

Mental Health Monday's

What is psychotherapy? (therapy)

ናይ ስነ ልቦና (ቴራፒ) እንታይ እዩ?



The content is not intended to be a substitute for professional advice, diagnosis, or treatment. Always seek the advice of your mental health professional or other qualified health provider with any questions you may have regarding your condition.

ትሕዝቱኡ ንሞያዊ ምክሪ መተካእታ ንክከውን ኣይኮነን።

ምርመራ ወይ ሕክምና ኩነታት ብዘምልከት ክህልው ዝክእሉ ዝኮነ ደኩን ሕቶታት ናይ ኣእምሮ ጥዕና በዓል ሞያ ወይ ብቅዓት ዘለዎ ናይ ጥዕና ኣገልግሎት ይጠይቁ።

What is Psychotherapy?

ሳይኮቴራፒ እንታይ እዩ?



Treatment aimed at relieving emotional distress and mental health problem.

ናይ ምቕዋስ እና ኣእምሮ ጥዕና ፀገም ንምውጋድ ዝተፈጥረ ሕክምና እዩ።

Therapy helps eliminate, control and understand troubling symptoms to increase well-being and healing.

ቴራፒ ፅቡቲ ቕነት እና ፍውሲ ንምውሳኽ , ኣጨናቂ ምልክታት ንምውሳኽ, ኣጨናቂ ምልክታት ንምውጋድ, ንምቁፅፅር እና ንምርዳእ ይጠቅም።

Why go to therapy?

