဟံးဝဲဒ်၊ တင်ကူင်ဘက်ယးဒီး တင်ယူတင်ဖိး၊ ဘက်ယးဒီးတင်အာတမုတ်ဘက်။ ဒ်သီးယက ဟုတ်သုကတင်အိတ်ဒီးတင်မုလ်လ်လီ။ ဒီး သုကကိးထီင် ယ၊ ဒီး သုကလဲဘါထုကဖန်တင်လါယ၊ ဒီး ယက ကနုတ်သုကလုလီ။ ဒီး သုကယုယ၊ ဒီး တုသုယုယ၊ လာသုသးဒီးဖျာညါဒီးသုထံင်နုလ်လီ။ ဒီးယွဟံးဝဲဒ် သုကထံင်နုလ်ဒီးယကဒုးကဲကုသုလါသုလဲကဲကုအလီ၊ ဒီးယကထာဖျာညါသုလါကယံပုအလုတ်အကျ၊ ဒီးလါကယံ တင်အလီဖဲယဟီထီင်ကွတ်သုလီ။ ယွဟံးဝဲဒ်၊ ဒီးယကဒုး ဟဲကုကဒါကုသုဆူတင်အလီ ဖဲယမာတင်စိမာကဲကု သုလီ။</p>
<p>? What is hope?</p> <p>? How do we speak hope in what is seemingly a hopeless situation?</p>	<p>? တင်မုလ်မုတ်တင်မုနုလဲနု။</p> <p>? ပကကတိတင်မုလ်လ်အတင်ကတိ လါတင်အိတ်အသး လာဖျါလာတင်မုလ်လ်တင်အိတ်လါဘက် အပူကသု ဒ်လဲနု။</p>

B. Imago Dei (Image of God)

ခ. အမာကိဒု (ယွအကုအဂီ)

Genesis 1:26 – “Then God said, “Let us make mankind in our image, in our likeness...”	၁မိၤၤ ၁:၂၆ - ဒီးယွဟံးဝဲဒ်၊ “မိပတုလီ၊ ပုကညီဒ်ပဂီဒ်ပဝဲ အသီး၊ ဒ်ပကစာပဝဲအသီးတကုၤ . . .”
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<p>Human Identity Christ⁵</p> <ol style="list-style-type: none"> 1. John 1:12, 1 Peter 2:9 (You are a child of God, and you belong to him.) 2. Romans 8:35-39 (You are loved by God, and nothing can separate you from his love.) 3. Ephesians 1:4 (You are chosen by God.) 4. John 17:9, 12, 14 (You are a gift to Jesus from God.) 5. Romans 8:28, 30 (You have been called by God.) 6. John 17:9, Hebrews 7:25 (You are in Jesus' prayers.) 7. Ephesians 2:18, 3:12 (You have access to God through Jesus.) 8. Colossians 2:13-14 (You are forgiven and your sin debt is paid.) 9. Romans 8:1 (You are not condemned.) 10. Philippians 4:13 (You are strengthened for all tasks to which God calls you.) 11. Ephesians 2:10, Philippians 1:6, 2:13 (You are God's handiwork.) 12. 1 Corinthians 6:19, John 14:16 (Your body is the Holy Spirit's abode.) 13. John 6:47 (You have everlasting life.) 14. John 10:10 (You have abundant life.) 15. Romans 5:1 (You have peace with God through the Lord Jesus Christ.) 16. Philippians 4:7 (You have the peace of God which transcends understanding.) 17. Colossians 1:13 (You have been rescued from the dominion of darkness and brought into the kingdom of God's son.) 	<p>— ပုဂ္ဂိုလ်အားလုံးအတွက်ခရစ်တော်</p> <ol style="list-style-type: none"> ၁. ယိဟုန် ၁:၁၂, ၁ ပုဒ်တစ်ပုဒ် (နမူနာအဖြစ် ဦးနှောက်ထဲသို့ထည့်သွင်းပါ။) ၂. ရိုမန် ၈:၃၅-၃၉ (နတ်ဘုံအတွက်ခရစ်တော်အားလုံးအတွက်ခရစ်တော်သည်။) ၃. အဲဖေဆီးယား ၁:၄ (နတ်ဘုံအတွက်ခရစ်တော်အားလုံးအတွက်ခရစ်တော်သည်။) ၄. ယိဟုန် ၁:၃၆, ၁၂, ၁၄ (နမူနာအဖြစ် ဦးနှောက်ထဲသို့ထည့်သွင်းပါ။) ၅. ရိုမန် ၈:၂၈, ၃၀ (နမူနာအဖြစ် ဦးနှောက်ထဲသို့ထည့်သွင်းပါ။) ၆. ယိဟုန် ၁:၃၆, ဧဖေဆီးယား ၁:၄ (ခရစ်တော်အားလုံးအတွက်ခရစ်တော်သည်။) ၇. အဲဖေဆီးယား ၂:၁၈, ၃:၁၂ (တရားရရှိရန်အတွက်ခရစ်တော်အားလုံးအတွက်ခရစ်တော်သည်။) ၈. ကလီးစ ၂:၁၃-၁၄ (နတ်ဘုံအတွက်ခရစ်တော်အားလုံးအတွက်ခရစ်တော်သည်။) ၉. ရိုမန် ၈:၁ (နတ်ဘုံအတွက်ခရစ်တော်အားလုံးအတွက်ခရစ်တော်သည်။) ၁၀. ဖိလိပ်ပိုင် ၄:၁၃ (နတ်ဘုံအတွက်ခရစ်တော်အားလုံးအတွက်ခရစ်တော်သည်။) ၁၁. အဲဖေဆီးယား ၂:၁၀, ဖိလိပ်ပိုင် ၁:၆, ၂:၁၃ (နမူနာအဖြစ် ဦးနှောက်ထဲသို့ထည့်သွင်းပါ။) ၁၂. ၁ ကရိုနိုက် ၆:၁၉, ယိဟုန် ၁:၄ (နမူနာအဖြစ် ဦးနှောက်ထဲသို့ထည့်သွင်းပါ။) ၁၃. ယိဟုန် ၆:၄၇ (နမူနာအဖြစ် ဦးနှောက်ထဲသို့ထည့်သွင်းပါ။) ၁၄. ယိဟုန် ၁:၁၀ (နမူနာအဖြစ် ဦးနှောက်ထဲသို့ထည့်သွင်းပါ။) ၁၅. ရိုမန် ၅:၁ (နမူနာအဖြစ် ဦးနှောက်ထဲသို့ထည့်သွင်းပါ။) ၁၆. ဖိလိပ်ပိုင် ၄:၇ (နမူနာအဖြစ် ဦးနှောက်ထဲသို့ထည့်သွင်းပါ။) ၁၇. ကလီးစ ၁:၁ (နမူနာအဖြစ် ဦးနှောက်ထဲသို့ထည့်သွင်းပါ။) ၁၈. ဖိလိပ်ပိုင် ၄:၁၉ (နမူနာအဖြစ် ဦးနှောက်ထဲသို့ထည့်သွင်းပါ။)
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⁵ Sandra D. Wilson, *Released from Shame*. (Downers Grove, IL: InterVarsity, 2002), Appendix A.

<p>18. Philippians 4:19 (You have all your needs met according to God's glorious riches in Christ Jesus.)</p>	
<ul style="list-style-type: none"> - Always see people as children of God, created in His image not matter what kind of mess they are in. - Remember that God died for sinners. - Remember that your value is in Christ when you encounter trials. - Help them free themselves from the problem-saturated stories. - Get to know the problem separate from the person. <ul style="list-style-type: none"> ≈ When did the problem first enter your life? ≈ What was going on with you then? ≈ What were your first impressions of the problem? ≈ Have they changed? ≈ Who else is affected by the problem? 	<ul style="list-style-type: none"> - ထိဘိထံပျက်ကိစ္စလေးများပေါ်လွင်လာပြီး လာယွေတုလီလေးအကွက်အင်္ဂါတကွက်၊ အဝဲသွန်မှန်အိပ် လာသေးသမူအတင်သဘိဉ်ဘုန် နန်းကလဲအပူဒေသလဲနဲ့ ထိအိပ်နဲ့အသီးတကွက်၊ - သွန်နီလဲလာယွေတုလီသံအသေးလာယွေဒီးဘေးဖိကိစ္စလေးအင်္ဂါလီ၊ - ဖဲနကွက်ဆင်မဲဘုန် တင်ကိတင်ခဲ တင်နန်းတင်ဖျိအခါ သွန်နီ လာ နသေးသမူအလှူအပူအိပ်သွန်လီအသေးလာခရံအပူလီ၊ - မလောယွေတုလီဘုန်တင်တဖန်ဒီးသီးကထိလီဖဲအသေးလာ အသေး သမူအတင်ဂွင်တင်ကျိတဖန် လာအိပ်ပွဲဒီးတင်ဂွင်သဘိဉ်ဘုန် ဒီး ကနွန်ဘုန်တင်သဘိဉ်နဲ့တကွက်၊ - ကျေးစားမလဲသွန်ညါအိထိ ပျက်အံ့အဂွင်အကျိ လာ လီဆီလီဖဲ လာတင်ဂွင်သဘိဉ်ဘုန်တဖန်တကွက်၊ <ul style="list-style-type: none"> ≈ တင်ကိတင်ခဲ တင်သဘိဉ်ဘုန် ဟဲနုလီဆူနအိပ် ဖဲလဲအခါလဲနဲ့၊ ≈ ဖဲနုအခါ တင်ဟဲမလဲအသေးဒီးနုလဲနဲ့၊ ≈ ဖဲတင်ကိတင်ခဲဟဲဘုန်နုအခါ၊ နတင်ဆိကမိပ်အဆိကတင် မှုတင်မနုလဲနဲ့၊ ≈ ပျက်မတင်အတင်တဖန် ဘုန်ဒီးဘုန်ထံ လာတင်ဂွင်ကိတင်အံ့ ဖဲလဲနဲ့၊
<p><i>? When might it be hard to see people with problems as bearers of God's image? What should we do?</i></p>	<p><i>? ကကိခဲဝဲနုလီ လာနကွက်ပျက်တင်ဘုန်တင်တုလီအိလဲ လာယွေအကွက်အင်္ဂါ ဖဲလဲအခါလဲနဲ့၊ ပုကြီးမလဲနုလဲနဲ့၊</i></p>

III. Basic Counseling Skills

III. Counseling အတင်သုတင်ဘဉ်ခိဉ်ထံးတဖဉ်

A. Basic skills

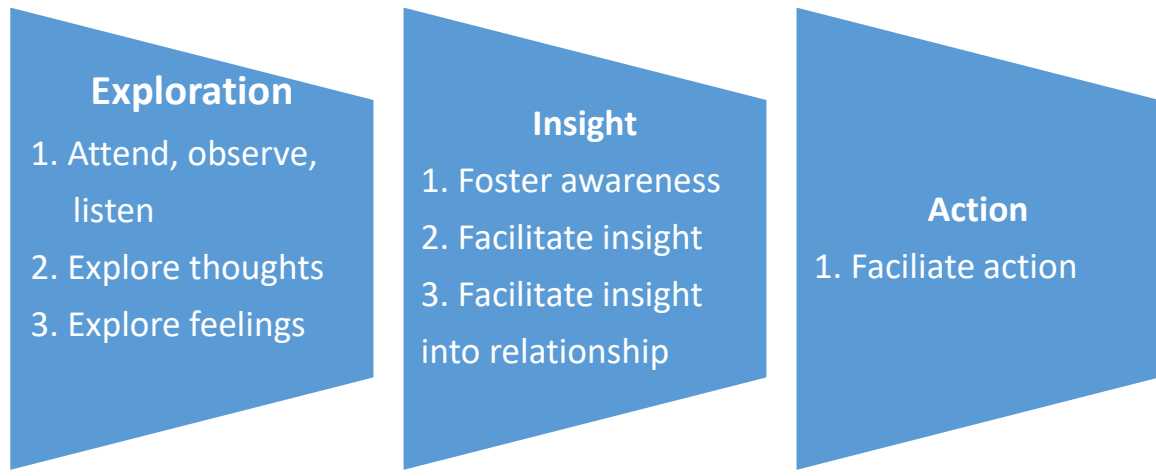
က. တင်သုတင်ဘဉ်အခိဉ်ထံး

<p>1. Humility</p> <ul style="list-style-type: none"> ≈ Recognize the brokenness of this world as a result of sins. ≈ Acknowledge the contribution of our own sinfulness to this brokenness. ≈ Understand that you are participating in God's ongoing work of restoring peace to creation. ≈ Know that you cannot always solve problems or change people. Only God can. ≈ Not a lowly self-opinion, but an accurate one. 	<p>၁. တင်ဆိဉ်လီသး</p> <ul style="list-style-type: none"> ≈ ပဉ်သုဉ်ပဉ်သးလၢ ဟီဉ်ခိဉ်အံၤဘဉ်ခိဉ်ထံး ဟးဂူဉ်ဟးဂီၤ ခီဖျါလၢတၢ်ဒဲးဘးအယီၤလီၤ. ≈ အာဉ်လီၤလၢ ပနီၢ်ကစၢ်ဒဉ်ပဝဲစ့ၢ်ကိး ပမွၢ်ပှၤအကျါတဂၤလၢ အမၤဘဉ်ခိဉ်ထံး မၤဟးဂီၤ ဟီဉ်ခိဉ်အံၤန့ဉ်လီၤ. ≈ နၢ်ပာ်လၢ နမၤသကိးတၢ်ဒီးယွၤလၢ အတၢ်ဘျီဘဉ် မၤဂ့ၤထီဉ် အတၢ်ဖဲးတၢ်မၤ လၢကဒုးအိဉ်ထီဉ် ကဒါက့ၤ တၢ်ယုတၢ်ဖိးလၢ အတၢ်တုအပူၤလီၤ. ≈ သ့ဉ်ညါလၢ နကွၢ်ယုတၢ်အစၢလၢပှၤအတၢ်ကိတၢ်ခဲအဂီၢ် ထီဘိတသ့ ဒီး နဆိတလဲပှၤ တန့ၢ် စ့ၢ်ကိးဘဉ်. ထဲဒဉ်ယွၤမၤဝဲသ့လီၤ. ≈ တင်ဆိဉ်လီသးတမ့ၢ် တၢ်ထံဉ်ဆံးပဉ်ဆံးလီၤ ပသးဘဉ်. မ့မ့ၢ်တခီ အမ့ၢ်ဝဲ တၢ်ထံဉ်လီသး ဒ်အဘဉ်အသိးလီၤ.
<p>2. Listening</p> <ul style="list-style-type: none"> ≈ Let the people tell their stories. Often, people just want someone to listen to them. ≈ Don't jump into giving advice. ≈ Attend to their feelings. 	<p>၂. တၢ်ဒိကနဉ်</p> <ul style="list-style-type: none"> ≈ ပျဲပှၤတဲန့ၤ အသးသမူအတၢ်ဂ့ၢ်တၢ်ကျါတက့ၢ်. အါစုအါဘျီ, ထဲဒဉ်ပှၤအံၤဒီးမၤပှၤအဂၤတဂၤကဒိကနဉ်အီၤ န့ဉ်လီၤ. ≈ တဘဉ်န့ဉ်လီၤဟ့ဉ်တၢ်ကူဉ်တၢ်ဖး ဆိဆိချ့ချ့ တဂ့ၤ. ≈ ဟ့ဉ်တၢ်သးစၢ်ဆၢဆူအတၢ်တူၢ်ဘဉ်ခိဉ်ဘဉ်တၢ်တက့ၢ်.
<p>3. Empathy</p> <ul style="list-style-type: none"> ≈ Sympathy feels sorry for another person. People with sympathy has a one-up position. ≈ Empathy is being able understand and share in the feelings of others. ≈ Being able to walk in the shoes of others. 	<p>၃. တၢ်ဒိသုဉ်ဒိသး</p> <ul style="list-style-type: none"> ≈ တၢ်သးကညီၤ သးကညီၤပှၤအဂၤတဂၤလီၤ. ပှၤသးကညီၤ တၢ်တဖဉ်န့ဉ်အိဉ်လၢတၢ်ဖိခိဉ်တဆိဒီးပှၤလၢအဘဉ်တၢ်သး ကညီၤန့ဉ်အိဉ်လၢတၢ်ဖိလၢတဆိလီၤ. ≈ မ့မ့ၢ် တၢ်ဒိသုဉ်ဒိသး မ့ၢ်တၢ်နၢ်ပာ် ဒီး တၢ်နီၤဟံးန့ၢ်သ့ ပှၤလၢအတၢ်တူၢ်ဘဉ်ခိဉ်ဘဉ်တၢ် န့ဉ်လီၤ. အဝဲအိဉ်ဝဲ တပတီၢ်ယီၤလၢ ပှၤတူၢ်ဘဉ်တၢ်န့ဉ်လီၤ.

	≈ တၢ်သ့တၢ်ဘၣ်လၢ အဟးန့ၣ်လၢပှၤတူၢ်ဘၣ်တၢ်တဂၤ ဟးဝဲအကျဲအလီၤ.
4. Compassion ≈ Deep awareness of the suffering of another accompanied by the wish to relieve it.	၄. တၢ်ပၣ်သ့ပၣ်သးအဒိၣ်အယိၣ် လၢပှၤလၢအတၢ်တူၢ်ဘၣ်တၢ် ဒီး သးလၢအအဲၣ်ဒီးမၤကိညၢ်မၤဖုံထီၣ်ပှၤအံၤအတၢ်တူၢ်ဘၣ်တၢ်.
5. Genuineness ≈ Be honest and do not lie.	၅. တၢ်မ့ၢ်တၢ်တီ ≈ အိၣ်တီအိၣ်လီၤ. တဘၣ်လီတၢ်တဂ့ၤ.
6. Respect privacy and confidentiality.	၆. တၢ်ပၣ်ကဲပှၤအတၢ်အိၣ်သဒိၣ်အိၣ်သဒးအလီၤ.
7. Set a healthy boundary.	၇. တၢ်အိၣ်ဒီးတၢ်အိၣ်မူအဆၢလၢအိၣ်ဆူၣ်အိၣ်ချ့.
8. Curiosity	၈. တၢ်သးဆူၣ်လၢအဲၣ်ဒီးထံၣ်သ့ၣ်ညါတၢ်.
9. Keep good notes.	၉. တၢ်ကွဲးနီၣ်မၤယါတၢ်ဂ့ၤဂ့ၤ.
? Which skill do you find to be easiest and hardest?	? တၢ်သ့တၢ်ဘၣ်လၢလဲၣ်တခါ မ့ၢ်အကီၢ်တၢ်လၢန့ၣ် ဒီး အညီၣ်တၢ်လၢန့ၣ်လဲၣ်.

IV. The Three Stage Model⁶

IV. တၢ်ပတီၢ် ၃ ပတီၢ် တၢ်သိၣ်လိၤဒိ



⁶ Clara E. Hills. *Helping Skills: Facilitating Exploration, Insight, and Action, 4th Ed.* (Washington, CD: American Psychological Association, 2009), 39.

