

Te Whakaoranga mā te Taunaki Aropā a-Rōpū

“He whakaratarata te mahi noa a te tangata – ko te whanaungatanga me te whai hapori ētehi o ngā tino tikanga e whai ora ai tātou. He rongoā te whanaungatanga i te ngākau pai hei whakaora i ngā mamae o te hinengaro.”¹



Tautoko Tāne
Male Survivors Aotearoa

Te Whakaoranga mā te Taunaki Aropā

Ko Te Whakaoranga mā te Taunaki Aropā he taunaki aropā whai take – he whakawhanake i ngā hononga e pono ana, he tūturu hoki, hei taunaki i a koe i tō oranga tonutanga.

Ka uaua mā ngā mōrehu taitōkai te whakahoahoa ki ngā hoa, ki te whānau me ngā hoamahi hoki, me te aha, he wero nui te whakahoahoa ki te hapori whānui. Ka whai pānga ēnei wero me ngā uauatanga whakahoahoa ki ngā āhuatanga e noho taratahi ai rātou, ā, ka māmā ake mā rātou ki te hoki atu ki ngā wara whakapōauau, ka kaupēhipēhi anō me te tūkinō haere tonu.

Ka aro Te Whakaoranga mā te Taunaki Aropā ā-Rōpū ki te waihanga me te whakangungu i a tātou ki ngā hononga pono, tūturu hoki e tika ana mō ō tātou ake ao. Ka aro pū ki ngā ara e noho haumarū ai te tinana me ngā kare ā-roto o te mōrehu taitōkai; e tuku whakaute ai ki ngā whakapono me ngā uara ā-ahurea o tētehi; e tautoko hoki ai i te huarahi whakaoranga ahurei ā tēnā tangata, ā tēnā tangata.

Kei te pokapū o ēnei hononga mahitahi ko tō mātou whakapono ki te tangata, ahakoa ko wai ia, me tana āhei ki te panoni i tōna waiaro kia haupai kē ake te aro ki tōna oranga tonutanga.

Ka ahu mai tēnei whakapono i ngā wheako ā ō mātou hoa mahi, e tō nei i ngā akoranga i a rātou ake wheako hāngai pū ki ngā wā i parangia e te mamae me te poautinitini.

“Ko te tūāpapa o te taunaki aropā i hua mai i te whakapono mā ngā tāngata kua rongō kē i ngā wero te toro atu ki te tautoko, ki te akiaki, ki te hāpai me te arataki hoki i te hunga e rongō ana i ngā āhuatanga ōrite.”²

Te Whakaoranga mā te Taunaki Aropā ā-Rōpū

Ka whakawhanake a Te Whakaoranga mā te Taunaki Aropā ā-Rōpū i ngā angitu e hono ai ki ētehi atu mōrehu – kia whakatupu i ngā hononga whai hiranga e rongō ai i te ngākau aroha, te māramatanga, te akiaki me te awhero hei āwhina i tō rātou oranga tonutanga.

Ka wātea ngā kaiuru ki te toha i ō rātou wheako o te ora, i runga i te whakapono, ki ētehi atu mōrehu, e pai ai tā ratou kite i ngā tirohanga rerekē hei mātai i tō rātou ao; ki te whakamana i tō rātou ake pitomata ā-tangata, me tā rātou ake mana hei panoni i ngā āhuatanga o tō rātou ao; ki te ako i ngā ara rerekē hei whakawhanaunga ki ētehi atu me ō rātou ake hapori; ki te whakatupu hoki i tō rātou māia me te manawanui kia ‘whai take’ tō rātou noho i tō rātou ao.

“Hei tāku, ko tēnei mea te hononga, he rī ka hua mai i waenga i te tangata i te wā ka kitea, ka rangona, ka manaakihia hoki rātou; ka wātea rātou ki te tuku kōrero me te whakarongo ki ngā kōrero, ā, kāore he whakawā; waihoki, ka hua mai he manapou, he whirikoka i taua hononga.”