ናብ ሕክምና ምኻድ

Address/understand the effects of trauma

ናይ ኣሰቓቂ ፀገማት (ጉድኣት) ምዃርራብ እና ምርዳእ።

Repressed emotions will come back

ዝተዓፈነ ስምዒታዊነት ዝጎደሎ ተመሊሱ ይመፅእ።

Forgive past and heal the present

ናይ ዝሓለፈ ደቅረ ብምገልና ናይ ሐዚ ይፈውስ።

Discover new coping skills

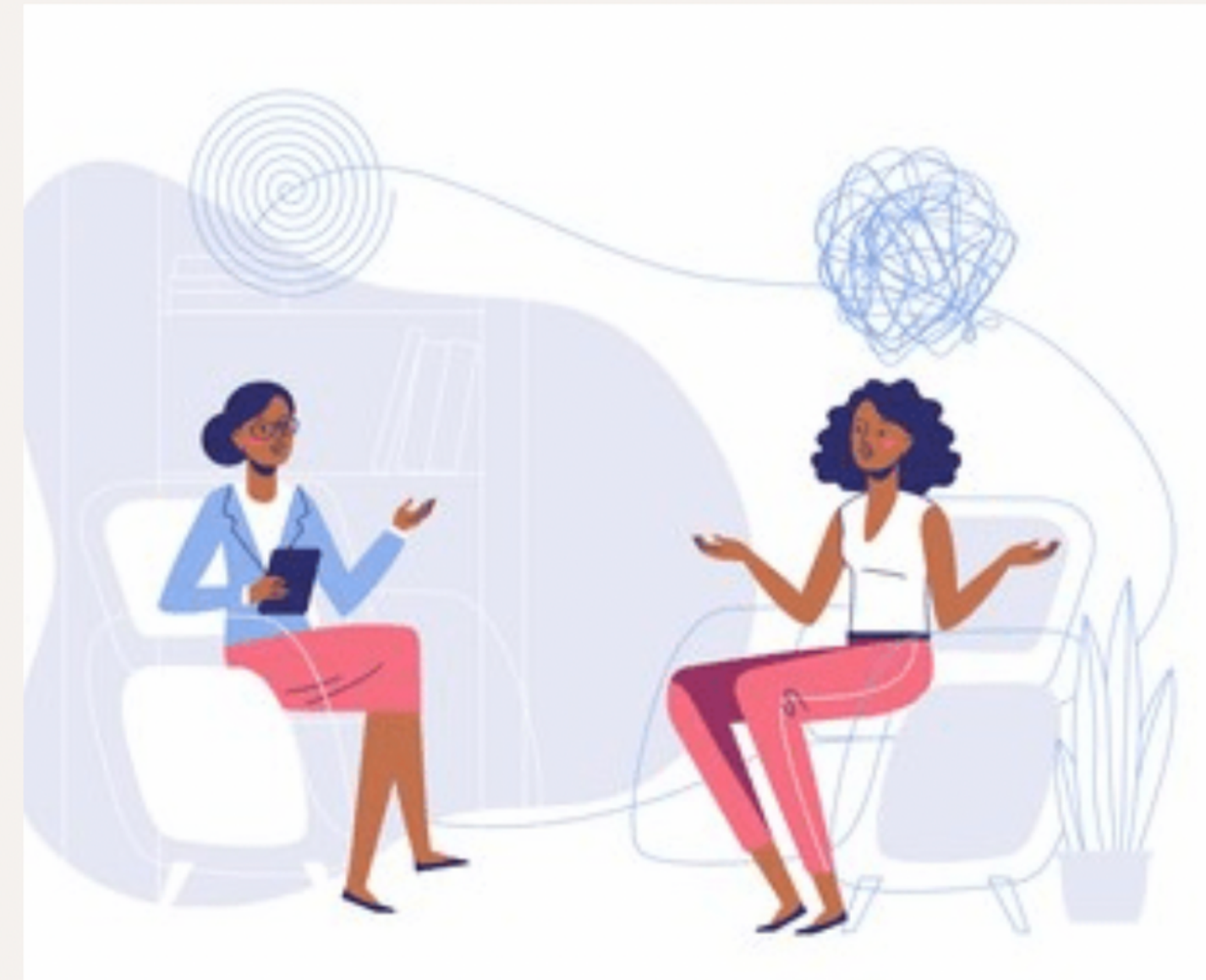
ሓዲሽ ናይ ምክእኣል / መዘናግዒ ኩነታት ይፍጠሩ።

Rewire the brain and see things in a new way

ሓንጎልካ ነገራት ብሓድሽ መንገዲ ንክትርድኦም የክእሉ።

Unlearn, learn, relearn

ረሲዕካ ተማሃር እንደገና ተምሃር



Misconceptions about Therapy

ሰባት ርብ ሕክምና ዘይከዱሉ ምኽንያት

Only people who are weak, mentally ill, or crazy seek therapy.
እቲ ሕክምና ነቶም ጸላላት ወይ ድኻማት ጥራይ እዩ

Therapists have all the solutions for all of life's problems.
ምስ ሓኪም ምዝርራብ ንኹሉ ጸገማት ኪፈትሖ እዩ

The therapist will shame and blame for your thoughts
ቴራፒስት ብ ሓሳባት ከፍረሓንን ክወቅስንን እዩ ምገል

The past does not matter
ሕሉፍ ኣገዳሲ ኣይኮነን

Therapy is too expensive
ሕክምና ኽቡር እዩ

Where Can I Find a Therapist?