A. Exploration Stage

က. တၢ်ကွၢ်ယုထံၣ်သ့ၣ်ညါတၢ်အပတီၢ်

<p>1. Attend, observe, listen</p> <p>၁. ဟ့ၣ်တၢ်သးစၢ် ဆၢ, ကွၢ်ထံကွၢ် ဆး, ဒိကန့ၣ်</p>	<p>≈ Nonverbal behaviors</p> <ul style="list-style-type: none"> ▪ eye contact, facial expression, head nods, body posture, bodily movements, space, tone, silence <p>≈ Minimal verbal behaviors</p> <ul style="list-style-type: none"> ▪ Don't interrupt ▪ Support and reassurance 👉 That's hard to handle. 👉 Wow! That's hard! 👉 Wow! That's great! 	<p>≈ တၢ်အိၣ်သကိးပၣ်ဖျါသးလၢတမ့ၢ်လၢတၢ်ကတိၤ</p> <ul style="list-style-type: none"> ▪ မဲၣ်ချဲအတၢ်သးစၢ်ဆၢ, မဲၣ်သ့ၣ်အတၢ်ဟူးဂဲၤမၤဖျါတၢ်, တၢ်ဖျးလီၤခိၣ်, တၢ်ပၣ်စုပၣ်ခိၣ်ပၣ်မဲၣ်ပၣ်န့ၣ်, တၢ်ဟူးစုဟူးခိၣ်ဟူးမဲၣ်ဟူးန့ၣ်, တၢ်စီၤစုၤ, တၢ်ကလုၢ်အသီၣ်, တၢ်အိၣ်ဘျၣ် <p>≈ တၢ်စံးတၢ်ကတိၤအစ့ၤကတၢ်</p> <ul style="list-style-type: none"> ▪ တဘျီန့ၣ်လီၤမၤတံၢ်တၢ်တၢ်လၢပှၤအတၢ်ကတိၤအဘျီစၢၤတဂ့ၤ. ▪ ဆိၣ်ထွဲ ဒီး ဟ့ၣ်တၢ်စံးဂၢ်စံးကျၢၤအီၤ 👉 တၢ်တခါလၢ နကဘျီမၤကီၢ်. 👉 ကီၢ်ဖးဒိၣ်မံၤ. 👉 ဂ့ၤဖးဒိၣ်မံၤ.
<p>2. Explore thoughts</p> <p>၂. ကွၢ်ယုထံၣ် သ့ၣ်ညါတၢ်ဆိကမိၣ် ဆိကမး</p>	<p>≈ Restatements</p> <ul style="list-style-type: none"> ▪ I hear you saying.... ▪ If I hear you correctly, <p>≈ Open questions for thoughts</p> <ul style="list-style-type: none"> ▪ Tell me more about it. ▪ What do you think about that? ▪ What do you mean by that? ▪ What comes to mind when you think about x? 	<p>≈ တၢ်တဲဖျါထီၣ်က့ၤတၢ်</p> <ul style="list-style-type: none"> ▪ ယန့ၢ်ဟူလၢနစံးလၢ . . . ▪ ယမ့ၢ်န့ၢ်ပၢ်တၢ်လၢနတဲလၢအဘျီအယီၤ. . . <p>≈ တၢ်သံကွၢ်လၢအိးထီၣ်တၢ်ဆိကမိၣ်</p> <ul style="list-style-type: none"> ▪ တဲန့ၢ်ပၢ်ယၤအါထီၣ်တဘီၤ. ▪ တၢ်အံၤန့ၢ်ဆိကမိၣ်ဒ်လဲၣ်. ▪ တၢ်အံၤန့ၢ်အဲၣ်ဒီးတဲလၢအခီပညီမနုၤလဲၣ်. ▪ ဖဲန့ၢ်ဆိကမိၣ် ----- အခါ, တၢ်မနုၤဟဲန့ၢ်လၢနသးအပူၤလဲၣ်.
<p>3. Explore feelings</p> <p>၃. ကွၢ်ယုထံၣ် သ့ၣ် ညါတၢ်တူၢ်ဘၣ်, တၢ်သးကလၢၢ်ဘၣ်တၢ်</p>	<p>≈ Reflections</p> <ul style="list-style-type: none"> ▪ You feel... ▪ You feel...because... ▪ Perhaps your feelings... ▪ Sounds like you're feelings... ▪ I hear you saying you feel... 	<p>≈ တၢ်ဆိကမိၣ်ထံက့ၤတၢ်လၢပှၤတဲ</p> <ul style="list-style-type: none"> ▪ နကလၢၢ်ဘၣ်လၢ . . . ▪ နကလၢၢ်ဘၣ် . . . မ့ၢ်လၢ . . . ▪ ဘၣ်တဘျီ နတၢ်ကလၢၢ်ဘၣ်ကမ့ၢ် . . . ▪ ဖျါလၢနကလၢၢ်ဘၣ်လၢ . . . ▪ ယန့ၢ်ဟူနစံးလၢ . . .

	<p>≈ Disclosure</p> <ul style="list-style-type: none"> ▪ Be careful disclosing. <p>≈ Open questions for feelings</p> <ul style="list-style-type: none"> ▪ How did you feel about that? ▪ How would you have liked to respond to? ▪ I wonder why you felt it was important to do that? ▪ I wonder why you felt embarrassed. 	<p>≈ တၢ်ဘိးဘၣ်ပၣ်ဖျါထီၣ်တၢ်</p> <ul style="list-style-type: none"> ▪ ပလီၤနသးလာနတၢ်ဘိးဘၣ်ပၣ်ဖျါထီၣ်တၢ်အပူၤတက့ၢ်. <p>≈ တၢ်သံကွၢ်လၢအအိးထီၣ်သးတၢ်တူၢ်ဘၣ်ခိၣ်ဘၣ်တၢ်</p> <ul style="list-style-type: none"> ▪ တၢ်န့ၣ် နကလၢၢ်ဘၣ်ဒ်လဲၣ်. ▪ နဆိကမိၣ် နကြးစံးဆၢတၢ်ဖဲန့ၣ်အခါဒ်လဲၣ်. ▪ ယတၢ်ဆိကမိၣ်ဟဲအိၣ်ထီၣ်လၢ ဘၣ်မနုၤနတူၢ်ဘၣ်လၢ မ့ၢ်အရူၤဒိၣ်လၢ နကမၤတၢ်ဝဲန့ၣ်လဲၣ်. ▪ ယတၢ်ဆိကမိၣ်ဟဲအိၣ်ထီၣ်လၢ ဘၣ်မနုၤအကဲထီၣ် တၢ်မဲၣ်ဆုးလၢနဂီၢ်လဲၣ်.
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Let's try a few exercises!	ပကမၤကွၢ်အဒိဖိတဖၣ်.
<p>Counselee: "I feel depressed. My son says he will take a break from community college. We came the US just so our children will get education."</p> <p>Restatement:</p> <p>_____</p> <p>Open question about thoughts:</p> <p>_____</p> <p>Reflections:</p> <p>_____</p> <p>Disclosure:</p> <p>_____</p> <p>Open questions for feelings:</p> <p>_____</p>	<p>ပှၤလၢအဟံးန့ၢ်တၢ်ကဟုကယၣ် - "ယသ့ၣ်ဟးဂီၤသးဟးဂီၤဖးဒိၣ်လီၤ. ယဖိခွါတဲယၤလၢ သါကအိၣ်ဘျးလၢ community college လီၤ. ပဟဲလၢ ကီၢ်အမဲရံၣ်ကၤဒ်သိး ပဖိတဖၣ်ကန့ၢ်ဘၣ် တၢ်ကူၣ်ဘၣ်ကူၣ်သ့လီၤ. "</p> <p>တၢ်တဲဖျါက့ၤထီၣ်တၢ် -</p> <p>_____</p> <p>တၢ်သံကွၢ်လၢအအိးထီၣ်တၢ်ဆိကမိၣ် -</p> <p>_____</p> <p>တၢ်ဘိးဘၣ်ပၣ်ဖျါထီၣ်တၢ် -</p> <p>_____</p> <p>တၢ်သံကွၢ်လၢအအိးထီၣ်သးတၢ်တူၢ်ဘၣ်ခိၣ်ဘၣ်တၢ် -</p> <p>_____</p>

B. Insight Stage

ခ. တၢ်သ့ထံၣ်န့ၢ်ပၢၢ် တၢ်မ့ၢ်တၢ်တီၢ်ဘၣ်ဃးဒီး တၢ်အိၣ်အသး

<p>1. Foster awareness</p> <p>၁. မၤစၢၤဆီၣ်ထွဲ နီၤသီး တၢ်ပၣ်သ့ၣ်ပၣ်သး အဘၣ် ကအိၣ်ထီၣ်</p>	<p>≈ Challenge</p> <ul style="list-style-type: none"> ▪ Points out maladaptive thoughts, discrepancies, or contradictions of which the client is unaware, unwilling, or unable to change. ▪ No judgement ▪ Use it only after thorough exploration ▪ You say____, but you also say ____. ▪ I's hearing _____, but I'm also hearing _____. 	<p>≈ သံကွၢ်သံဒီးအိၣ် ဘၣ်ဃးဒီး တၢ်ဆိကမိၣ်တၢ်ကတိၤ လၢတဘၣ်လိၣ်ဖိးမံ</p> <ul style="list-style-type: none"> ▪ တဲဖျါထီၣ်တၢ် ဘၣ်ဃးဒီး တၢ်ဆိကမိၣ်တၢ်ကတိၤ လၢတဘၣ်ဘျီးဘၣ်ဒါ, တဘၣ်လိၣ်ဖိးမံ, ဒီး အထီၣ်ဒါလိၣ်သး လၢ ပှၤဟံးန့ၢ် တၢ်ကဟုၤကယၢ် တပၣ်သ့ၣ်ပၣ်သး, တအဲၣ်ဒီး ဆီတလဲ, (မ့) ဆီတလဲတန့ၢ် တက့ၢ်. ▪ တၢ်စံၣ်ညီၣ်တဘၣ်အိၣ်ဘၣ်. ▪ သူအိၣ်ဖဲဒၣ်လၢနကွၢ်ယုထံၣ်သ့ၣ်ညါ အတၢ်ဆိကမိၣ် အသးအတၢ်တူၢ်ဘၣ်တဖၣ် ဝံၤဝဲၤဝဲၤ န့ၣ်တက့ၢ်. ▪ နစံးလၢ _____ , သန့ၣ်က့ နစံးစ့ၢ်ကီး _____. ▪ ယန့ၢ်ဟူၤလၢနစံးလၢ _____ , သန့ၣ်က့ ယန့ၢ်ဟူၤစ့ၢ်ကီးလၢ _____.
<p>2. Facilitate insight</p> <p>၂. မၤစၢၤဆီၣ်ထွဲ နီၤသီး တၢ်သ့ထံၣ်န့ၢ်ပၢၢ်တၢ်မ့ၢ်တီၢ်ဘၣ်ဃးဒီး တၢ်အိၣ်အသး</p>	<p>≈ Open questions for insight, interpretation, disclosures of insight</p> <ul style="list-style-type: none"> ▪ Invite people to think about deeper meanings for their thoughts, feelings, or behaviors. ▪ What do you think might be going on when you can't stop drinking or hitting your wife? ▪ What is your understanding about your lack of interest in work? 	<p>သံကွၢ်တၢ်သံကွၢ်တဖၣ်လၢ အအိၣ်ထီၣ် တၢ်သ့ထံၣ်န့ၢ်ပၢၢ်တၢ်မ့ၢ်တီၢ်ဘၣ်ဃးဒီးတၢ်အိၣ်အသး.</p> <ul style="list-style-type: none"> ▪ ကွဲပှၤသ့ၣ်တဖၣ်လၢ ကဆိကမိၣ်ယိၣ်ထီၣ်တၢ် ဘၣ်ဃးဒီး အတၢ်ဆိကမိၣ်, အသးအတၢ်တူၢ်ဘၣ်တၢ်, ဒီး အတၢ်အိၣ်မူအတၢ်ဟူးတၢ်ဝဲၤ တက့ၢ်. ▪ တၢ်လၢနပၣ်ပတုၣ်ကွံၣ်တၢ်အိၣ်သး (မ့တမ့ၢ်) တၢ်တီၢ်ဖိတီၢ်မါတန့ၢ်ဘၣ်န့ၣ်, နဆိကမိၣ်လၢတၢ်ဝဲၤမနုၤသ့ၣ်တဖၣ်အယိၣ်လဲၣ်. ▪ တၢ်လၢ နတၢ်သးစၢ်ဆၢတအိၣ်ဒီး တၢ်ဖိးတၢ်မၤဘၣ်န့ၣ် တၢ်န့ၢ်ပၢၢ်အိၣ်ဒီး နၤဒ်လဲၣ်.

Let's try a few exercises!	ပကမာကွၢ်အဒိဖိတဖၣ်.
<p>Counselee: “You know. God is good to us. He helped us in the worst of time and brought us to this country. I want my son to be grateful to God. The way he is acting makes me feel so hopeless.”</p> <p>Challenge:</p> <hr/> <p>Open question for insight:</p> <hr/>	<p>ပှၤလၢအဟံးန့ၣ်တၢ်ကဟုကယၣ် - “နသ့ၣ်ညါအသိးယွၤန့ၣ်ဝုၤဝဲလီၤ. အဝဲမၤစၢပှၤ ဖဲပဘၣ် ကီၢ်ဘၣ်ခဲအဒိၣ်ကတၢၢ် ဒီး ဆှၢပှၤဆူထံကီၢ် အဝဲအံၤလီၤ. ယအဲၣ်ဒီးမၤပဖိပလံၤတဖၣ်စံးထီၣ်ပတြၢယွၤလီၤ. ဘၣ်ဆၣ်ယဖိတဂၤ အတၢ်အိၣ်မူအတၢ်မၤတဖၣ်န့ၣ် ယကွၢ်ဒီး တၢ်မုၢ်လၢလၢၤလၢယၤလီၤ. ”</p> <p>သံကွၢ်သံဒီးအီၤလၢတၢ်လၢတဘၣ်လိၣ်ဖိးမံ -</p> <hr/> <p>သံကွၢ်တၢ်သံကွၢ်တဖၣ်လၢ အအိးထီၣ် တၢ်သ့ထံၣ်န့ၢ် ပၢၢ်တၢ်မုၢ်တၢ်တီဘၣ်ယးဒီးတၢ်အိၣ်အသး -</p> <hr/>
<p>Counselee: “I really love my son and want him to become educated. I do not know what is going on. I don't even want to talk to him now.”</p> <p>Challenge:</p> <hr/> <p>Open question:</p> <hr/>	<p>ပှၤလၢအဟံးန့ၣ်တၢ်ကဟုကယၣ် - “ယအဲၣ်ယဖိခွဲၤဖးဒိၣ်ဒီးယအဲၣ်ဒီးမၤအကဲထီၣ် ပှၤကူၣ်ဘၣ် ကူၣ်သ့တဂၤလီၤ. အခဲအံၤတၢ်ဘၣ်မၤအသးဒီးအီၤန့ၣ် ယတသ့ၣ်ညါဘၣ်. ယတအဲၣ်ဒီးကတိၤတၢ်ဒီးအီၤနီတစဲး ဘၣ်. ”</p> <p>သံကွၢ်သံဒီးအီၤလၢတၢ်လၢတဘၣ်လိၣ်ဖိးမံ -</p> <hr/> <p>သံကွၢ်တၢ်သံကွၢ်တဖၣ်လၢ အအိးထီၣ် တၢ်သ့ထံၣ်န့ၢ်ပၢၢ် တၢ်မုၢ်တၢ်တီဘၣ်ယးဒီးတၢ်အိၣ်အသး -</p> <hr/>

C. Action Stage

ဂ. တၢ်ဟံးန့ၣ်ခိၣ်ခါ

<ul style="list-style-type: none"> Facilitate action မၤစၢၤဆိၣ်ထွဲ တၢ်ဟံးန့ၣ်ခိၣ်ခါ 	<ul style="list-style-type: none"> ≈ Explore possible new behaviors ≈ Assist in deciding on actions <ul style="list-style-type: none"> What are the benefits of changing? What are the benefits of not changing? How would changing make you feel? How would others react to your changing? ≈ Facilitate the development of skills for actions ≈ Provide feedback about attempted changes ≈ Assist in evaluating and modifying action plans 	<ul style="list-style-type: none"> ≈ ကွၢ်ယုထံၣ်သ့ၣ်ညါ တၢ်အိၣ်မူအိၣ်ဂဲၤအသီတဖၣ် လၢဟဲအိၣ်ထီၣ်သ့န့ၣ်တက့ၢ်. ≈ မၤစၢၤလၢတၢ်မၤတၢ်ဆၢတဲၣ်ဘၣ်ဃးဒီး တၢ်အိၣ်မူအိၣ်ဂဲၤ အသီတဖၣ် <ul style="list-style-type: none"> တၢ်ဆိတလဲလိာ်သးအဘျူးအဖျိၣ်အိၣ် ဖိလဲၣ်. တၢ်တဆိတလဲလိာ်သး အဘျူးအဖျိၣ်အိၣ် ဖိလဲၣ်. တၢ်ဆိတလဲလိာ်သးကဒူးဟ့ၣ်န့ၣ်တၢ်တူၢ်ဘၣ် ဖိလဲၣ်. တၢ်ဆိတလဲလိာ်သးမ့ၢ်အိၣ်ထီၣ်အယီၤ ပှၤအဂၤကထံၣ်ကစံးဖိလဲၣ်. မၤစၢၤဆိၣ်ထွဲလၢတၢ်ဒူးအိၣ်ထီၣ်တၢ်သ့တၢ်ဘၣ် လၢတၢ်ဟံးန့ၣ်ခိၣ်ခါအဂီၢ် တက့ၢ်. ဟ့ၣ်ဒီးဆၢတၢ်ဆိကမိၣ်ဘၣ်ဃးဒီးခိၣ်ခါလၢ ဘၣ်တၢ်ကျဲးစးခါအီၤ တက့ၢ်. မၤစၢၤလၢ တၢ်ခံကွၢ်စီၤကွၢ် ဒီး တၢ်ဆိတလဲ တၢ်ကူၣ်ထီၣ်ကျဲးအသီ, ခိၣ်ခါသီတဖၣ် တက့ၢ်.
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<p>Example:</p> <p>Counselor: What would you like to see changed?</p> <p>Counselee: I want to trust God more so that I can be at peace.</p> <p>Counselor: If you trust God more, how would you feel?</p> <p>Counselee: I would not worry so much because I know God will take care of my son.</p> <p>Counselor: What do you think you have to do to trust God more?</p> <p>Counselee: Maybe go to church regularly, pray more, and read the Bible.</p> <p>Counselor: You know, we always love to see you at church. We also hold a prayer vigil every month where we assign people to pray for half an hour at home. There is also a Wednesday Bible study.</p>	<p>အဒိ -</p> <p>Counselor: နအဲၣ်ဒီးထံၣ်တၢ်ဆိတလဲမနုၤတဖၣ် ဟဲအိၣ်ထီၣ်လဲၣ်.</p> <p>Counselee: ယအဲၣ်ဒီးန့ၣ်ယွၤအါထီၣ် ဖိသိး ယကအိၣ်ဒီး တၢ်သ့ၣ်မံးမုၢ်လီၤ.</p> <p>Counselor: နမ့ၢ်န့ၣ်ယွၤအါထီၣ်အယီၤ, နကကလၢၢ် ဘၣ်ဖိလဲၣ်.</p> <p>Counselee: ယတၢ်ကိၢ်တၢ်ဂီၤတအါထဲန့ၣ် ဒီးဖျိလၢ ယသ့ၣ်ညါ လၢယွၤကအံးထွဲကွၢ်ထွဲယဖိခွါလီၤ.</p> <p>Counselor: ဖိသိးနကန့ၣ်ယွၤအါထီၣ်အဂီၢ်, နဆိကမိၣ် နကဘၣ်မၤ တၢ်မနုၤတဖၣ်လဲၣ်.</p> <p>Counselee: ဘၣ်တဘၣ် လဲၤထီၣ်ဘါယွၤ, ဘါထုကဖၣ် အါထီၣ်, ဒီး ဖးလံာ်စီဆွံန့ၣ်လီၤ.</p>
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<p>Counselee: I'll have to think about that. Maybe I'll check it out.</p>	<p>Counselor: ပသးခုထံၣ်ဘၣ်နၢလၢသရိၣ်ထီၣ်ဘိလီၤ။ ပအိၣ်ဒီးတၢ်ထုကဖၣ်တဲၣ်နၢ ဒီး ပပၣ်လီၤပှၤထုကဖၣ် တၢ်တဖၣ်တဂၤဘၣ်တဂၤ လၢအဘိဝဲတခီန့ၣ်ရံၣ်လီၤ။ ပအိၣ်စ့ၢ်ကီးလၢ မုၢ်သၢန့ၣ်တၢ်မၤလိလံၣ်စီဆ့ၣ် စ့ၢ်ကီးလီၤ။</p> <p>Counselee: ယကကွၢ်ဆိကမိၣ်မီၤ။ ဘၣ်တဘၣ်, ယကဟဲမၤကွၢ်နီၤ။</p>
<p>Example:</p> <p>Counselor: What would you like to see changed?</p> <p>Counselee: I want my son to not quit school.</p> <p>Counselor: How do you think you can help him so he will at least think about not quitting school?</p> <p>Counselee: I am not sure.</p> <p>Counselor: How about talking to him first?</p> <p>Counselee: Yeah, I think I need to have a real talk with him to see what hardship he is facing.</p>	<p>အဒိ -</p> <p>Counselor: နအဲၣ်ဒီးထံၣ်တၢ်ဆိတလဲမနုၤတဖၣ် ဟဲအိၣ်ထီၣ်လဲၣ်။</p> <p>Counselee: ယတအဲၣ်ဒီးထံၣ်ယဖိခွါပၣ်ပတုၣ်ကွံၣ်က့ၢ်ဘၣ်။</p> <p>Counselor: နကန့ၣ်နမၤစၢၤအိၣ်ကသ့ၣ်လဲၣ် ဒ်သိး အစ့ၤ ကတၢ်တၢ်ဆိကမိၣ်ကဟဲအိၣ်ထီၣ်လၢအပူၤဒ်သိး တပၣ် တွံၣ်ကွံၣ်က့ၢ်အဂီၢ်မံၤ။</p> <p>Counselee: ယတလီၤတံၢ်ဘၣ်။</p> <p>Counselor: နမ့ၢ်ကတိၤကွၢ်တၢ်လၢအီၤမံၤ။</p> <p>Counselee: မ့ၤ။ ဘၣ်တဘၣ် ယကြးကတိၤတၢ်ဒီးအီၤ လီၤတံၢ်လီၤဆဲးအဆိ ဒ်သိးယကန့ၢ်ပၢၢ်တၢ်ကီၢ်တၢ်ခဲတဖၣ် လၢအဝဲဘၣ်ကွၢ်ဆၢၣ်မဲၣ်ဘၣ်လီၤ။</p>