– NĀ BRENÉ BROWN

Ngā painga pātahi mō ngā tāngata ka uru atu ki ngā taunaki aropā ā-rōpū:

- ✓ Ka hui tahi ki ngā tāngata kōrero i tōu ake reo – ngā tangata kua hīkoi i tōu ake ara

- ✓ Ka heke ngā rongō o mokemoke, o taratahi, o whakawā

- ✓ Ka whai tautoko i ngā whakahokinga arohaehae, whakahokinga whaihua hoki ā ētehi atu mōrehu, me te ako pūkenga hou hei pīkau i ngā wero

- ✓ Ka kaha ake te kiritau, te māia me te arotahinga

- ✓ Ka ako ki te whakaputa kōrero me ngā whakaaro pono mō ngā kare ā-roto

- ✓ Ka tupu tōu manawaroa, me te kounga o tōu ao – ka heke te auhi, te kotonga, te anipā, te ruhi ranei

- ✓ Ka piki ake te rongō i te oranga tonutanga, ka piki ake hoki te kaha ki te pīkau i ngā taumahatanga, ki te whakahihiko i a koe anō kia panoni i tōu ao

- ✓ Ka piki te kounga me te rahi o ngā hononga whanaungatanga – he torohanga o te whatunga pāpori

- ✓ Ka piki te āheinga ki te whakawhiti kōrero ki ētehi atu ratonga tautoko

- ✓ He angitu tēnei hei tauutuutu atu mā te āwhina i ētehi atu

Ngā Hua Takune mō Te Whakaoranga mā te Taunaki Aropā ā-Rōpū

He nui ngā momo hanganga o ā mātou rōpū Whakaora mā te Taunaki Aropā. Ko ētehi ka aro pū ki ngā momo ngohe whakawhanaunga; āe rānei he rōpū taunaki i te aratakinga hauora. Ko ētehi hui ka aro ki te whakawhanake i ngā pūkenga whai hua me te mōhio ki te hauora.

Ka whakawhirinaki ngā rōpū katoa ki ngā uara o Te Whakaoranga mā te Taunaki Aropā, engari he paku rerekē ngā hua takune, ahakoa he pekanga tonu.

Ngā Rōpū Whakawhanaunga

Ko ngā momo hui he hui noa i te wā kotahi, he hui kua whakaritea mō ētehi wā, hui hāngai rānei ki tētehi kaupapa. He taiao pai ngā momo rōpū whakawhanaunga ki te whakatupu i te rongo o tētehi hapori i waenga i ngā mōrehu, mā te mahitahi i tētehi wheako. Ko ētehi tauira o ngā mahi ko ngā hākinakina, ngā rōpū hīkoi, ngā rorerore, ngā rōpū whakangahau me ētehi atu ngohe motuhake.

Ko ā mātou rōpū whakawhanaunga ngā rōpū tino ōpaki. Ko te aronga o ēnei rōpū ko te whakaheke i te rongo taratahi, te whakamā, me te whakawā hoki, mā te whakarite taiao haumaruru e pai ai te whakawhanaunga ki ētehi atu. He mea nui ki ngā mōrehu te whai wāhi atu ki tētehi kaupapa e kore rātou e noho i tō rātou kotahi, e pai ai tā rātou whakangahau atu ki tāngata kē, ahakoa ngā taumahatanga kei runga i a rātou.

He wāhi pai hoki ēnei rōpū ki te whai hononga hou, hoa hou, me te whakawhānui i tōu ake whatunga taunaki. Ko ēnei hononga hou ka tino whai hiranga kia taurite anō ai koe, kia whakakore rānei i ngā hononga i te hapori e tūkinu ana, e whakararu ana i tō whai i ō whāinga hauora.

Ngā Rōpū Ako

I ētehi wā ka hiahia kē ngā mōrehu ki te aro ki te whakapakari i ō rātou pūkenga me ō rātou mōhiotanga mō ngā take e pā ana ki ngā wero kei mua pea i tō rātou aroaro. Ko ētehi tauira ko te tātari i te kohuki, te kaupare i ngā rerekētanga me ngā taumahatanga, te whakahaere i ngā momo mate, te mahitahi ki ngā ratonga papori, hapori rānei, te hono atu ki ngā rata haumanu hinengaro anō hoki.