አብ አካምቦሪካዊ ጠዕና ፍሉይ ክእለት ዘለዎ ሰብ ኣበይ ከም እትረክብ



Psychology Today

<https://www.psychologytoday.com/us>



Good Therapy

<https://www.goodtherapy.org>



Therapy Thrive

<https://www.therapytribe.com>



Inclusive therapists

<https://www.inclusivetherapists.com>

Resources In Addition To Therapy

Apps

Calm App

Moodtrack Dairy

The Mindfulness app

Meditation Made Simple

Moodnotes

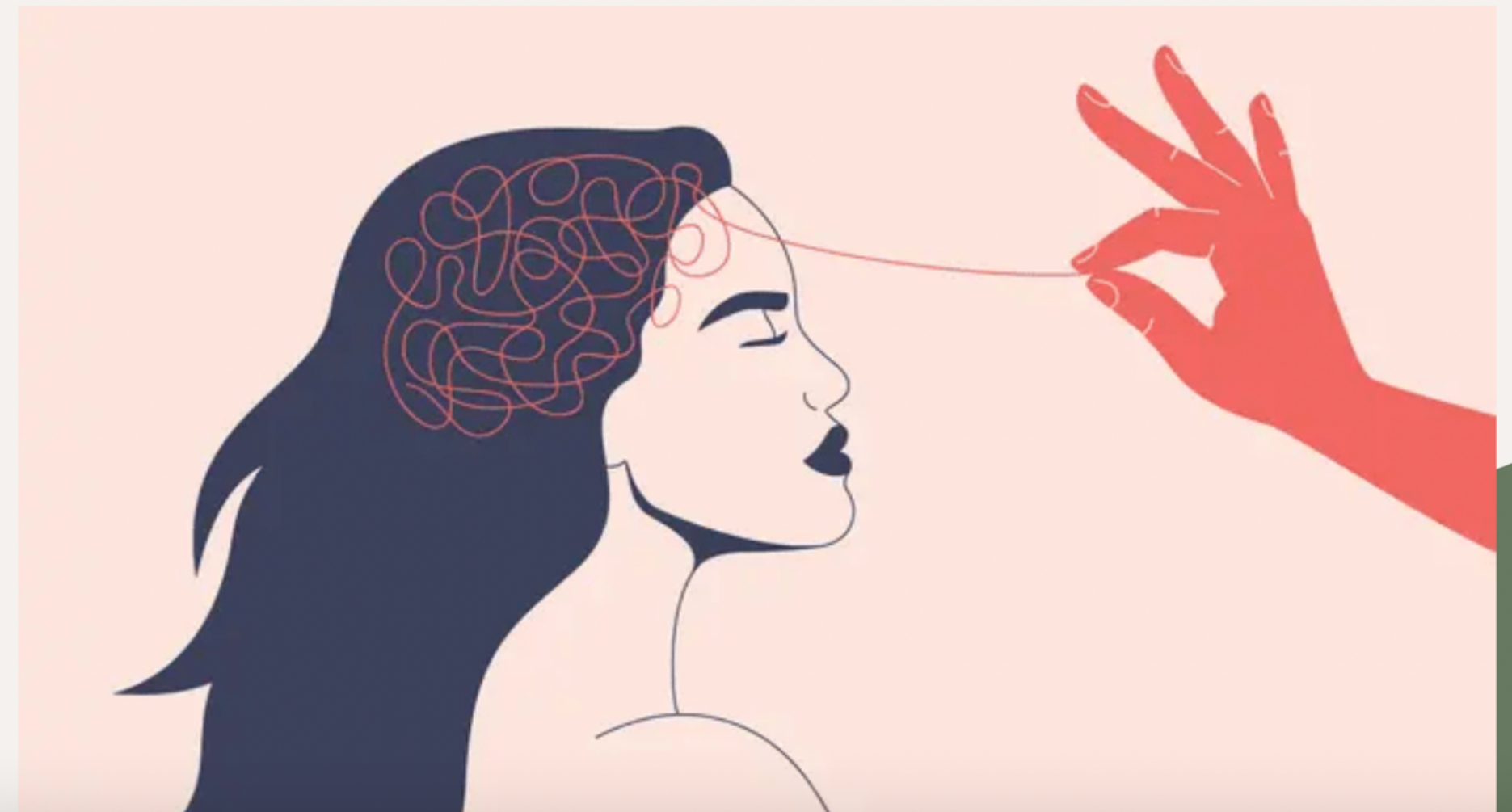
Simple Habit

ተወሳኝ ሃብቲ

Therapy Apps

TalkSpace

Better Help



Takeaways ...

ክንዝክሮ ዘለዎ ነገራት

“The attempt to **escape** from pain, is what creates more **pain**.”

ካብ ሕመም (ስቃይ) ንምምላጥ እትገብሮ ሙከራ ዝገደደ ናብ ሕመም ዘእቱ እዩ።

“What mental health needs is more sunlight, more candor, and more **unashamed conversation**.”

ናይ ኣእምሮ ጥዕና ዘድልዩ ብዝበለፀ ናይ ፀሓይ ብርሃን, ግልፅነት እና ሕፍረት ዘይብሉ ዝርርብ እዩ።

“The **scars** you can't see are the hardest to **heal**.”

ክረኣዩ ዘይክእሉ ጠባሳታት ንምፍጥስም ከበድቲ እዩም።

“**Trauma** creates change you don't choose. **Healing** is about creating change you do choose.”

ክትልወጥ ኣይመረጽካን.

ክትሓዊ መረጽካ