D. Counselee's Stage of Readiness for Change

ဃ. ပုလင်းနီတက်ကဟုကယပ် အတင်အိန်ကတဲင်ကတီးအသးလၢ

ကလဲလိင်ဆီတလဲအသးအဂီၢ်

**** You cannot change people. You can only empathically collaborate with them. Whether a person changes or not depends on what stage of readiness they are in⁷. Your goal is to help them move through the stages so that they become aware of problems, take responsibility for their behaviors, make decisions about whether and how to change, make the actual changes, and then work on consolidating their changes.

**** နဆီတလဲပုလင်းအဂီၢ် တန့ၢ်တသ့ဘၣ်. ထဲဒၣ်နမၤသကိးတၢ်ဒီးအီၤလၢတၢ်ဒိသ့ၣ်ဒိသးအပူၤသ့န့ၣ်လီၤ. ပုလင်းကလဲလိင် အသး, တလဲလိင်အသးဧါန့ၣ်, သန့ၤထီၣ်အသးလၢ အအိန်ဝဲလၢ တၢ်ကတဲင်ကတီးသးအပတီၢ် ဖဲလဲၣ်တခါအဖီခိၣ်လီၤ. နဖီတၢ် မ့ၢ်ဝဲ ဒ်သိးနကမၤစၢၤအီၤလၢအတၢ်သးအသးတတီးဘၣ်တတီးဆူ တၢ်ကတဲင်ကတီးသးအပတီၢ် တခါဘၣ်တခါ ဒ်သိး အဝဲကပၣ်သ့ၣ်ပၣ်သးဘၣ်ဃးဒီး အတၢ်ကီၢ်တၢ်ခဲတဖၣ်, ကဟံးန့ၢ်မူဒါလၢအတၢ်အိန်မူဟူးဝဲၤအဖီခိၣ်, ဒီး ကဆၢတဲင်ဝဲအတၢ်ကစၢ် လၢကဆီတလဲ(မ့)တဆီတလဲ, မ့ၢ်ဆီတလဲအယိ ကမၤဝဲဒ်လဲၣ်, မ့ၢ်မၤဝဲနီၢ်ကီၢ်အယိ နကဆီၣ်ထွဲ ဒ်လဲၣ်, ဒီး တၢ်ဆီတလဲမ့ၢ်အိန်ထီၣ်အယိ နကမၤစၢၤဒူးဂၢ်ကျၢၤအီၤဒ်လဲၣ် အဂီၢ်န့ၣ်လီၤ.

<p>Pre-contemplation stage</p> <ul style="list-style-type: none"> – Unaware of the need to change. No desire to change. – Lacks information about their problems, deny their parts of the problem, or blame others. 	<p>တချူးတၢ်ဆီကမိၣ်ထံဆီကမိၣ်ဆးအိၣ် အပတီၢ်</p> <ul style="list-style-type: none"> – တပၣ်သ့ၣ်ပၣ်သးလၢတၢ်အလိၣ်အိၣ်လၢကဘၣ် ဆီတလဲအသးဒ်ဘၣ်. အသးတအိၣ်လၢကဆီတလဲ ဝဲဘၣ်. – တသ့ၣ်ညါတၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်ဃးဒီးအတၢ်ကီၢ်တၢ်ခဲဘၣ်. သမၤဝဲလၢအဝဲမူဒါတအိၣ်လၢတၢ်ကီၢ်တၢ်ခဲ ဟဲအိၣ်ထီၣ်အပူၤ, ဒီး ပၣ်ဒုၣ်ပၣ်ကမၣ် လၢပုလင်းလီၤ.
<p>Contemplation stage</p> <ul style="list-style-type: none"> – Aware of and accept responsibility for their problems. – Beginning to think about changing , but have not yet actively decided to change. – Maybe afraid of failure. 	<p>တၢ်ဆီကမိၣ်ထံဆီကမိၣ်ဆးအိၣ်ထီၣ် အပတီၢ်</p> <ul style="list-style-type: none"> – ပၣ်သ့ၣ်ပၣ်သး ဒီး တူၢ်လိၣ်အမူအဒါ ဘၣ်ထွဲဒီး တၢ်ဂ့ၢ်ကီၢ်လဲ. – စးထီၣ်ဆီကမိၣ်ထီၣ်ဝဲလၢတၢ်ဆီတလဲသး အဂီၢ်, သန့ၣ်ကတပၣ်လီၤတၢ်ဆၢတဲင်လီၤတၢ်လီၤဆးလၢ ကဆီတလဲအသးဒ်ဘၣ်.

⁷ Clara E. Hills. 42.

Preparation stage – Have made a commitment to change and are preparing themselves to begin the change process.	တၢ်ကတဲၣ်ကတီၤအသးအပတီၢ် – ပၣ်လီၤအသးလၢအကဆိတလဲအသး ဒီး အိၣ်ကတဲၣ်ကတီၤအသးလၢ ကစးထီၣ်ဆိတလဲအသးလီၤ.
Action stage – Actively begin to modify behaviors.	ဟံးန့ၢ်ခိၣ်ခါအပတီၢ် – စးထီၣ်ဆိတလဲအတၢ်အိၣ်မူဟူးဂဲၤတဖၣ်လၢတၢ်သ့ၣ်ဆူၣ်သးဆူၣ်န့ၣ်လီၤ.
Maintenance stage – Clients have changed and are trying to consolidate their changes and deal with lapses.	တၢ်မၤအိၣ်စံၣ်ကျၢတၢ်ဆိတလဲ အပတီၢ် – ပှၤဟံးန့ၢ်တၢ်ကဟုၣ်ကယၣ်ဆိတလဲအသး ဒီး ကျဲးစးဒုးဂၢၢ်ကျၢထီၣ်တၢ်ဆိတလဲလၢအဟဲအိၣ်ထီၣ်တဖၣ်ဒီး ဘျီကဒီးက့ၤတၢ်ဖဲ တၢ်ဆိတလဲတကဲထီၣ်လိၣ်ထီၣ်အခါ န့ၣ်လီၤ.
*** The counselee is always responsible to do what is right. None of us can blame others for our personal choices in life. It is the counselee's choice whether to make the right or wrong decision. You can pray for and encourage those who come for counseling, but in the end it is their choice.	*** ပှၤလၢအဟံးန့ၢ်တၢ်ကဟုၣ်ကယၣ် မ့ၢ်ပှၤလၢအိၣ်ဒီးမူဒါလၢကဘၣ်မၤတၢ်လၢအဘၣ်န့ၣ်လီၤ. ပဝဲနီၣ်တဂၤ ပပၣ်ဒ့ၣ်ပၣ်ကမၣ်လၢပှၤလၢအလီၤ ဒီဖျိလၢပနီၣ်ကစၢ်အတၢ်ယုထၢအယီၤ တသ့ဘၣ်. မ့ၢ်ဝဲ ပှၤလၢအဟံးန့ၢ်တၢ်ကဟုၣ်ကယၣ်အတၢ်ယုထၢဆၢတဲၣ် လၢအကမၤတၢ်လၢအဘၣ်မ့ၢ်ဂ့ၤတဘၣ်မ့ၢ်ဂ့ၤ န့ၣ်လီၤ. နထုၣ်ကဖၣ်န့ၢ် ဒီး ဆိၣ်ထွဲသ့ လၢပှၤလၢအဟဲဟံးန့ၢ်န့ၢ်တၢ်ကဟုၣ်ကယၣ် အဂီၢ်လီၤ. ဘၣ်ဆၣ် အလီၢ်ခံကတၢ်န့ၣ် မ့ၢ်ဒၣ်အဝဲသ့ၣ်အတၢ်ယုထၢ လီၤ.

V. တၢ်လၢအတၢ်တၢ် ဒီး တၢ်လၢအဟ့ၣ်ခွဲးဟ့ၣ်ယၢ် တၢ်အိၣ်ဖျိၣ်တဖၣ်

က. တၢ်တၢ်တၢ်တဖၣ်

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B. Opportunities

ခ. တၢ်ခွဲးတၢ်ယၢ်တဖၣ်

<ul style="list-style-type: none"> – Probably one of the most important areas in which a church can begin counseling ministry would be Christian family ministry. – Today, Karen communities are facing new challenges related to language, culture, work, technology, etc. Coping with these challenges in a new society is such a formidable undertaking that family values and structures are becoming eroded. – A church with broken families that has been intruded by the work of Satan cannot accurately and effectively witness to the love of Jesus Christ. – When families break down = churches get weakened. – Counseling is about healing. Healing can be done after an illness. Healing can also be about prevention. 	<ul style="list-style-type: none"> – တၢ်အရူၤဒိၣ်အလီၤဖဲတၢ်အိၣ်ဖျိၣ်တဖၣ် ကြးစးထီၣ်ဒုးအိၣ်ထီၣ် တၢ်သးခုကစီၣ်အတၢ်မၤတမံၤ ဘၣ်တဘၣ် ကမ့ၢ်ဝဲ ခရံၣ်ဖိဟံၣ်ဖိယီၤ တၢ်အိၣ်ဖျိၣ်အတၢ်မၤ လီၤ. – မ့ၢ်မဆါတနံၤအံၤ, ကညီတဝၢတဖၣ် ကွၢ်ဆၢၣ်မဲၣ် ဘၣ် တၢ်လၢအတၢ်ပူၤတဖၣ်လၢ အမ့ၢ်ဝဲ တၢ်ကတိၤ, တၢ်ဆဲးတၢ်လၢ, တၢ်ဖဲးတၢ်မၤ, စဲးဖိကဟံၣ်ပီညါ, . . . လီၤ. တၢ်ကွၢ်ဆၢၣ်မဲၣ် တၢ်တၢ်တၢ်တဖၣ် လၢထံကီၢ်အသီအံၤ ကီၤခဲဝဲမး တုၤဒၣ်လဲၣ် လဲၤဘၣ်ဒိဘၣ်ထံးမၤဟးဂီၤ ဟံၣ်ဖိယီၤ အတၢ်ပၣ်လုၢ်ပၣ်ပူၤ ဒီး အတၢ်သ့ၣ်ထီၣ်သးတဖၣ် န့ၣ်လီၤ. – တၢ်အိၣ်ဖျိၣ်လၢအအိၣ်ဒီးဟံၣ်ဖိယီၤတဖၣ်လၢအလီၤမ့ၢ်လီၤဖး တဖၣ်န့ၣ် မ့ၢ်ကီၤလံၢ်လဲၤန့ၣ်မၤတၢ်လံၤလၢအပူၤအယီၤ ပၣ်ဖျါထီၣ် ခရံၣ်အတၢ်အဲၣ် လၢတၢ်မ့ၢ်တၢ်တီၤဒီး တၢ်တုၤလီၤတီၤလီၤအပူၤ တသ့လၢဘၣ်လီၤ. – ဖဲဟံၣ်ဖိယီၤတဖၣ်လီၤမ့ၢ်လီၤပျီၣ် ဒီး တၢ်အိၣ်ဖျိၣ်အဂံၢ်စၢ်လီၤ ဖးဒိၣ်လီၤ. – Counseling ဘၣ်သးဒီး တၢ်မၤဘျါတၢ်န့ၣ်လီၤ. ဒ်တၢ်မၤဘျါန့ၣ် ဘၣ်တၢ်မၤအီၤလၢတၢ်ဆူးတၢ်ဆါဝံၤအလီၤခံသ့ အသိး ဘၣ်တၢ်မၤအီၤလၢ တၢ်ဒိတဒၢအပူၤ သ့စ့ၢ်ကီး လီၤ.
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VI. Family Ministry

VI. ဟံဉ်ဖိယီဖိတၢ်သးခုကစီဉ်အတၢ်မၤ

<p>Possible family ministry opportunities:</p> <ul style="list-style-type: none"> – Parents and children’s relationship – Christian Dating (Appendix A) – Premarital counseling (Appendix B) – Marriage enrichment – Pre-divorce counseling – Divorce care 	<p>တၢ်ခွဲးတၢ်ယၢ် လၢပကမၤခရံဉ်ဖိဟံဉ်ဖိယီဖိ တၢ်အိဉ်ဖျိဉ် အတၢ်မၤတနီၤမွၢ်ဝဲ -</p> <ul style="list-style-type: none"> – မိၢ်ပၢ်ဒီးဖိတဖဉ်အတၢ်ရူလိၣ်မုၢ်လိၣ် (လံာ်ဘျးစဲ က) – တချူးတၢ်တုတၢ်ဖျိ တၢ်ကဟုကယၢ်တၢ်မၤလိ (လံာ်ဘျးစဲ ခ) – တၢ်ဒုးထူးတီၤထီဉ် မၤဆူဉ်ထီဉ် နီၢ်ဒီးမိဝၤ အတၢ်ရူလိၣ် မုၢ်လိၣ် – တချူးတၢ်လီၤဖျဉ် တၢ်ကဟုကယၢ် – တၢ်လီၤဖျဉ် တၢ်ကဟုကယၢ်
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A. Parent and child relationships

က. မိၢ်ပၢ် ဒီး ဖိတဖဉ် အတၢ်ရူလိၣ်မုၢ်လိၣ်

<ul style="list-style-type: none"> – There are relational gaps between parents and children due to a myriad of challenges including cultural, educational, linguistic, and experiential gaps. 	<ul style="list-style-type: none"> – လၢမိၢ်ပၢ်ဒီးဖိအတၢ်ရူလိၣ်မုၢ်လိၣ်သးအဘျဉ်စၢန့ဉ် တၢ်လီၤဟီအိဉ်အါမၤလၢအတၢ်ဟံဉ်ဖိယီဖိ တဖဉ်, လၢအမ့ၢ် တၢ်လီၤဆီလိၣ်သးလၢ မိၢ်ပၢ်ဒီးဖိ အတၢ်ဆဲးတၢ်လၢ, တၢ်ကူဉ်ဘဉ်ကူဉ်သ့, တၢ်ကတိၤ, ဒီး တၢ်လဲၤခီဖျိ တဖဉ် န့ဉ်လီၤ.
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a) Unhealthy patterns in family

ဟံဉ်ဖိယီဖိ တၢ်ထီဉ်တၢ်မၤလုၢ်လၢ်တဖဉ် လၢတအိဉ်ဆူဉ်အိဉ်ချ့

<p>A good child⁸</p> <ul style="list-style-type: none"> – Never inconveniences parents – Never embarrasses or disappoints parents – Never has personal needs – Knows how to do everything correctly without being taught – Never has a critical or separate thought 	<p>ဖိလၢအဂ့ၤ</p> <ul style="list-style-type: none"> – တမၤတံာ်တၢ်မိၢ်ပၢ်နီတခီဉ်. – တမၤမဲာ်ဆူး (မ့) တမၤသးဟးဂီၤ မိၢ်ပၢ် နီတခီဉ်. – တအိဉ်ဒီးအတၢ်လိဉ်ဘဉ်လၢအနီၢ်ကစၢ်အဂီၢ်. – တၢ်သိဉ်လိမၤယုၣ်ဒီးအီၤတအိဉ်သန့က့ ကဘဉ်သ့ဉ်ညါမၤတၢ်ခဲလၢာ်လၢကျဲအဘဉ်.
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⁸ Sandra D. Wilson, 50.