Ko tēnei momo mātauranga me te whakapakari pūkenga, ka whai wāhi atu ki tētehi wāhanga o te Rōpū Whakawhanaunga, hei tauira, ka tū he akoranga kotahi, he terenga akoranga rānei hei whakaatu i ngā kōrero, me te whakatairanga i te matapaki i waenga i ngā mōrehu, e whai māramatanga ai rātou. Ka whakauru hoki ngā Rōpū Ako i ētehi tohunga o ētehi kaupapa hei kaikōrero manuhiri.

Ka aro pū hoki i ētehi wā ki te whakawhanake i ngā mōhiotanga me ngā pūkenga o ngā Rōpū Hauora, mā te whai wāhanga noa, mā te whai kaikōrero manuhiri rānei.

Ngā Rōpū Hauora

Ka whakahaerehia ngā rōpū hauora e tētehi kaimahi, e ētehi kaimahi rānei kua whakangungua, ā, e whai ana i tētehi raupapatanga ōrite mō (te nuinga) o ngā hui ka tū hei ia wiki, hei ia rua wiki rānei.

Ko te aronga matua, ko te tautoko i a koe i tō haerenga o te oranga tonutanga, i tētehi taiao moroki, ā-rōpū. Ko tā te tukanga arataki he āwhina i ngā mōrehu ki te whāngai i ō rātou wheako – ō mua, a mohoa nei hoki – ki tētehi taiao haumaruru, kore whakawā, me te taiao noho kiritapu. Mā ngā whakawhitinga ā-rōpū me te matapaki ka puta nga angitu hei ako, hei whai māramatanga, hei tuku i tētehi momo whakaute me te tautoko hoki, i ahu mai i te nohotahi ki ngā mōrehu kua ora, kua hīkoi i ngā ara ōrite.

E whai ana te katoa o ngā rōpū Hauora i ngā uara o Te Whakaoranga mā te Taunaki Aropā, engari mā ia rōpū tōna ake rongo e waihanga i roto tonu i ērā uara, e ai ki ngā tāngata kei taua rōpū i taua wā. Hei tauira, mā ngā kaiuru tonu ngā kaupapa e waha, mā te whiri i ngā kaupapa hei wherawhera, e hāngai pū ana ki ō rātou ake hiahia hei āwhina i ō rātou ara whai oranga tonutanga.

Ko tētehi wāhanga nui o te mana o te tukanga ā-rōpū, ka ahu mai i te whakamātau i ētehi wero ā-rōpū – hei tauira, ko te ako ki te whakaputa i ō whakaaro, te whakaono ki tētehi, te kaupare i ngā rerekētanga me ngā taumahatanga hoki. Ka rongo i te wehi ki ēnei momo tūhonohono, heoi, he huarahi hei whakapakari,

hei whakaharatau hoki i tō āhehi ki te whakawhanaunga i tētehi taiao haumaruru, e pai ai tō kawae i ērā pūkenga ki ētehi atu wāhanga o tōu ao.

Ko ētehi atu pitomata o te uru mai ki ngā rōpū Hauora ko te whakapiki i te ngoi hei whakatau i ō kōwhiringa i tōu ao; ko te whakapakari i te māia me te manawanui; me te whai hononga hei āwhina i a koe kia whai take ora tōu ao.

“Ko tā tētehi i hiahia ai i ētehi wā, ko te tautoko noa a tētehi atu... kua ki te whakatika i tētehi mea, ki te mahi pū rānei i tētehi mea, heoi; kia rongo noa kei te tautokohia, kei te manaakihia mātou.”

– HE TAUTANGATA

Nga Rerekētanga o Te Whakaoranga mā te Taunaki Aropā ki Ngā Rōpū Haumanu Hinengaro

Te Whakaoranga mā te Taunaki Aropā ā-Rōpū

Arō pū ki te hononga ki ngā Hoa Aropā

He kohinga tāngata e ōrite ana ngā wheako, ngā wero rānei, ka uru ki te rōpū taunaki hei hoa aropā

Kei roto pea i te rōpū he Takawaenga, he Kaihautū, he kaiwāhi e kore e tino rerekē tōna mana ki ō ētahi atu kaiuru

Inā hoki ko te hautū i te rōpū taunaki, te wāwāhi i ngā kōrero he mahi ōpaki, ka whai wāhi ngā kaiuru katoa ki te hui me ōna hua