<ul style="list-style-type: none"> – Never loses (except when competing with a parent) – Never gets less than an A . . . – Thrives on instability, chaos and pain – Does everything parents ask – Never remembers anything but the happy times? 	<ul style="list-style-type: none"> – တအိဉ်ဒီးတၢ်ဆိကမိဉ်လၢအစံဉ်ညီဉ်တၢ် (မ့) အလီၤဆီ. – တယဉ်နီတခီဉ် (ယဉ်ဖဲဒၣ်အခါလၢဠုၤလိာ်အသးလၢ မိၢ်ပၢ်). – ကဘဉ်ဂုၤထီဉ်ပသီထီဉ်လၢ တၢ်တဂၢ်တကျၢၤအပူၤ, တၢ်သဘံဉ်ဘူဉ်အပူၤ, ဒီး တၢ်ဘဉ်ဆါဘဉ်ဖျီဉ် ဘဉ်နးအပူၤ. – မၤဝဲတၢ်ကိးမၤလၢမိၢ်ပၢ်မၤအမၤ. – သ့ဉ်နီဉ်ဒၣ်ထဲအပူၤကွံဉ်တၢ်သ့ဉ်သးခုဆၢကတီၢ်.
<p>Unhealthy family⁹</p> <ul style="list-style-type: none"> – Rule 1: Be blind – Rule 2: Be quiet – Rule 3: Be numb – Rule 4: Be careful – Rule 5: Be good 	<p>ဟံဉ်ဖိယီဖိလၢတအိဉ်ဆူဉ်အိဉ်ချ -</p> <ul style="list-style-type: none"> – တၢ်ဘျၢ ၁ - တဘဉ်ထံဉ်တၢ်တဂ့ၤ. – တၢ်ဘျၢ ၂ - တဘဉ်သီဉ်တဂ့ၤ. အိဉ်ဘျဉ်အိဉ်ဘျဉ်. – တၢ်ဘျၢ ၃ - တဘဉ်တူၢ်ဘဉ်ခီဉ်ဘဉ်တၢ်တဂ့ၤ. – တၢ်ဘျၢ ၄ - အိဉ်ပလီၢ်သးထီဘိ. – တၢ်ဘျၢ ၅ - မ့ၢ်ပုၤအဂ့ၤတဂၤ.
<ul style="list-style-type: none"> – There are no perfect families or parents or children. 	<ul style="list-style-type: none"> – ဟံဉ်ဖိယီဖိ လၢအလၢအပွဲၤတအိဉ်. မိၢ်ပၢ်လၢအလၢ အပွဲၤတအိဉ်. ဖိလၢအလၢအပွဲၤတအိဉ်.

b) Parenting styles

တၢ်ကွၢ်လုာ်ဒိဉ်ထီဉ်ဖိအကျဲ အကလုာ်တဖဉ်

<p>Authoritarian Parenting Style</p> <ul style="list-style-type: none"> – Very strict. – Do not talk back. If you do, you are challenging your parents' authority. – Bossy in handling children. – Worry about how they appear to others. So, the kids have to behave to make them look good or they will be punished. – They are punitive. – Rules are clear and home life is structured and well ordered. 	<p>တၢ်ကွၢ်လုာ်ဒိဉ်ထီဉ်ဖိအကျဲ အကလုာ်လၢ အမၤဆူဉ်ဖိ လၢကလူၤပိာ်ထွဲ တၢ်သီဉ်တၢ်သီအခံ</p> <ul style="list-style-type: none"> – ဃးဒီးလီၤတံာ် – တဘဉ်တဲဆၢက့ၤယၤတဂ့ၤ. နမ့ၢ်တဲဆၢက့ၤယၤအယီ, နမ့ၢ်ပုၤလၢအထီဒါ မိၢ်ပၢ်အစိကမီၤလီၤ. – သူစိသူကမီၤလၢဖိအလီၤထီဘိဒီး မၤထဲဖိကဘဉ်မၤ တၢ်ဘဉ်အသး. – အိဉ်ဒီးတၢ်ဘဉ်ယိဉ်ဘဉ်ဘျီလၢပုၤအဂၤကထံဉ်အီၤ ဖိလဲဉ်လီၤ. အန့ၢ်သတး, ဖိတဖဉ်ဘဉ်အိဉ်ဂ့ၤလၢ ဖိသီး မိၢ်ပၢ်ကအိဉ်ဖျါဂ့ၤ
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⁹ Sandra D. Wilson, 42.

<p><u>Pros</u></p> <ul style="list-style-type: none"> – Children are disciplined. – Children are held to high standards. – Children do well in school. – Good parenting style of children with behavioral problems. <p><u>Cons</u></p> <ul style="list-style-type: none"> – They are used to being told what to do and how to do it. – No rewards for good behavior, which can make good behavior a challenge for some children. – They do not have a voice at home, which is stressful. – Restricts the child's ability to think freely. – Associated with low self-esteem, lack of confidence and courage, and poor socializing skills. – May rebel against or detach from parents. – Authoritarian parents tend to forget that they are dealing with humans, who are still in a developing age. 	<p>လာပျာအမဲင်ညါလီ။ မှ်တမုၢ်ဒ်န့ၣ်ဘၣ်ဒီး ဒီးန့ၣ်ဘၣ်တၢ်သိၣ်ယီၣ်လီ။</p> <ul style="list-style-type: none"> – သိၣ်ယီၣ်စံၣ်ညီၣ်တၢ်ချဲးလီ။ – တၢ်သိၣ်တၢ်သီတဖၣ်န့ၣ် ဖျါဝဲဆဲးဆဲး ဒီး ဟံၣ်ဖိယီဖိ အတၢ်အိၣ်အသးန့ၣ် ဘၣ်ဘျီးဘၣ်ဒါဝဲလီ။ <p><u>တၢ်လာအဂ့ၢ်</u></p> <ul style="list-style-type: none"> – ဖိတဖၣ် စည်းကမ်း အိၣ်. – ဖိတဖၣ် ဘၣ်တၢ်မုၢ်လၢအီၤလၢ အပတီၢ်အထီ. – ဖိတဖၣ်မၤလိတၢ် ဘၣ်ဘျီးဘၣ်ဒါလၢက့ၢ်. – ဂ့ၤလၢတၢ်ပာတၢ်ဆၢ ဖိလၢအိၣ်ဒီးတၢ်အိၣ်မူဟူးဝဲၤ တၢ်ဂ့ၢ်ကီၤအါမံၤ. <p><u>တၢ်လာအတဂ့ၢ်</u></p> <ul style="list-style-type: none"> – အဝဲသ့ၣ်ညီၣ်န့ၣ်လၢအမၤထွဲ တၢ်လာပျာတဲအီၤ, ဒီး ကဘၣ်မၤဝဲဒ်လဲၣ်န့ၣ်လီ။ – ဖဲအဝဲသ့ၣ်အိၣ်မူမၤထွဲတၢ်သိၣ်တၢ်သီသန့က, တၢ်ပတြၢအီၤတၢ်ဟ့ၣ်အီၤခိၣ်ဖးတအိၣ်ဘၣ်ဒီး ကဲထီၣ်ဝဲတၢ်ကီၤတၢ်ခဲလၢအဝဲသ့ၣ်ကအိၣ်မူမၤထွဲ ဂ့ၤဂ့ၤထီၣ်ဘိလီ။ – အဝဲသ့ၣ်အကလုာ်တအိၣ်လၢဟံၣ်အပူၤဘၣ်. အအံၤ ကဲထီၣ်တၢ်ယၢတၢ်စုၣ်လၢ အဝဲသ့ၣ်အလီၤလီ။ – တၢ်ဖိၣ်ယံးတၢ်အယိ တၢ်ပျဲဖိလၢအကဆိကမိၣ်တၢ်လၢတၢ်သဘျူတအိၣ်ဘၣ်လီ။ – ဖိတဖၣ်အံၤအိၣ်ညီၣ်န့ၣ်ဒီး တၢ်ထံၣ်ဆံးလိာ်က့ၤသး, တၢ်န့ၣ်လီၤသးစ့ၤ, တအိၣ်, တၢ်သးဒုတအိၣ်, ဒီး လီၤတူၣ်လီၤကၢ် လၢတၢ်ရဲၤလိာ်မုၢ်လိာ်ဒီးပျာအဂၤန့ၣ်လီ။ – ပူထီၣ်မိၢ်ပၢ် မ့တမ့ၢ် ထုးလီၤဖျၢၣ်ကွံၣ်အသးလၢမိၢ်ပၢ်သ့လီ။ – မိၢ်ပၢ်လၢအသူ တၢ်လုာ်ဒိၣ်ထီၣ်ဖိ တကလုာ်အံၤ အါတက့ၢ်သးပုၤနီၣ်ဝဲလၢ ဖိတဖၣ်အံၤမ့ၢ်ပျာကညီတဖၣ် လၢအဟဲဒိၣ်ထီၣ်အဖၢမုၢ် န့ၣ်လီ။
<p><u>Authoritative Parenting Style – *optimal development for children</u></p> <ul style="list-style-type: none"> – Caring but not overbearing. – Demand appropriate behavior. – Listen to children. – Not intrusive, restrictive, or punitive in appropriately. 	<p><u>တၢ်ကွၢ်လုာ်ဒိၣ်ထီၣ်ဖိအကျဲ အကလုာ်လၢ အအိၣ်ဒီးစိကမီၤလၢဖိအလီၤ *အဂ့ၢ်အကြးကတၢ်လၢဖိအတၢ်ဒိၣ်ထီၣ်အဂီၢ်</u></p> <ul style="list-style-type: none"> – အိၣ်ဒီးတၢ်ကဟုၤကယၢ် သန့က တကဲထီၣ်တၢ်ယၢတၢ်စုၣ်ဖးဒိၣ်. – ယုဝဲတၢ်အိၣ်မူဟူးဝဲၤလၢအကြး.

<ul style="list-style-type: none"> - Want children to make good decisions on their own. - Allow children to take natural consequences and learn from them. <p>Pros</p> <ul style="list-style-type: none"> - Help kids to be balanced. - Help children become independent, confident, and cooperative. - Learn important values from their parents. - Learn to make choices and deal with consequences. <p>Cons</p> <ul style="list-style-type: none"> - Not for every kid. - Not strict enough for some children and still too strict for some children. - Some children struggle with making choices and they do better when given strict rules. 	<ul style="list-style-type: none"> - တဆွဲနှင်ဆွဲလီသေး, တဖိပ်ယံးမယံးတၢ်, ဒီး တစံၣ်ညီၣ်တၢ် လၢကျဲတကြးတဘၣ်အပူၤ. - အဲၣ်ဒီးမၤအဖီမၤတၢ်ဆၢတဲၣ်အဘၣ်တဖၣ်လၢအကစၢ်ဒၣ်ဝဲ. - ပျဲဖိတူၢ်တၢ်အဘူးအလဲတဖၣ်လၢဟဲအိၣ်ထီၣ်အတၢ်ဒၣ်ဝဲ ဒီဖျိလၢအဝဲသ့ၣ်ဆၢတဲၣ်တၢ်တဘၣ်အယီ. <p>တၢ်လၢအတူၤ</p> <ul style="list-style-type: none"> - မၤစၢၤဖိသၣ်ဒ်သီးအသးသမူကအိၣ်ဒီးအယၢအဖုံကကြးကယူ - မၤစၢၤဖိသၣ်ဒ်သီးကသန့ထီၣ်က့ၤလၢအနီၢ်ကစၢ်အသးကသ့, ကအိၣ် ဒီးတၢ်န့ၣ်လီၤသး, ဒီး ကမၤသကိးတၢ်လၢ ပှၤအဂၤ လၢတၢ်ဘၣ်ဘျီးဘၣ်ဒါအပူၤ န့ၣ်လီၤ. - ဖိမၤလိဘၣ် တၢ်လၢအကြးပၣ်ဒိၣ်ပၣ်လုၢ်ပၣ်ပှၤ လၢမိၢ်ပၢ် အအိၣ်လီၤ. - ဖိမၤလိဘၣ်တၢ် ဒီဖျိအိၣ်ဒီးအတၢ်ဆၢတဲၣ်လၢအကစၢ်ဒၣ်ဝဲ ဒီး ဟံးန့ၣ်ဝဲတၢ်အဘူးအလဲဒ်အတၢ်ဆၢတဲၣ်ဒုးအိၣ်ထီၣ်အသီးန့ၣ်လီၤ. <p>တၢ်လၢအတူၤ</p> <ul style="list-style-type: none"> - တမ့ၢ်လၢဖိကိးဂၤဒဲးအဂီၢ်ဘၣ်. - တမ့ၢ်တၢ်သဘူလၢအကြးလၢဖိတနီၤအဂီၢ် ဒီး မ့ၢ်ဝဲတၢ်ယံးတလၢ လၢဖိတနီၤအဂီၢ်အဖၢမုၢ် န့ၣ်လီၤ. - ဖိတနီၤ ယုထၢတၢ်တဘၣ်ဘျီးဘၣ်ဒါ ဒီး အဝဲသ့ၣ်အိၣ်မူဂ့ၤဒိၣ် ဖဲအိၣ်ဘၣ်လၢတၢ်သိၣ်တၢ်သီအယံးအစ့အပူၤန့ၣ်လီၤ.
<p>Permissive Parenting Style</p> <ul style="list-style-type: none"> - Allow children a lot of freedom. - Do not demand much. - Easy-going. - No consequences. - Could be democratic or nondirective. <p>Pros</p> <ul style="list-style-type: none"> - Children like it. - Children feel loved. - They learn to make choices. <p>Cons</p> <ul style="list-style-type: none"> - Take advantage of parents. - Distorted sense of right and wrong. 	<p>တၢ်ကွၢ်လုၢ်ဒိၣ်ထီၣ်ဖိအကျဲ အကလုၢ်လၢ အဟ့ၣ်တၢ်သဘူအါ</p> <ul style="list-style-type: none"> - ဟ့ၣ်ဖိတၢ်သဘူအါဒိၣ်. - တယုဖိလၢတၢ်အါအါဘၣ်. - ညီၣ်န့ၣ်အိၣ်မံသ့ၣ်မုၢ်သး. - တၢ်အဘူးအလဲတအိၣ်. - မ့ၢ်ဝဲ ဒိၣ်မိၤခြံၣ်စံၣ် တၢ်ပျဲပာ်ဖိအသး (မ့) တအိၣ်ဒီးတၢ်နဲၣ် နီတမံၤ. <p>တၢ်လၢအတူၤ</p> <ul style="list-style-type: none"> - ဖိဘၣ်အသး. - ဖိကလၢၢ်ဘၣ်လၢတၢ်အဲၣ်ဘၣ်အီၤ. - အဝဲသ့ၣ်မၤလိဘၣ်လၢအတၢ်ဒၣ်ဝဲ လၢအတၢ်ယုထၢအပူၤ.

<ul style="list-style-type: none"> – Spoiled, selfish, irresponsible, and immature as they grow up. 	<p><u>တၢ်လၢအတၢ်</u></p> <ul style="list-style-type: none"> – ဟံးန့ၢ်တၢ်ခွဲးတၢ်ယၢ်လၢမိၢ်ပၢ်အလီၤ. – အတၢ်ထံၣ်က့ၣ်ကူၣ်ဘၣ်ဃးဒီးတၢ်လၢအဘၣ်, တဘၣ်. – လူၤအသး, ကွၢ်ထဲအဂီၢ်, ဟံးန့ၣ်မူဒါတလၢပွဲၤ, ဒီး တဒိၣ်တုၣ်ခိၣ်ပွဲၤဖဲအဒိၣ်ထီၣ်အခါဒၣ်လဲၣ်.
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Characteristics of Parenting Styles identified by Baumrind¹⁰

Style	Warmth	Discipline	Expectations of Maturity	Communication	
				Parent to Child	Child to Parent
Authoritarian	Low	Strict, often physical	High	High	Low
Permissive	High	Rare	Low	Low	High
Authoritative	High	Moderate, with much discussion	Moderate	High	High

တၢ်ကွၢ်လုၢ်ဒိၣ်ထီၣ်ဖိအကျဲ အကလုာ်တဖၣ် လၢဘၣ်တၢ်ထံၣ်နီၤဖးလၢ Baumrind

အကလုာ်	တၢ်ကဟူကယၢ်	တၢ်သိၣ်ဃီၣ်	တၢ်မုၢ်လၢလၢ ဖိကဘၣ်အိၣ် ဒိၣ်တုၣ်ခိၣ်ပွဲၤ	တၢ်ဆဲးကျါဆဲးကျိး	
				မိၢ်ပၢ်ဆူဖိ	ဖိဆူမိၢ်ပၢ်
တၢ်ကွၢ်လုၢ်ဒိၣ်ထီၣ်ဖိ အကျဲ အကလုာ်လၢ အမၤဆူဖိ လၢကလူၤပိာ်ထွဲ တၢ်သိၣ်တၢ်သီအခံ	စ့ၤ	ဃံး, အါဘျီ ပာ်စုပာ်ခိၣ်	အါ	အါ	စ့ၤ
တၢ်ကွၢ်လုၢ်ဒိၣ်ထီၣ်ဖိအကျဲ အကလုာ်လၢ အဟ့ၣ်တၢ်သဘျူအါ	အါ	စ့ၤ	စ့ၤ	စ့ၤ	အါ
တၢ်ကွၢ်လုၢ်ဒိၣ်ထီၣ်ဖိအကျဲ အကလုာ်လၢ အအိၣ်ဒီးစိကမိၤလၢ ဖိအလီၤ	အါ	ဖဲအဘၣ် အကြး, အိၣ်ဒီး တၢ်ကတိၤလိာ် သးဒီးဖိအါ	ဖဲအဘၣ် အကြး	အါ	အါ

¹⁰ Kathleen S. Berger. *The developing person through the lifespan*. 9th ed. (New York: Worth Publishers, 2014), 287.

<p>? What parenting style is prevalent in our culture?</p> <p>? Which parenting style can be adopted more in our culture?</p> <p>? Are there cultural values that might come into conflict with any of these parenting styles?</p>	<p>? တၢ်ကွၢ်လုၢ်ဒိၣ်ထီၣ်ဖိအကျဲ ဖဲလဲၣ်တကလုၢ် န့ၣ် ဘၣ်တၢ်သူအီၤအါလၢပတၢ်ဆဲးတၢ်လၢအပူၤလဲၣ်.</p> <p>? တၢ်ကွၢ်လုၢ်ဒိၣ်ထီၣ်ဖိအကျဲ ဖဲလဲၣ်တကလုၢ် န့ၣ် ပသူအါထီၣ် လၢပတၢ်ဆဲးတၢ်လၢအပူၤသုကြးလဲၣ်.</p> <p>? တၢ်လၢအဟဲထီၣ်ဒါ ပတၢ်ဆဲးတၢ်လၢ အတၢ်ပၣ်လုၢ် ပၣ်ပူၤအိၣ်တမံၤမံၤဒါ.</p>
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VII. Understanding Adolescents

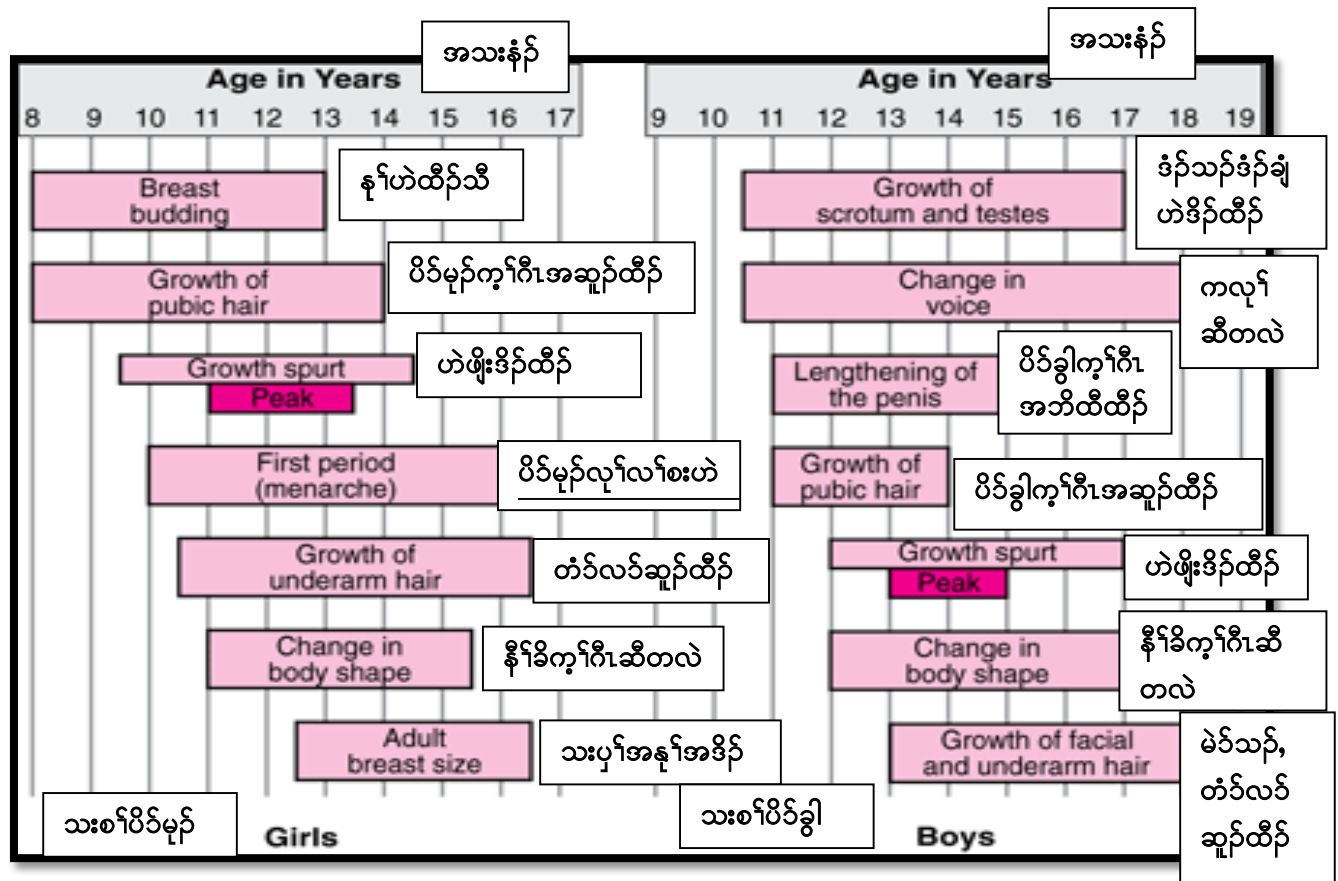
VII. ပကန့်ပါးသးစင်လိပ်ဘိတဖန်

- Mostly in my community, complaints are heard about adolescents. So, let us learn a little about adolescents.
- အါတကွာလာပွါတဝါအပူန့ဉ်, ပနာ်ဟူဘဉ်တကအုကစွါထီဘိ ဘဉ်ယးဒီး သးစင်လိပ်ဘိတဖန်လီၤ. အန့ဉ်သတး, ပကမာလိသကိး ဘဉ်ယးဒီး သးစင်လိပ်ဘိတဖန် တဆံးတကွာန့ဉ်တကွာ်.

Adolescents (13 – 19)	သးစင်လိပ်ဘိ (၁၃ - ၁၉)
<ul style="list-style-type: none"> – Adolescence is a transitional period between childhood and adulthood, a stage where tremendous transformations occur biologically, cognitively, psychologically, and socially. – Adolescence is the period that generally begins at puberty and culminates at legal adulthood. 	<ul style="list-style-type: none"> – သးစင်လိပ်ဘိအဆာကတီၢ်မ့ၢ်ဝဲတၢ်ဒိဂ်အဆာကတီၢ်လၢ ဖိသဉ် ဆူ သးပွၢ်အဘၢဉ်စၢန့ဉ်လီၤ. ဖဲလၢတၢ်ဆာကတီၢ်အံၤ တၢ်ဆိတလဲ ဘဉ်ယးဒီး နီၣ်ခိ, သးအတၢ်သ့ဉ်ညါ, သးဂ့ၢ်ကျါ, ဒီး တၢ်ရူလိာ်မုာ်လိာ်အိၣ်အါမး န့ဉ်လီၤ. – သးစင်လိပ်ဘိအဆာကတီၢ် မ့ၢ်တၢ်ဆာကတီၢ်လၢအစးထီဉ်လၢ မုၢ်ကနီၤထီဉ်သီ ဖိဉ်သဉ်ခွါထီဉ်သီ တကတီၢ် တုၤလၢ ကဲထီဉ်သးပွၢ် ဒ်တၢ်သိဉ်တၢ်သီ ပာ်ပနီဉ်အသိးလီၤ.

A. Body Changes

က. နှိုင်းခိုက်အတက်လဲလိပ်ဆီတလဲ



Body Changes:

- Puberty affects both seasonal and daily biorhythms.
- The hypothalamus and the pituitary regulate the hormones that affect patterns of stress, appetite, sleep, and so on.
- These hormones at puberty cause a phase delay that affect adolescents' biorhythms.
- It is important to eat and sleep right.
- But teenagers do otherwise. They like to eat junk food and stay up late. Deficiencies of iron, calcium, zinc, and other minerals are common during adolescence.

နှိုင်းခိုက်ဆီတလဲ -

- တၢ်မုတ်ကနီၤထီၣ်, ဖိၣ်သၢ်ခွဲထီၣ် အိၣ်ဒီး တၢ်လဲၤဘၣ်ထံး တၢ်တကတီၢ်ဘၣ်တကတီၢ် ဒီး ကိးမုၢ်နီၤ နှိုင်းခိုက်အတက်ဟူးဂဲၤ အတက်လဲၤသယဲၤ န့ၣ်လီၤ.
- ခိၣ်န့ၣ်အကူအဃိလၢ အမ့ၢ် hypothalamus ဒီး pituitary gland န့ၣ် ရဲၣ်ကျဲၤ ဟီၣ်မိအသဟီၣ် (hormone) လၢအလဲၤမၤဘၣ်ဒိ တၢ်ယၢတၢ်စုၣ်, တၢ်ကိၣ်ပူၤဝံၣ်, တၢ်မံလုၢ်လၢ်, . . . န့ၣ်လီၤ.
- ဟီၣ်မိတဖၣ် လဲၤမၤဘၣ်ဒိမၤဟူး မုၢ်ခွဲလိၣ်ဘိ အနီၣ်ခိ အတက်ဟူးဂဲၤ အတက်လဲၤသယဲၤ န့ၣ်လီၤ.
- အရူဒိၣ်လၢပအိၣ်ပမံအဆၢကတီၢ်ဘၣ်ဘၣ်လီၤ.
- သနၣ်ကူ မုၢ်ခွဲလိၣ်ဘိတဖၣ် အတက်အိၣ်တၢ်အိၣ် အတက်မံ တဘၣ်ဘျီးဘၣ်ဒါဘၣ်. အဝဲသ့ၣ်အဲၣ်ဒီး အိၣ်တၢ်အိၣ်လၢ တန့ၢ်ဝံၣ်န့ၢ်ဘါ ဒီးအမံစဲၤခံတလၢ လၢမုၢ်န့ၢ်လီၤ. အါစုအါဘျီ

<ul style="list-style-type: none"> - This is because of the hormone and also the drive for independence. 	<p>နီရိုခိန်အတက်လိပ်ဘဉ် ဒါးတ် တဖန်လၢ အမုၢ် iron, calcium, zinc, and other minerals အတလၢတပွဲၤဘဉ် လၢမုၢ်ခွါလိပ်ဘိအဆၢကတီၢ် ဘဉ်.</p> <ul style="list-style-type: none"> - အအံၤမုၢ်လၢ ဟီၣ်မိတဖန်မၤတၢ် ယုၣ်ဒီး အနီၣ်ကစၢ်လၢအဲၣ်ဒီး အိၣ်သဘျူအါထီၣ် လီၤသးပှၢ်အသးအါထီၣ် အပိလီၤ.
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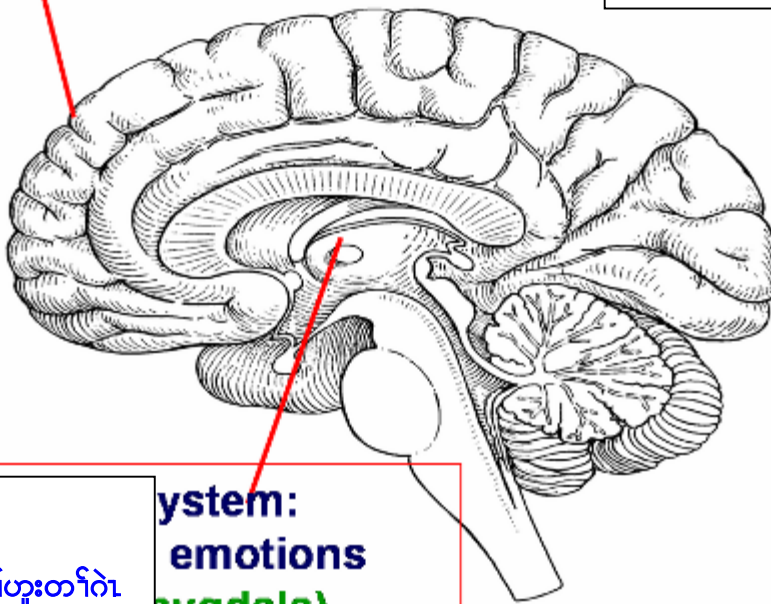
B. Brain changes

က. ခိၣ်န့ၣ်အတၢ်လဲလိၣ်ဆိတလဲ

Frontal Cortex:
decision-making, self-control

ခိၣ်န့ၣ်ကုၣ်ခိလၢ

မၤတၢ်ဆၢတဲၣ်, ပၤအသး



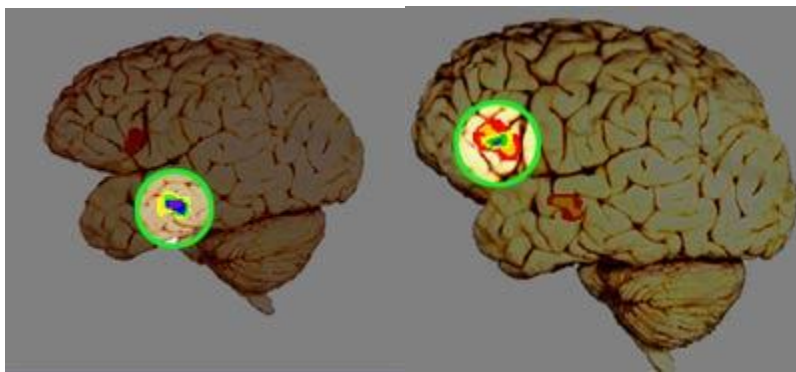
Limbic system:
emotions
(amygdala)

ခိၣ်န့ၣ်ကုၣ်ခိလၢ

မၤလိတၢ်, သးအတၢ်ဟူးတၢ်ဂဲၤ

<ul style="list-style-type: none"> - Various parts of brain mature during puberty. - Brain develops back-front and in-out. The brain fully matures around 25 years of age. - The amygdala is part of the limbic system of the brain responsible for emotional reactivity. - The prefrontal cortex, which sits just behind the forehead, is 	<ul style="list-style-type: none"> - ခိၣ်န့ၣ်အကူအစီတဖန်ဒိၣ်ထီၣ်ပှၢ်ထီၣ် ဖဲဖိတဖန် ဖိၣ်သဉ်ခွါထီၣ် မုၢ်ကနီၤထီၣ်အဆၢကတီၢ် န့ၣ်လီၤ. - ခိၣ်န့ၣ်ဟဲဒိၣ်ထီၣ် အလီၢ်ခံဆူအမဲၣ်ညါ ဒီး အညါပူၤ ဆူအချၢလီၤ. ခိၣ်န့ၣ်အတၢ်ဒိၣ်ထီၣ်လၢပွဲၤဝဲဖဲပှၢ်ကညီ အသးအိၣ် ၂၅ နံၣ်အဘၢၣ်စၢၤ န့ၣ်လီၤ.
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<p>responsible for decision making. The prefrontal cortex rationalizes emotional expression and moderates social behavior.</p> <ul style="list-style-type: none"> - The amygdala matures before the prefrontal cortex. - Because of the sequence of brain development, many adolescents seek intense emotional experiences, unhindered by rational thought. For the same reason, adolescents are quick to react, explore, and learn. - As a result, adolescents take risks, bravely or foolishly, with potential for harm as well as for good. 	<ul style="list-style-type: none"> - ခိပ်နှင်ကုဒီလၢ ပှၤကိးလၢ amygdala ဘၣ်ထွဲဒီး limbic system ဒီး အအံၤဘၣ်မူဘၣ်ဒါ လၢတၢ်သ့ၣ်ဟူးသးဂဲၤ တၢ်တူၢ်ဘၣ် ခိပ်ဘၣ်တၢ် န့ၣ်လီၤ. - ခိပ်နှင်ကုဒီအိၣ်လၢအမဲၣ်ညါလၢခိၣ်တိသၣ်အလီၢ်ခံ န့ၣ် ပှၤကိးလၢ prefrontal cortex ဒီးအအံၤဘၣ်မူဘၣ်ဒါလၢ တၢ်မၤတၢ်ဆၢတဲၣ်တဖၣ်လီၤ. Prefrontal cortex ဆိကမိၣ် သးအတၢ်ဟူးတၢ်ဂဲၤ သ့ၣ်တဖၣ် အိၣ်ဒီးတၢ်ဂ့ၢ်တၢ်ကျိၤ ဒီး ပၤက့ၤသးဒီးတၢ်ရဲၤလိာ်အတၢ်ဟူးတၢ်ဂဲၤတဖၣ်လီၤ. - ပသ့ၣ်ညါဘၣ်လၢ amygdala န့ၣ်ဒိၣ်ထီၣ်ပှၤထီၣ်ဆိန့ၣ်ဒ် prefrontal cortex န့ၣ်လီၤ. - ဒီဖျိလၢခိၣ်နှင်အတၢ်ဒိၣ်ထီၣ်ပိာ်ထွဲထီၣ်အသးတခါဝံၤမးတခါ အယိ, သးစၢ်လိာ်ဘိတဖၣ်ယုတၢ်သ့ၣ်ဟူးသးဂဲၤလၢအသဟီၣ်ဆူၣ် တအိၣ်ဒီးတၢ်တြီအီၤလၢ သးလၢအဆိကမိၣ်ထံဆးတၢ်လၢ အဂ့ၢ်အကျိၤန့ၣ်လီၤ. မ့ၢ်လၢတၢ်ဂ့ၢ်အံၤအယိစ့ၢ်ကိး, သးစၢ်လိာ်ဘိ တဖၣ်န့ၣ် မၤဆၢခီဆၢ, ကွၢ်ယုထံၣ်သ့ၣ်ညါ, ဒီး မၤလိ တၢ်ချ့ဖးဒိၣ် န့ၣ်လီၤ. - အန့ၣ်သတး, သးစၢ်လိာ်ဘိ မၤတၢ်တဖၣ်လၢအအိၣ် ဒီး တၢ်ဘၣ်ယိာ်ဘၣ်ဘျီ, လၢတၢ်သးဒူ (မ့) တၢ်သးတဆးအပူၤ ဒီး တၢ်ကဲထီၣ်အသးလၢ တၢ်အအၢ ဒီး တၢ်အဂ့ၢ်သ့ၣ်န့ၣ်လီၤ.
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When reading emotion, teens (left) rely more on the amygdala, while adults (right) rely more on the prefrontal cortex.

ဖဲခိၣ်နှင်ဟံးန့ၢ်တၢ်ကစီၣ်ဘၣ်ယးဒီးတၢ်သ့ၣ်ဟူးသးဂဲၤအခါ, သးစၢ် (အစ့ၣ်) သန့ၤအသးအါလၢ amygdala, ဒီး သးပှၢ် (အထွဲ) သန့ၤအသးအါလၢ prefrontal cortex န့ၣ်လီၤ.

C. Psychosocial changes

ဂ. သးဂ့ၢ်ဝီအတၢ်လဲလိာ်ဆီတလဲ

<ul style="list-style-type: none"> – It is not easy to be an adolescent, and things can be very confusing. – This is the time when they are trying to figure out who they are and what they want to do. – “Who am I?” “Who do I want to be?” “What do I want to do vocationally?” “What is my religious identity?” – The peer group can have both positive and negative influences. Adolescents who are rejected by peers tend to have the greatest adjustment problems. – During adolescent stage, it is important to form a strong identity, which gives a sense of direction. 	<ul style="list-style-type: none"> – တၢ်ကဲမုၢ်ခွါလိာ်ဘိ တမ့ၢ်တၢ်အညီဘၣ်. တၢ်အါမံၤဖျါ သဘံၣ်ဘျီဒီး တၢ်ကီၤလၢကနၢ်ပၢၢ်ဝဲလီၤ. – အအံၤမ့ၢ်တၢ်ဆၢကတီၢ်ဖဲအဝဲသ့ၣ်ကျဲးစးကွၢ်ယုထံၣ်သ့ၣ်ညါ အဝဲသ့ၣ်မ့ၢ်မတၤလဲၣ် ဒီး အအဲၣ်ဒီးမၤတၢ်မနုၤလဲၣ် န့ၣ်လီၤ. – “ယမ့ၢ်မတၤလဲၣ်. ” “ယအဲၣ်ဒီးကဲထီၣ်မတၤလဲၣ်, တၢ်မနုၤလဲၣ်. ” “ယကလုာ်အိၣ်ယသးသမ္မုအဂီၢ် ယကအဲၣ်ဒီးမၤတၢ်မနုၤလဲၣ်. ” “ယတၢ်မ့ၢ်တၢ်လၢတၢ်ဘျီတၢ်ဘိတၢ်မ့ၢ်ဒ်လဲၣ်. ” – တံၤသကိးတစါယီၤဒီးအီၤတဖၣ် ဒုးအိၣ်ထီၣ် တၢ်လုာ်ဘၢ အဂ့ၢ်, အအၢ သ့ၣ်န့ၣ်လီၤ. သးစၢ်လိာ်ဘိတဖၣ်လၢ အတံၤသကိးတကနၢ်ယုဘၣ်တဖၣ်န့ၣ် ကွၢ်ဆၢမဲၣ်ဘၣ် တၢ်ကီၤတၢ်ခဲလၢကမၤဘၣ်လိာ်ဘၣ်ဘျီဒီးအသးလၢ တၢ်ဘၣ်ထွဲတၢ်ရဲလိာ်မုၢ်လိာ် တဖၣ်န့ၣ်လီၤ. – ဖဲသးစၢ်လိာ်ဘိအဆၢကတီၢ်အခါန့ၣ်, အရ့ဒိၣ်လၢ အဝဲသ့ၣ် သ့ၣ်ထီၣ်, နၢ်ပၢၢ်ထီၣ် အတၢ်မ့ၢ်တၢ်လၢအလီၤတံၢ်, ဒီး တၢ်အံၤ ကဟ့ၣ်အီၤတၢ်သ့ၣ်ညါလၢကနဲၣ်အသးသမ္မုန့ၣ်လီၤ.
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D. Implications

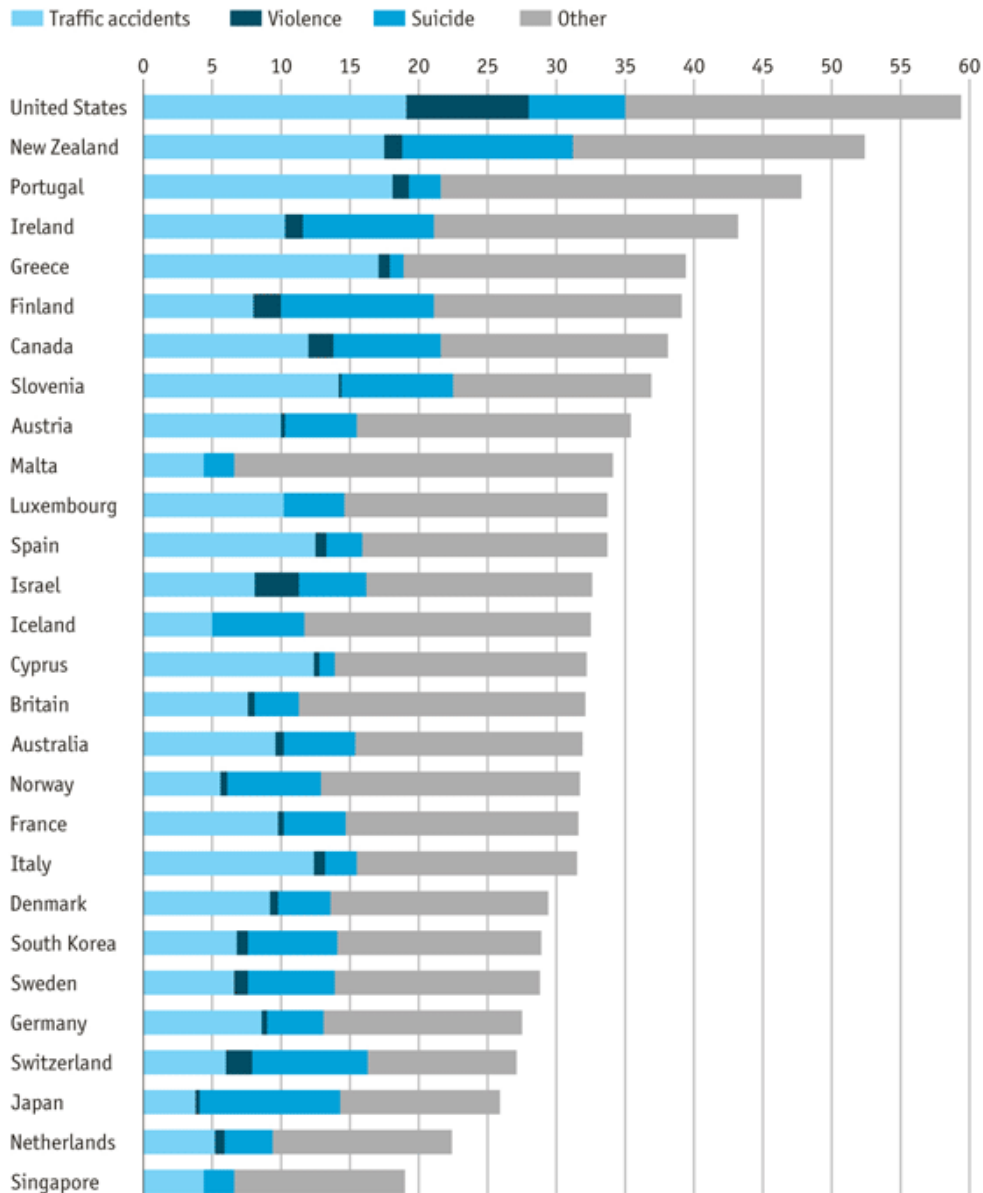
ဃ. တၢ်သ့ပိာ်ထွဲထီၣ်အခံတဖၣ်

<ul style="list-style-type: none"> – STDs – Pregnancy – Drug abuse – Alcohol abuse – Gangs <p>Leading causes of deaths among adolescents 15-19 years of age (CDC)¹¹</p> <ul style="list-style-type: none"> • Accidents (unintentional injuries) • Homicide • Suicide 	<ul style="list-style-type: none"> – တၢ်ဆါလၢဘၣ်ဂၢ်လိာ်သးဒီးဖျါလၢမုၢ်ခွါကွဲးအတၢ်ရဲလိာ်မုၢ်လိာ်သး – တၢ်ဒၢထီၣ် – တၢ်သ့ကသံၣ်မူဘျီ – တၢ်စွဲသး – တၢ်ဘၣ်ထွဲဒီး ကရၢကရိအဖုတဖၣ်လၢအဟးမၤတၢ်သရဏ္ဍကမၢ်ဒိၣ် တဖၣ် <p>တၢ်အဂ့ၢ်အကျိၤ ၃ မံၤလၢအဒုးကဲထီၣ်တၢ်သံတၢ်ပျၢ်အဒိၣ်ကတၢၢ်လၢ သးစၢ်လိာ်ဘိ (၁၅-၁၉နံၣ်) မ့ၢ်ဝဲ -</p> <ul style="list-style-type: none"> • တၢ်ဘၣ်ဒိဘၣ်ထံးလၢအကဲထီၣ်အသးသတူၢ်ကလၢ • ဘၣ်တၢ်မၤသံ • တၢ်မၤသံလီၤသး
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¹¹ Centers for Disease Control and Prevention. “Adolescent Health: Leading Causes of Death,” 20 December 2014, <http://www.cdc.gov/nchs/fastats/adolescent-health.htm> (14 September 2015)

Causes of mortality in young people

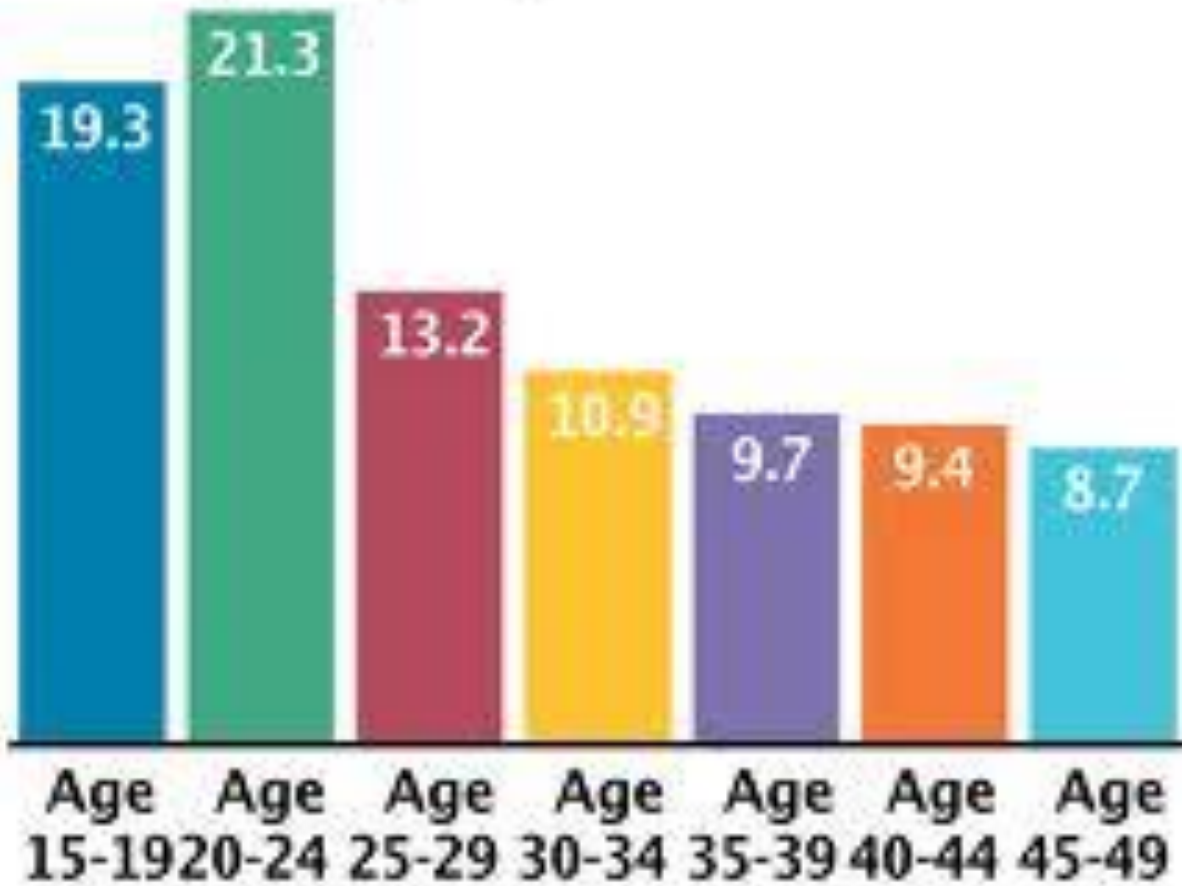
Selected countries, deaths of 10- to 24-year-olds per 100,000 population, 2009*



Source: The Lancet, George Patton, Murdoch Children's Research Institute and University of Melbourne

*Or latest available

Rates of Motor Vehicle Traffic Occupant Deaths per 100,000, 2007



© National Center for Children in Poverty (nccp.org)
Florida Adolescent Profiles

c. ပမာမနုကသုလိနိ.

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F. The 7 Cs: The Essential Building Blocks of Resilience¹²

စ. “C” ရ ဖျာဉ် - တၢ်အလိၣ်သပှၢ်ကတၢၢ်လၢ သးစၢ်ကကွၢ်ဆၢၣ်မဲၣ်လဲၤခီဖျိတူၢ်တၢ် လၢ တၢ်ဆၢထၢၣ်ကဒါကွၢ်ဒီးတၢ်မၤဂ့ၤမၤဘၣ်ဘျီးဘၣ်ဒါတၢ်အပူၤ

<p>Competence: Competence is the ability or know-how to handle situations effectively. It's not a vague feeling or hunch that “I can do this.” Competence is acquired through actual experience. Children can't become competent without first developing a set of skills that allows them to trust their judgments, make responsible choices, and face difficult situations. In thinking about your child's competence and how to fortify it, ask yourself:</p> <ul style="list-style-type: none"> – Do I help my child focus on his strengths and build on them? – Do I notice what he does well or do I focus on his mistakes? – When I need to point out a mistake, am I clear and focused or do I communicate that I believe he always messes up? 	<p>တၢ်သ့မၤတၢ် - တၢ်သ့မၤတၢ်မ့ၢ်ဝဲ ပတၢ်သ့ၣ်ညါ ပတၢ်သ့တၢ်ဘၣ် လၢအမၤစၢၤပုၤဖဲပတံးထီၣ်ဖီၣ်ထီၣ် တၢ်ဖဲတၢ်မၤတခါလၢလၢ န့ၣ်လီၤ. တမ့ၢ်ဝဲ တၢ်ကလၢၢ်ဘၣ်တလီၤတံၢ်လီၤဆဲးလၢ “ယမၤကသ့ကစီဒီ” ဘၣ်. တၢ်သ့မၤတၢ်န့ၣ်ဘၣ်တၢ်မၤန့ၢ်အီၤ ခီဖျိတၢ်လဲၤခီဖျိတဖၣ် န့ၣ်လီၤ. မ့တမ့ၢ် လၢဖိတဖၣ် ဒုးအိၣ်ထီၣ် အါထီၣ် တၢ်သ့တၢ်ဘၣ်တဖၣ် လၢအကမၤစၢၤအီၤလၢကနၣ်လီၤကွၢ် အသးအါထီၣ်, လၢကမၤဝဲတၢ်ဆၢတဲၣ်တဖၣ်လၢတၢ်ဟံးန့ၢ်မူဒါ အပူၤ, ဒီး လၢကကွၢ်ဆၢၣ်မဲၣ်ဘၣ်တၢ်ကီတၢ်ခဲတဖၣ် အယိ, ဖိတဖၣ်အံၤဒီးန့ၢ်ဘၣ် တၢ်သ့မၤတၢ် တသ့ဘၣ် န့ၣ်လီၤ. နမ့ၢ် အဲၣ်ဒီးမၤဆူၣ်ထီၣ် နဖီ အတၢ်သ့မၤတၢ်အယိ, သံကွၢ်လီၤနသး --</p> <ul style="list-style-type: none"> – ယမၤစၢၤယဖိလၢ အသးကစၢ်ဆၢ လၢတၢ်လၢအမၤဝဲဂ့ၤတဖၣ် ဒီး ဆိၣ်ထွဲအီၤလၢ လၢကမၤဂ့ၤအါထီၣ် တၢ်လၢအဂ့ၤပၣ်စၢၤ အဖီခိၣ်ကစီဒီခါ. – ဖဲအဝဲမၤတၢ်ဘၣ်အခါယထံၣ်ကစီဒီခါ. မ့တမ့ၢ် ယထံၣ်ဒၣ်ထဲအတၢ်ကမၤန့ၢ်ခါ. – ဖဲအဝဲမၤကမၤတၢ်အခါ, ယကတိၤတၢ်ဒီးအီၤ ဆဲးညါပျီၤ ဘၣ်ဃးဒီးတၢ်ကမၤလၢအမၤဝဲခါ. မ့တမ့ၢ်ယတၢ်ဖဲတၢ်ကတိၤ ဟ့ၣ်အီၤတၢ်ကစီၣ် လၢအဝဲမ့ၢ် ပုၤလၢအမၤကမၤတၢ်ထီၣ်ဘိခါ.
<p>Confidence: Young people need confidence to be able to navigate the world, think outside the box, and recover from challenges.</p> <ul style="list-style-type: none"> – Do I see the best in my child so that he can see the best in himself? – Do I clearly express that I expect the best qualities (not achievements, but personal qualities such as fairness, integrity, persistence, and kindness) in him? – Do I avoid instilling shame in my child? 	<p>တၢ်န့ၢ်န့ၢ်လီၤသး - သးစၢ်တဖၣ်လိၣ်ဘၣ် တၢ်န့ၢ်န့ၢ်လီၤသး ခိၣ်သးကယုထံၣ်န့ၢ်ကျဲအဘၣ်လၢဟီၣ်ခိၣ်အလီၤအံၤ, ခိၣ်သးအတၢ်ဆိကမိၣ်ကထီၣ်ဘး, ဒီး ခိၣ်သးကလဲၤခီဖျိ တၢ်လၢတၢ်အီၤတဖၣ် လၢတၢ်ဟံးန့ၢ်တၢ်မၤလိအပူၤ ဒီးတၢ်တူၢ်သ့ခိၣ်သ့အပူၤ န့ၣ်လီၤ.</p> <ul style="list-style-type: none"> – ယထံၣ်တၢ်အဂ့ၤကတၢၢ် လၢယဖိအပူၤ ခိၣ်သး အဝဲစ့ၢ်ကီး ကထံၣ်တၢ်အဂ့ၤကတၢၢ်လၢအပူၤ ကစီဒီခါ. – ယတဲအီၤဆဲးညါပျီၤလၢ ယတၢ်မုၢ်လၢလၢအလီၤမ့ၢ်ဝဲ တၢ်အကံၢ်အစီအဂ့ၤကတၢၢ် (တမ့ၢ်တၢ်မၤန့ၢ်တၢ်ဘၣ်, မ့ၢ်ဝဲအနီၣ်ကစၢ်အကံၢ်အစီ, လၢအမ့ၢ် တၢ်မၤတၢ်တီတီလီၤလီၤ, တၢ်ကျဲးစးမၤတၢ်ဆူညါ လၢတၢ်ကီတၢ်ခဲအပူၤ, တၢ်ဒိသ့ၣ်ဒိသး, တၢ်သးကညါ) ကစီဒီခါ.

¹² Fostering Resilience, *The 7 Cs: The Essential Building Blocks of Resilience*.
http://www.fosteringresilience.com/7cs_parents.php. (15 September 2015).

<p>Connection: Connections with other people, schools, and communities offer young people a sense of belonging and the security that allows them to explore and avoid looking for destructive alternatives.</p> <p>Do we build a sense of physical safety and emotional security within our home?</p> <ul style="list-style-type: none"> – Do we have a television and entertainment center in almost every room or do we create a common space where our family shares time together? – Do I jealously guard my child from developing close relationships with others or do I foster healthy relationships that I know will reinforce my positive messages? 	<ul style="list-style-type: none"> – ယပဒုဉ် တၢ်မၤမဲၣ်ဆွဲး ယဖိကစီဒါ. <p>တၢ်ဘျးစဲလိာ်သး - တၢ်ဘျးစဲလိာ်သး လၢပုၤအဂၤ, ကို, ဒီး ပုၤတၢ်ဟ့ၣ်ထီၣ်ဖိတဖၣ်လၢ တၢ်ဘၣ်ထွဲ ဒီး ပုၤဘၣ်ဘၢ လၢအဆိၣ်ထွဲအဝဲသ့ၣ်လၢ ကကွၢ်ယုထံၣ်သ့ၣ်ညါတၢ် ဒီး ကဟးဆွဲးတၢ်ယုကျဲလၢအမၤဟးဂီၤတၢ်တဖၣ် န့ၣ်လီၤ.</p> <ul style="list-style-type: none"> – ယအိၣ်ဒီးကွဲၤဟူၤ TV ဒီးတၢ်မၤမုၢ်သးဖုံအလီၢ်တဖၣ် လၢဒၢး ကိးဖျၢၣ် အပူၤဧါ. ယအိၣ်ဒီးတၢ်လီၢ် လၢပုၤအဂၤစူးကါအီၤသ့ ဖဲဟံၣ်ဖိယိဖိအိၣ်သကိးလိာ်အသးဒ်သိးဃိး ဧါ. – လၢတၢ်တအံၣ်ဒီးဟ့ၣ်နီၤလီၤယဖိဆူပုၤအဂၤအပူၤ ယတြီဆာယဖိ ဒ်သိးတအိၣ်ဒီးတၢ်ရူလိာ်မုၢ်လိာ်လၢပုၤအဂၤဧါ. မ့တမ့ၢ်ယဒုးအိၣ်ထီၣ်တၢ်ရူလိာ်မုၢ်လိာ်လၢအအိၣ်ဆူၣ်အိၣ်ချ့ လၢယဖိ လၢအကမၤဆူၣ်ထီၣ်ကျဲၤထီၣ်ယတၢ်သိၣ်လိာ်အဂၤဧါ.
<p>Character: Children need a fundamental sense of right and wrong to ensure they are prepared to make wise choices, contribute to the world, and become stable adults. Children with character enjoy a strong sense of self-worth and confidence.</p> <ul style="list-style-type: none"> – Do I allow him to consider right versus wrong and look beyond immediate satisfaction or selfish needs? – Do I value him so clearly that I model the importance of caring for others? – Do I demonstrate the importance of community? – Do I help him develop a sense of spirituality? 	<p>သကဲၣ်ပဝး - သးစၢ်တဖၣ်လိာ်ဘၣ် တၢ်သ့ၣ်ညါလီၤတံၢ်လီၤဆဲး ဘၣ်ဃးဒီး တၢ်လၢအဘၣ် ဒီး တၢ်လၢတဘၣ် ဖျါဖျါဖျိဖျိ, ဒ်သိး အဝဲသ့ၣ်ကအိၣ်ကတဲၣ်ကတီၤအသးလၢကမၤတၢ်ဆၢတဲၣ်အဘၣ် တဖၣ်, တီၤစၢၤမၤစၢၤတၢ် လၢဟီၣ်ခိၣ်ချ့အလီၤ, ဒီး ကဲထီၣ် ပုၤသးပုၤတဖၣ်လၢအအိၣ်ဂၢ်အိၣ်ကျဲၤန့ၣ်လီၤ. ဖိလၢအိၣ်ဒီး သကဲၣ်ပဝးအဂၤန့ၣ် အိၣ်ဒီး တၢ်သ့ၣ်ညါအသးသမူအလုၢ်အပူၤ ဒီး တၢ်န့ၣ်န့ၣ်လီၤသး န့ၣ်လီၤ.</p> <ul style="list-style-type: none"> – ယပျဲ လၢအဝဲကဆိကမိၣ် တၢ်လၢအဘၣ် ဒီး တၢ်လၢအတဘၣ် ဧါ. ယမၤစၢၤအီၤဒ်သိး တကွၢ်ထဲ တၢ်မၤမုၢ်သးတကီၢ်ခါ ဒီး တၢ်ယုဆိအဘျူးထဲလၢအဂီၢ် ဧါ. – ယပၣ်ဖျါထီၣ်ဆူအအိၣ် လၢပုၤတၢ်ဟ့ၣ်တၢ်လၢအရူဒိၣ် ကစီဒါ ဧါ. – ယမၤစၢၤမၤယုၤအိၣ်လၢသ့ၣ်ဂ့ၢ်သးကျိၤကစီဒါဧါ.
<p>Contribution: It is a powerful lesson when children realize that the world is a better place because they are in it. Children who understand the importance of personal contribution gain a sense of purpose that can motivate them.</p>	<p>တၢ်ဟ့ၣ်စၢၤတီၤစၢၤမၤစၢၤတၢ် - အမ့ၢ်ဝဲတၢ်မၤလိလၢအိၣ်ဒီးအစိ အကမီၤ ဖဲဖိတဖၣ်န့ၢ်ပၢၢ်လၢ ဟီၣ်ခိၣ်အံၤမ့ၢ်ဝဲတၢ်လီၢ်လၢအဂၤဒိၣ် ခီဖျိအဝဲအိၣ်လၢအပူၤအယိလီၤ. ဖိလၢအန့ၢ်ပၢၢ် တၢ်ဟ့ၣ်စၢၤတီၤစၢၤ မၤစၢၤတၢ် အမ့ၢ်တၢ်အရူဒိၣ်န့ၣ် ဒီးန့ၢ်ဘၣ် သးသမူအိၣ်ပညီ အတၢ်တိာ်လၢအဂၤ ဒီး တၢ်အံၤကထီၣ်ဟူးထီၣ်ဂဲၤအီၤလီၤ.</p>

<ul style="list-style-type: none"> - Do I teach the important value of serving others? - Do I model generosity with my time and money? - Do I make clear to my child that I believe he can improve the world? - Do I create opportunities for each child to contribute in some specific way? 	<ul style="list-style-type: none"> - ယသိန်လိယဖိလၢတၢ်မၤစၢပုၤဂၤမ့ၢ်တၢ်အရ့ဒိၣ် ကစီဒီဒါ. - ယပၣ်ဖျါထီၣ် တၢ်သးအိၣ်တၢ်ဟ့ၣ်တၢ်ညီ လၢယတၢ်ဆၢကတီၢ်ဒီး ယကျိၣ်ယစ့ ကစီဒီဒါ. - ယတဲသ့ၣ်ညါယဖိဆဲးပျီၣ်ပျီၣ် လၢအဝဲမၤဂ့ၤထီၣ် ဟီၣ်ခိၣ်တဘျီအံၤသ့ ကစီဒီဒါ. - ယဒုးအိၣ်ထီၣ်တၢ်ခွဲးတၢ်ယၣ် လၢယဖိအဂီၢ် လၢကဟ့ၣ်စၢတီၤစၢမၤစၢတၢ် လၢကျဲတမံၤမံၤဒါ.
<p>Coping: Children who learn to cope effectively with stress are better prepared to overcome life's challenges. The best protection against unsafe, worrisome behaviors may be a wide repertoire of positive, adaptive coping strategies. Young people who possess a variety of healthy coping strategies will be less likely to turn to dangerous quick fixes when stressed.</p> <ul style="list-style-type: none"> - Do I help him understand the difference between a real crisis and something that just feels like an emergency? - Do I model positive coping strategies on a consistent basis? - Do I recognize that for many young people, risk behaviors are attempts to alleviate their stress and pain? 	<p>တၢ်ယုကျဲလၢကလဲၤဒီဖျိတၢ်ကွၢ်ဆၢၣ်မဲၣ် - ဖိတဖၣ်လၢအယုကျဲအဘျီ လၢကလဲၤဒီဖျိတၢ်ကွၢ်ဆၢၣ်မဲၣ် သးသမူအတၢ်ယၢတၢ်စုၣ်တဖၣ်န့ၣ် အိၣ်ကတဲၣ်ကတီၤအသးဂ့ၤလၢ ကမၤန့ၤသးသမူအတၢ်တၢ်အီၤတဖၣ် န့ၣ်လီၤ. ကျဲအဂ့ၤကတၢ်လၢကဒီတဒၢတၢ်အိၣ်မူအိၣ်ဂဲၤလၢအလီၤဘၣ်ယိၣ်ဘၣ်ဘျီမ့ၢ်ဝဲ တၢ်အိၣ်ဒီး တၢ်ကူၣ်ကျဲတဖၣ် လၢအပွဲၤဒီး တၢ်ပၣ်သ့ၣ်ပၣ်သးလၢအဂ့ၤ ဒီး အဘျီညီအသး လၢတၢ်အိၣ်အသးအဖီခိၣ် န့ၣ်လီၤ. သးစၢ်တဖၣ် လၢအအိၣ်ဒီး တၢ်ယုကျဲတဖၣ် လၢကလဲၤဒီဖျိ တၢ်ကွၢ်ဆၢၣ်မဲၣ်တဖၣ်န့ၣ် ဖဲ သးသမူတၢ်ယၢတၢ်စုၣ်မၤနးအီၤအခါန့ၣ် တယုကျဲအညီအချ့လၢအဟဲစိၣ်တၢ်ဘၣ်ယိၣ်ဘၣ်ဘျီဘၣ် န့ၣ်လီၤ.</p> <ul style="list-style-type: none"> - ယမၤစၢယဖိဒီးသီးကနၢ်ပၢ်ဝဲ တၢ်မနုၤမ့ၢ်တၢ်နးတၢ်ဖျိၣ်သပုၤကတၢ် ဒီး တၢ်မနုၤမ့ၢ်ဒၣ်တၢ်လၢအကလၢၢ်ဘၣ်လၢဂ့ၢ်ဂီၢ်အူ ဒီး တၢ်တဖၣ်အံၤလီၤဆီလိၣ်သးဒ်လဲၣ် ဒါ. - ယပၣ်ဖျါထီၣ်တၢ်ဒိတၢ်တဲၣ်အဂ့ၤလၢယဖိအမဲၣ်ညါ ဘၣ်ယးဒီး တၢ်ကူၣ်ထီၣ်ဖးလီၤ ကျဲအဘျီလၢယကလဲၤဒီဖျိတၢ်ကွၢ်ဆၢၣ်မဲၣ်ဒါ. - သးစၢ်တဖၣ်အတၢ်အိၣ်မူအိၣ်ဂဲၤတဖၣ်လၢအလီၤဘၣ်ယိၣ်ဘၣ်ဘျီတဖၣ်န့ၣ် အါတက့ၢ်မ့ၢ် အဝဲသ့ၣ်အတၢ်ကျဲးစးမၤကိညၢ် အသးသမူတၢ်ယၢတၢ်စုၣ် ဒီး တၢ်ဘၣ်ဒိဆါတဖၣ်န့ၣ် ယသ့ၣ်ညါကစီဒီ ဒါ.
<p>Control: When children realize that they can control the outcomes of their decisions and actions, they're more likely to know that they have the ability to do what it takes to bounce back. On the other hand, if parents make all the decisions, children are denied opportunities to learn control. He sees control as external—whatever he does</p>	<ul style="list-style-type: none"> - တၢ်ပၢဆ့ၢ်ရဲၣ်ကျဲၤတၢ် - ဖဲဖိသ့ၣ်တဖၣ်နၢ်ပၢ်လၢ အဝဲသ့ၣ်ပၢဆ့ၢ်ရဲၣ်ကျဲၤ တၢ်အစၢလၢအဟဲပိၣ်ထွဲထီၣ် အတၢ်ဆၢတဲၣ်, အတၢ်မၤ ဒီး ကသ့ၣ်ညါစ့ၢ်ကီးဝဲလၢ ကဘျီမၤဘၣ်လိၣ်ဘၣ်စးမၤဂ့ၤကဒါက့ၤတၢ်ဒ်လဲၣ် လီၤ. သန့ၣ်က့ မိၢ်ပၢ်မ့ၢ်ပၣ်လီၤ တၢ်ဆၢတဲၣ်ခဲလၢၣ်အယိ, ဖိဘၣ်တၢ်သမၤအီၤလၢတၢ်ခွဲးတၢ်ယၣ် လၢကမၤလိပၢဆ့ၢ်ရဲၣ်ကျဲၤတၢ်န့ၣ်လီၤ. အဝဲထီၣ်ဝဲ တၢ်ပၢဆ့ၢ်ရဲၣ်ကျဲၤတၢ်လၢ တၢ်ဟဲလၢအချၢ ဒီး ကလၢၢ်ဘၣ်ဝဲလၢ တၢ်လၢအဝဲမၤဝဲတခါလၢလၢန့ၣ် အတွဲးတအိၣ် ဒီဖျိလၢ

<p>really doesn't matter because he has no control of the outcome. But a resilient child knows that he has internal control. By his choices and actions, he determines the results. He knows that he can make a difference, which further promotes his competence and confidence.</p> <ul style="list-style-type: none"> – Do I understand that discipline is about teaching, not punishing or controlling? Do I use discipline as a means to help my child understand that his actions produce certain consequences? – Do I help my child understand that life's events are not purely random and most things happen as a direct result of someone's actions and choices? – Do I help him understand that no one can control all circumstances, but everyone can shift the odds by choosing positive or protective behaviors? 	<p>အဝဲပာဆွာရဲၣ်ကျဲၤ တၢ်အစၢလၢကဟဲပိၣ်ထွဲထီၣ်အသး တသ့ဘၣ် အယီၤလီၤ. ဖိလၢအကွၢ်ဆၢၣ်မဲၣ်တူၢ်တၢ်ဒီးတခီၣ် ယၣ်အသးဘၣ်န့ၣ် သ့ၣ်ညါလၢ တၢ်ပာဆွာရဲၣ်ကျဲၤတၢ်ဟဲလၢ အညါပူၤလီၤ. လၢတၢ်ယုထၢအဖီခိၣ်, အဝဲဆၢတဲၣ်တၢ်အစၢလၢ အပိၣ်ထွဲထီၣ်တဖၣ်လီၤ. အဝဲသ့ၣ်ညါ လၢအအိၣ်ဒီးအစီအက မီၤ, လၢအမၤဆူၣ်မၤအါထီၣ် အတၢ်သ့မၤတၢ် ဒီး အတၢ်န့ၣ်လီၤသး လီၤ.</p> <ul style="list-style-type: none"> – ယသ့ၣ်ညါလၢ တၢ်သိၣ်ယီၣ်တၢ်မ့ၢ်တၢ်သိၣ်လိတၢ်, ဒီး တမ့ၢ် တၢ်စံၣ်ညီၣ်တၢ် ဒီး တမ့ၢ်တၢ်စိုၤဃးတၢ်ဘၣ်. ယသူယဲ တၢ်သိၣ်ယီၣ်ဒ်သိးယဖိကနၢ်ပၢၢ်လၢ အတၢ်မၤတဖၣ် ဒုးလူၤပိၣ်ထွဲထီၣ် တၢ်အစၢတဖၣ် ကစီဒီဒါ. – ယမၤစၢယဖိ ဒ်သိးကနၢ်ပၢၢ်ဝဲလၢတၢ်ကဲလီၤအသးလၢပသးသမူ အပူၤတဖၣ် တမ့ၢ်တၢ်အမၤဒၣ်အသးနီၤစါဘၣ်. မ့မ့ၢ်တခီ အါတက့ၢ်တၢ်ကဲထီၣ်အသးတဖၣ်ဟဲခီဖျိလၢ ပှၤတဂၤဂၤ အတၢ်မၤ, အတၢ်ယုထၢ အယီၤလီၤ. – ယမၤစၢယဖိ ဒ်သိးကနၢ်ပၢၢ်ဝဲလၢ မတၤတဂၤပာဆွာရဲၣ်ကျဲၤ တၢ်အိၣ်အသးခဲလၢခဲဆ့တန့ၣ်ဘၣ်. သန့ၣ်ကုပမၤဂ့ၤထီၣ်တၢ် သ့ခီဖျိလၢ ပယုထၢ တၢ်အိၣ်မူအိၣ်ဂဲၤလၢ အဂ့ၤဒီး အဒီတဒၢသး န့ၣ်လီၤ.
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VIII. Trauma

VIII. သးအတၢ်ပူၤလီၤ

<ul style="list-style-type: none"> – Our Karen people have endured atrocities, including war, rape, deaths, and abuse. – Our Karen people also experience traumatic experiences in this new country. – Terror, shame, pain, and fear have robbed us of a sense of integrity and wholeness. 	<ul style="list-style-type: none"> – ပဝဲပှၤကညီတဖၣ်ပလဲၤခီဖျိတၢ်ဘၣ်တၢ်မၤနးမၤဖျိၣ် အကလုာ်ကလုာ်, လၢအမ့ၢ် တၢ်ဒုးတၢ်ယၤ, တၢ်သံတၢ်ပှၢ်, ဒီး တၢ်မၤတရီၢ်တပါ န့ၣ်လီၤ. – ပပှၤကညီလဲၤခီဖျိဘၣ် တၢ်လဲၤခီဖျိအကီၢ်အခဲးဒိၣ် လၢထံကီၢ်တဘျီအံၤအပူၤစ့ၢ်ကီးလီၤ. – တၢ်ပျံၤတၢ်ဖုး, တၢ်မဲၣ်ဆူး, တၢ်ဘၣ်ဒိဘၣ်ဆါ, ဒီး တၢ်ဘၣ်ယိၣ်ဘၣ်ဘျီ တဖၣ်ဂုၣ်ဆူၣ်မၤသဘျီကွံၣ် ပသူးပသ့ၣ် ဒီး ပတၢ်မ့ၢ်တၢ်ဒီၤအလၢအပွဲၤ န့ၣ်လီၤ.
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A. Symptoms

က. တၢ်ဆါအတၢ်ပနီၣ်တဖၣ်

<ul style="list-style-type: none"> – The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) identifies the following symptoms in people suffering post traumatic stress disorder (PTSD)¹³: <ul style="list-style-type: none"> ≈ Intense emotion and reactivity – irritable behavior, exaggerated startle response, difficulty in sleeping ≈ Numbness, feelings of detachment ≈ Flashbacks ≈ Nightmares ≈ Diminished interest or participation in significant activities ≈ Recurrent, involuntary, and intrusive distressing memories/dreams of the traumatic event ≈ Persistent inability to experience positive emotions 	<ul style="list-style-type: none"> – တၢ်ယုၤသ့ၣ်ညါတၢ်ဆါအကလုာ် ဒီး တၢ်ပဲၣ်ထံနီၣ်ဖး ဂံၢ်ဒွး တၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်ယးဒီး သးအတၢ်တဘျီလိာ်ဘၣ်စး လံာ်နဲၣ်ကျဲ (DSM-5) ပၣ်ဖျါထီၣ် တၢ်ပနီၣ်တဖၣ် လၢပှၤသ့ၣ်တဖၣ်လၢ အတူၤဘၣ် သးအပူၤလီၤအတၢ်ဆါ မ့ၢ်လၢတၢ်လဲၤခီဖျိ အနးအယီ (PTSD) ဒ်လၢအသးလီၤ. <ul style="list-style-type: none"> ≈ သးအတၢ်တူၢ်ဘၣ်အတၢ်ဟူးတၢ်ဂဲၤအသဟီၣ်ဆူၣ် ဒီး သးအတၢ်တူၢ်ဘၣ်ခီဆါတၢ်ချဆူၣ် - တၢ်အိၣ်မူအတၢ်ဟူး တၢ်ဂဲၤလၢအန့ၤသးဒိၣ်, တၢ်ခီဆါက့ၤလၢတၢ်ဖုးသံပျီၣ်သံ အိၣ်အါဖးဒိၣ်, တၢ်ကီၢ်တၢ်ခဲလၢမံတန့ၢ်. ≈ အိၣ်ဒ်သးတတူၢ်ဘၣ်တၢ်နီၣ်တမံ (ထုံ) ဒီး ဖျါဒ်သး အသးတအိၣ်လၢအလီၤ. ≈ အတၢ်ဆိကမိၣ်လဲၤက့ၤကဒါဆူၣ်တၢ်လၢအကဲထီၣ်အသး လၢအပူၤကွံၣ်. ≈ တၢ်မံမိၣ်ပျီၣ်သီ. ≈ သးလၢအအဲၣ်ဒီးမၤသကိးတၢ်လၢတၢ်ဟူးတၢ်ဂဲၤ အရ့ဒိၣ် ဆံးလီၤစ့ၤလီၤ.
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¹³ American Psychiatric Association, *Diagnostic and Statistical Manual of Mental Disorders, 5th Ed.* (Washington, DC: American Psychiatric Publishing, 2013), 271-274.

<p>≈ Efforts to avoid external reminders</p> <p>≈ Impairment in occupational and social functioning</p> <p>– Because PTSD is highly comorbid with other mental disorders, it is important to investigate symptoms related to other diagnoses. Symptoms of depressive disorder are present and thus more detailed questions need to be asked to get a clear picture. For instance, questions about suicidal ideation, sleeping patterns, weight loss, feelings of worth, psychomotor activities, and manic/hypomanic episodes will help the clinician to find the level of depression.</p> <p>– With trauma, talking about it and timing is important. The quicker that someone can get help after experiencing a trauma, the faster the trauma will heal and the effect won't be nearly as long or devastating.</p> <p>– For example, if a woman is raped, if she is given multiple opportunities to share her story (without rushing) pretty much immediately after the rape, she might not be given a diagnosis of PTSD because the power of the rape will be greatly diminished. If she sits with the pain, shame and fear for a long time before talking about it, she will have PTSD because it will still all be there and not have diminished.</p>	<p>≈ တၢ်လၢအပူၤကွံၣ်တဖၣ် ဟဲန့ၣ်ဆူအခိၣ်ပူၤဒီးမၤတံၣ်တၢ် အသး ခဲအံၤခဲအံၤ, လၢတၢ်တပၣ်သ့ၣ်ပၣ်သးအပူၤ. တၢ်မံၣ်ကွၢ်တၢ်ကဲထီၣ်အသးလၢအပူၤကွံၣ်လၢဒုးနးထီၣ် သးအပူၤလီၤ.</p> <p>≈ အါတက့ၢ်အိၣ်ဒီး တၢ်ထံၣ်တၢ်ကလၢၢ်ဘၣ် တၢ်လၢအတဂ့ၤ တဒိ.</p> <p>≈ ကျဲးစးပဒုၣ်ဝဲတၢ်သ့ၣ်တဖၣ်လၢအဒုးသ့ၣ်နီၣ်ထီၣ်အီၤလၢ တၢ်လၢအပူၤကွံၣ်.</p> <p>≈ တၢ်တဘၣ်ဘျီးဘၣ်ဒါ လၢတၢ်ဖဲတၢ်မၤဒီးတၢ်ရူၤလိာ်မုၢ်လိာ် အပူၤ.</p> <p>– ဒီဖျိလၢ PTSD မ့ၢ်တၢ်လၢကဲထီၣ်ညီန့ၢ်ဃုၣ်ဒီး သးအတၢ်ဆူး တၢ်ဆါအဂၤအယိ, အရူဒိၣ်လၢ ပကွၢ်စ့ၢ်ကီးတၢ်ဆါအဂၤ အတၢ်ပနီၣ်တဖၣ်လီၤ. တၢ်သးအုးတၢ်မုၢ်လၢတၢ်ဆါ အတၢ် ပနီၣ်တဖၣ်အိၣ်စ့ၢ်ကီး ဒီးအရူဒိၣ်လၢ တၢ်ကဘၣ်သံကွၢ်အီၤလီၤတံၢ် လီၤဆဲးအါထီၣ် ဒ်သိး တၢ်နၢ်ပၢ်ကအိၣ်အါထီၣ် န့ၣ်လီၤ. အဒိ, တၢ်သံကွၢ်ဘၣ်ဃးဒီး တၢ်ဆိကမိၣ်ဆိကမးလၢအဲၣ်ဒီးမၤသံလီၤကွၢ် အသး, အတၢ်မံတၢ်ဂဲၤ, အယဲၤလီၤထဲလဲၣ်, အကလၢၢ်ဘၣ်အလုၢ် အပူၤအိၣ်ထဲလဲၣ်, သးအတၢ်ဟူးဝး, ဒီး တၢ်ကဲထီၣ်အသးလၢ အအိၣ်ဒီးတၢ်သ့ၣ်ပိၣ်သးဝးအါတလၢမ့ၢ်ဂ့ၤ တၢ်သ့ၣ်ပိၣ်သးဝးစ့ၤ တလၢ. တၢ်သံကွၢ်ဒ်အံၤတဖၣ်ကမၤစၢၤလၢ တၢ်ဃုထံၣ်သ့ၣ်ညါ အသးတၢ်ဆူးတၢ်ဆါယိာ်ထဲလဲၣ် န့ၣ်လီၤ.</p> <p>– ဘၣ်ဃးလၢ trauma န့ၣ် တၢ်တဲဖျါထီၣ်တၢ်တူၢ်ဘၣ်တၢ် ဒီး တၢ်မၤအီၤလၢဘၣ်ဆါဘၣ်ကတီၢ် မ့ၢ်တၢ်အရူဒိၣ်ဖးဒိၣ်လီၤ. ပှၤလၢ အလဲၤဒီဖျိဘၣ် trauma န့ၣ်မ့ၢ်မၤန့ၢ်တၢ်မၤစၢၤဆိဆိအယိ, အသးအပူၤလီၤဘျါဆိသ့ဒီး တၢ်လၢအမၤဘၣ်ဒိဘၣ်ထံးအီၤတဖၣ် န့ၣ်တအိၣ်ယံာ်ထဲန့ၣ် ဒီး တမၤဟးဂီၤတၢ်အါထဲန့ၣ်ဘၣ်. အဒိ, ပိၣ်မုၢ်တဂၤမ့ၢ်ဘၣ်တၢ်မၤအီၤတရီၤတပါအယိ, အဝဲဘၣ်တၢ် ဟ့ၣ်အီၤတၢ်ခွဲးတၢ်ယံာ်လၢကတဲနီၤလီၤတၢ်ကဲထီၣ်အသးဒီး အတၢ်တူၢ်ဘၣ်တၢ် (တအိၣ်ဒီးတၢ်မၤကရီၢ်) တဘျီယိဖဲတၢ်မၤတရီၢ် တပါဝံၤအလီၢ်ခံလီၤ. တၢ်န့ၣ်အယိ အဝဲဘၣ်တဘၣ် တဒီးန့ၢ်ဘၣ် PTSD ဒီဖျိလၢ တၢ်မၤတရီၢ်တပါအီၤအစိကမီၤဘၣ်တၢ်မၤဆဲးလီၤ စ့ၤလီၤအီၤဖးဒိၣ်အယိလီၤ. အဝဲမ့ၢ်ဘၣ်အိၣ်ဒီး</p>
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	တၢ်ဘၣ်ဒိဘၣ်ဆါ, တၢ်မဲၣ်ဆွဲး, ဒီး တၢ်ပျံၤတၢ်ဖူး ဒီး တဒီးန့ၣ်ဘၣ် တၢ်မၤစၤ အယိ, ယံၣ်လီၤအယိ, အဝဲကန့ၣ်ဘၣ် PTSD ဒီဖျိလၢ တၢ်မၤတရီၢ်တပါအီၤ အစိကမိ တဘၣ်တၢ်မၤဆဲးလီၤစ့ၤလီၤအီၤအယိလီၤ.
– PTSDs should be treated by professionals.	– PTSD ဘၣ်တၢ်ကူစါအီၤလၢ ပှၤကူစါယါဘျါတၢ်လၢ လုၢ်အိၣ်လုၢ်အီၤ သးသမူလၢတၢ်မၤဒ်အံၤ လၢ အိၣ်ဒီးကံၢ်စိတၢ်သ့တၢ်ဘၣ်.

B. What a church can do

ခ. တၢ်လၢတၢ်အိၣ်ဖျိၣ်မၤသ့

<ul style="list-style-type: none"> – Presence: be present. <ul style="list-style-type: none"> ≈ Be there. ≈ Be a witness of his or her suffering. (Many times, people suffer and no one knows.) – Practice: How you are present with them matters. <ul style="list-style-type: none"> ≈ Let people tell their stories. ≈ Listen to their stories. ≈ Allow the experience and expression of feeling. ≈ Provide a safe place. Don't judge. ≈ Encourage them to get involved in the community of faith. ≈ Help people recognize and develop their resources. – Proclamation <ul style="list-style-type: none"> ≈ Proclaim God's truth. ≈ Gently correct distorted concepts of God (God is unavailable, unfair, and uncaring). ≈ Be the grace-based church. 	<ul style="list-style-type: none"> – တၢ်အိၣ်သကိးဒီးပှၤ - အိၣ်နီၣ်ကီၢ် <ul style="list-style-type: none"> ≈ အိၣ်ဖဲန့ၣ်ဒီးအီၤ နီၣ်ကီၢ် လၢသ့ၣ်လၢသး. ≈ ကဲထီၣ်ပှၤအထံၣ်ထွဲ အုၣ်အသးသ့ လၢ ပှၤဆါအတၢ် တူၢ်ဘၣ်တၢ် (အါစုအါဘျီ, ပှၤကညီတဖၣ်တူၢ်ဘၣ်တၢ်ဒီး မတၤမးတသ့ၣ်ညါ) – တၢ်မၤယုၣ်တၢ် - နအိၣ်သကိးဒီးအီၤဒ်လဲၣ်ဒ်လဲၣ် မ့ၢ်တၢ်အရ့ဒိၣ် လီၤ. <ul style="list-style-type: none"> ≈ ပျဲပှၤသ့ၣ်တဖၣ်တဲအသးသမူအတၢ်လဲၤဒီဖျိ. ≈ ကန့ၣ်လၢတၢ်သးစၢ်ဆါ. ≈ ပျဲပှၤသ့ၣ်တဖၣ် ကပၣ်ဖျါထီၣ် အတၢ်တူၢ်ဘၣ် ဒိၣ်ဘၣ်တၢ် (ဟီၣ်, မဲၣ်ဆွဲး, သးဒိၣ်, သးခု, . . .). ≈ ဟ့ၣ်အီၤတၢ်ဘၣ်တၢ်ဘၤ. တဘၣ်စံၣ်ညီၣ်တၢ်တဂ့ၤ. ≈ ဟ့ၣ်ဂံၢ်ဟ့ၣ်ဘါအီၤဒ်သိးကန့ၣ်လီၤမၤသကိးတၢ်လၢ တၢ်စူၢ်တၢ်န့ၣ်အတၢ်အပူၤ. ≈ မၤစၤအီၤလၢကထံၣ်က့ၤအတၢ်လၢလၢ, ကသူဒီး မၤဂ့ၤထီၣ်အတၢ်လၢတက့ၢ်. ≈ ကဲနဲ တၢ်အိၣ်ဖျိၣ်လၢ အဟ့ၣ်တၢ်ဘျူးတၢ်ဖျိၣ် ဒီး တမ့ၢ် ဟ့ၣ်တၢ်စံၣ်ညီၣ်ဘၣ်န့ၣ်တက့ၢ်.
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<p>Some forms of Spiritual abuse that a church needs to avoid:</p> <ul style="list-style-type: none"> – Not allowing people to question the authority of the church. – Creating an atmosphere of secrecy. – Fostering an elitist attitude (power and control). – Making spirituality become a matter of external performance, not internal character. – Perverting the attributes of God and motivating people through fears (punish instead of heal). – Bullying and burdening church members. – Sexual and physical abuse. 	<p>တၢ်မၤတရီၢ်တပါလၢသ့ၣ်ဂ့ၢ်သးကျိၤတဒိ အိၣ်သ့စ့ၢ်ကိး လၢတၢ်အိၣ်ဖျိၣ်တဖၣ်အပူၤအယိ ကဘၣ်ပလီၢ်သ့ၣ်ပလီၢ်သးလီၤ. တၢ်လၢတၢ်အိၣ်ဖျိၣ်ကြးဟးဆဲးတဖၣ်မ့ၢ်ဝဲ -</p> <ul style="list-style-type: none"> – တပျဲၤသံကွၢ်သံဒီးတၢ်အိၣ်ဖျိၣ်အတၢ်ကူၣ်အတၢ်ဖဲးတၢ်မၤ. – အိၣ်ဒီးတၢ်ပၣ်ခူသ့ၣ်တၢ်တဖၣ်လၢတၢ်အိၣ်ဖျိၣ်အပူၤ. – ခိၣ်န့ၢ်တၢ်ပၣ်သးလၢ ပှၤအဂၤကဘၣ်ပၣ်ကဲစူၢ်အကလုာ် ခဲလၢၣ် (ဟံးစိဟံးကမီၤ ဒီး ပာဆှၢ်ရဲၣ်ကျဲၤတၢ်ခဲလၢၣ် တအိၣ်ဒီးတၢ်မၤယုၣ်တၢ်ဒီးပှၤ). – တၢ်ဒုးကဲထီၣ်သ့ၣ်ဂ့ၢ်သးကျိၤတဖၣ်လၢ တၢ်လၢဖျါလၢအချၢ ဒီး တမ့ၢ် တၢ်ဒုးကဲထီၣ်သကဲၣ်ပဝးအဂ့ၢ် လၢအညါပူၤ. – ဘိးကမၢ် ယွၤအကံၢ်အစီ ဒီး ထီၣ်ဟူးထီၣ်ဝဲၤပှၤ ဒီဖျိ တၢ်မၤပျံၤမၤဖူး (တမၤဘျါ, အခိၣ်တလိၣ်စံၣ်ညီၣ်တၢ်). – မၤနာၤမၤယုၣ်ဒီးမၤယုၣ်တၢ်လၢတၢ်အိၣ်ဖျိၣ်ဖိတဖၣ်အဂီၢ်. – တၢ်မၤတရီၢ်တပါ လၢနီၢ်ခိး သွံၣ်ထံတၢ်ရူၤလိၣ်.
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<p>? Have you noticed symptoms of PTSD among your church members?</p> <p>? What steps have you taken to care for these people?</p> <p>? What would you like to do to be more aware of the suffering and bring them to the healing light of Jesus?</p>	<p>? နထံၣ်ဘၣ် PTSD အတၢ်ပနီၣ်တဖၣ် လၢနတၢ်အိၣ်ဖျိၣ်ဖိသ့ၣ်တဖၣ်အကျါဒါ.</p> <p>? နဟံးန့ၢ်ခိၣ်ခါမနုၤတဖၣ်လၢနကတုၤကယၢ် ပှၤသ့ၣ်တဖၣ် လဲၣ်.</p> <p>? နအဲၣ်ဒီးမၤတၢ်မနုၤ နသိးနကသ့ၣ်ညါအါထီၣ်တၢ် ဘၣ်ယးဒီးပှၤအတၢ်တူၢ်ဘၣ်တၢ် ဒီး နကဟဲစိၣ်အီၤ ဆူခရံၣ်အတၢ်မၤဘျါအတၢ်ကပီၤအပူၤ နလဲၣ်.</p>
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IX. Self-care

IX. တၢ်ကဟ့ကယၢ်လိာ်က့ၤသး

A. Occupational hazards

က. တၢ်ဘၣ်ယိာ်တၢ်ကီၢ်တၢ်ခဲလၢအကဲထီၣ်အသးလၢတၢ်မၤလိာ်အပူၤ

<ul style="list-style-type: none"> – Unreasonable expectations – Unreasonable work schedule – Idolization of people – Unsatisfactory counseling results 	<ul style="list-style-type: none"> – တၢ်မုၢ်လၢတဖၣ်လၢ အဂ့ၢ်အဝီတအိၣ်ဒီးတကြး. – တၢ်မၤအဆၢကတီၢ်တဖၣ်လၢအဂ့ၢ်အဝီတအိၣ်ဒီးတကြး. – တၢ်ယူးယိာ်ပၣ်ကဲပွၤကညီလၢအတလၢကွံာ်အခး. – တၢ်ကဟ့ကယၢ်အစၢလၢတကဲထီၣ်တၢ်သးမံ.
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B. Other constraints

ခ. တၢ်ကီၢ်တခဲတၢ်ပံးတၢ်စ့ၤအဂၤ

<ul style="list-style-type: none"> – Time constraints – Physical constraints – Self-doubt or grandiosity – Unrealistic expectations of oneself – Burnout – Failure in family responsibility – Physical illness and depression – Counseling without Godliness 	<ul style="list-style-type: none"> – တၢ်ဆၢကတီၢ်တအိၣ်. – နီၢ်ခိလူၤမၤတၢ်ခဲလၢတန့ၢ်. – တၢ်ထံၣ်လိာ်က့ၤသးအိၣ်ဒီးတၢ်သးဒုဒိ မ့တမ့ၢ် တၢ်ထံၣ်လိာ်က့ၤသးဒိတလၢ. – တၢ်မုၢ်လၢလၢပပၣ်လၢပလီၤလၢအဂ့ၢ်အဝီတအိၣ်ဒီး တကြး. – တၢ်လီၤတူၢ်လီၤကၢ်ကွံာ်လၢဟံၣ်ဖိယိမိမ့ဒါ. – နီၢ်ခိဒီးသးအတၢ်ဆူးတၢ်ဆါဟဲအိၣ်ထီၣ်. – တၢ်ကဟ့ကယၢ်တၢ်တအိၣ်ဒီးတၢ်ဘၣ်ယွၤအသး.
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C. What you can do

ဂ. နမၤမနုၤသ့လဲၣ်.

<ul style="list-style-type: none"> – Accept the fact that you are human. – Be responsible in your own home. – Prioritize. – Strategize and manage expectations. – Set up/use a network of resources. – Set realistic and healthy boundaries. – Follow Jesus' practice of rest. <p>≈ Matthew 8:18</p>	<ul style="list-style-type: none"> – တူၢ်လိာ်လၢနမ့ၢ်နဲဒၣ်ပွၤကညီလီၤ. – မၤလၢပွဲၤနမ့ၢ်ဒါလၢနဟံၣ်နယီၤအပူၤ. – မၤတၢ်လၢအရူဒိၣ်အဆိ. – ကျဲၣ်ကျဲၣ်တၢ်ဒီး ပၤဆွၢပွၤလၢအတၢ်မုၢ်လၢတဖၣ်. – ဒုးအိၣ်ထီၣ် (မ့) သူ တၢ်မၤစၢၤအကျိၤအကွံာ်တဖၣ်.
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<ul style="list-style-type: none"> ≈ Mark 6:31 – “Come with me --- to a quiet place.” – Practice Sabbath. ≈ Recall the one from whom freedom comes. Your value is determined by who you are in Christ as opposed to your value determined by what you do. ≈ Rest and relax in His presence. ≈ Reenergize, refocus, and renew commitment. – Keep claiming the light of Jesus 	<ul style="list-style-type: none"> – ပပ်လီ၊ နသးသမ္မအတၢ်ဟူးတၢ်ဂဲၤအဆာတဖၣ် လၢအခီပညီအိၣ်ဒီးအအိၣ်ဆူၣ်အိၣ်ချ့. – လူၤပိၣ်ထွဲမၤထွဲဒ်ခရံၣ်အိၣ်ဘျးအိၣ်သါ. ≈ မးသဲ ကး၁၈ ≈ မၢ်ကူး ၆:၃၁ - “ဟဲသုကစၢ်ဒၣ်သုဝဲဆူတၢ်တဒၢ လၢပျၢ်မုၢ်ကနၢအလီၢ်, ဒီးအိၣ်ဘျးတစီၢ်တလီၢ် တက့ၢ်. ” – မၤထွဲမုၢ်အိၣ်ဘျးနံၤ ≈ သုၣ်နီၣ်ထီၣ်ပှၤတဂၤလၢအဟ့ၣ်နၤတၢ်သဘျတက့ၢ်. နလုၢ်န့ၤသန့ၤထီၣ်အသးလၢခရံၣ်အပူၤ ဒီး တသန့ၤထီၣ်အသးလၢတၢ်လၢနမၤဘၣ်. ≈ အိၣ်ဘျးအိၣ်သါ လၢယွၤအခီၣ်ထံးတက့ၢ်. ≈ ဟံးက့ၢ်ဂံၢ်ဘါ, သးစၢ်ဆၢက့ၤ, ဒီး မၤသီထီၣ်က့ၤ နတၢ်အၢၣ်လီၤ. – ယုဒီးယု ကစၢ်ခရံၣ်အတၢ်ကပီၤထီၣ်ဘိတက့ၢ်.
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<p>? Why is it important to have the discipline of self-care?</p> <p>? What are the consequences of not practicing the discipline of self-care?</p>	<p>? ဘၣ်မနုၤ တၢ်ကဟုကယၢ်က့ၤသး မ့ၢ်တၢ်အရ့ဒိၣ်လဲၣ်.</p> <p>? တၢ်ကဟုကယၢ်က့ၤသးမ့ၢ်တအိၣ်အယိ တၢ်မနုၤ လူၤပိၣ်ထွဲထီၣ်အသးသ့လဲၣ်.</p>
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X. Conclusion

X. တၢ်ကတိၤလၢခံ



- As a counselor, you do not need to have all the answers or know all the techniques.
- Always remember the concept of Imago Dei and have compassion.
- The most important resource is prayer.
- Help people recognize and develop their resources. Help people to help themselves.
- Be human and allow God to use you. The Holy Spirit can lead you when you are with people in time of their need to listen and support them.
- Keep learning!

- နမ့ၢ်ပှၤကဟ့ၣ်ကယၢ်တၢ်သနၢ်က့ၢ်, တလိာ်လၢနသ့ၣ်ညါ တၢ်အစၢတဖၣ်ခဲလၢၢ် ဒီး တၢ်မၤအကျိၤအကွၢ်ခဲလၢၢ် ဘၣ်.
- တၢ်မၤစၢအဝူၤကတၢ်မ့ၢ်တၢ်ထုၣ်ကဖၣ်လီၤ.
- မၤစၢ ပှၤသ့ၣ်တဖၣ် လၢကထံၣ်လီၤက့ၤ ကျဲလၢ အကမၤစၢလိာ်သးသ့ ဒီး ကမၤဝူၤထီၣ်ဝဲ.
- မ့ၢ်နဲပှၤကညီ ဒီးပျဲယွၤသူနၤတက့ၢ်. သးမ့ၢ်စီဆံၣ် ကမၤစၢနၤ ဖဲနအိၣ်ဒီးပှၤတဖၣ် ဖဲအဝဲသ့ၣ်လိာ်ဘၣ် နတၢ်ဒိကနၣ်ဒီးနတၢ်ဟ့ၣ်ဝံၢ်ဟ့ၣ်ဘါအခါ တက့ၢ်.
- မၤလိတၢ်ဆူညါ.

Appendix A – Christian Dating

လံာ်ဘျးစဲ က - တၢ်ကတဲာ်ကတီၤခရံာ်ဖိအတၢ်ဆိဟံာ်ဆိယီ (တၢ်ပာ်တၢ်အဲာ်တီ)

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Appendix B – Pre-marital Counselling

လံာ်ဘျးစဲ ခ - တချုးတၢ်တုာ်တၢ်ဖျိတၢ်ကဟုာ်ကယာ်

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