Ehara i te mea me tae-ā-tinana atu, me whakauru rānei ki ngā hui katoa, mā te kaiuru e tohu mō āhea mutu ai

Ko te tikanga kāore he utu mō te tae atu ki ngā Taunaki Aropā ā-Rōpū, mēna rānei he utu, me koha

Ko ngā hua nui ka whanake i ngā whakawhitinga kōrero, hei whakatipu i ngā hononga whai take whaitaunaki hoki i waenganui i ngā kaiuru

Ko ngā rerekētanga o Te Whakaoranga mā te Taunaki Aropā ki ngā rōpū haumanu hinengaro (hei paku tauira o te rangahau i tētehi rōpū whai rata haumanu hinengaro) kua whakarāpopotohia ki raro iho nei:³

Ngā Rōpū Haumanu Hinengaro

Aro pū ki te hononga a te tūrora ki te haumanu hinengaro

Kotahi, neke atu rānei ngā rata rēhita hei waihanga, hei whakahaere anō hoki i ngā mahi e tika ana mō ā rātou tūrora

Ahakoia pēhea, ka arahina e tētehi e ētehi rānei o ngā rata rēhita kei a rātou te mana whakahaere i ngā kaiuru

Inā hoki he rata rēhita ngā kaihautū, mā rātou e kawē i te rōpū ki tā ngā paerewa ngaio, kei runga hoki i a rātou ngā hua o te rōpū taunaki

Ahakoia ehara i te mea me tae-ā-tinana atu, tērā pea he kawatau, he utu i waenga i te kaihautū me ngā kaiuru

Ko te tikanga he utu whakaurunga mō ia o ngā kaiuru me/ā mā tētahi ratonga taunaki hauora

Ko ngā hua nui ka taka mai i ngā whakawhitinga kōrero i waenganui i ngā kaiuru tūrora me ngā tohutohu a te kaihautū ngaio



Me pēhea taku uru atu ki tētehi Taunaki Aropā ā-Rōpū?

Kia uru atu ki tētehi Taunaki Aropā ā-Rōpū, me hono tuatahi koe ki tētehi o ngā kaimahi. He mea nui tēnei kia whai māramatanga ai mātou ki ētehi o ngā āhuatanga e whai pānga ana ki a koe, me ō hiahia i te rōpū. Mā te whai māramatanga ki ō pānga me ō hiahia, ka mōhio mātou mēnā ka purutia tonutia te arotahi, te kiritapu, me te mana o te rōpū i tō uru mai.

Kia uru atu ki ngā Rōpū Whakawhanaunga me ngā Rōpū Ako, me whai tono i tētehi o ngā kaimahi, āe rānei, i tētehi o ngā kaiuru o te rōpū. Heoi, mā te kaimahi nāna tonu te rōpū, te tono a te kaiuru e whakaae atu.

Kia uru atu ki ngā Rōpū Hauora, me whakarite terenga hui takitahi koe ki tētehi o ngā kaimahi i te tuatahi, e mārama pū koe ki ngā mahi a te rōpū, ā, kia whakapono rānō hoki kōrua kua rite koe ki te uru atu ki ngā mahi katoa.

Ka tīmata tēnei tukanga ki ētehi whakawhitinga kōrero e pā ana ki ētehi wero kei mua i tōu aroaro, me te whakamārama i ōu ake kawatau, me ō takune mō te uru atu ki te rōpū. Ka aro hoki ki te whakatūaho i tētehi/ētehi whāinga oranga tonutanga, me te matapaki ka pēhea tā te rōpū tautoko i a koe ki te whakatutuki i tēnei aronga.

Ka whai muri mai, ko te tūtaki i te kaimahi e ako ana i te rōpū kua whiria e koe (mēnā kāore anō koe kia huitahi ki tēnei kaimahi) kia rongo koe i te ahurea me te aronga a mohoa nei, o te rōpū. I te nuinga o te wā ka tonoa he kaiuru hou ki ngā Rōpū Hauora i te wā kua ea ngā hui e whā. Ka pēnei te mahi kia whai wā ngā kaiuru o ngā rōpū ki te whakaū i ngā hononga whanaungatanga i te roanga o ētehi hui, i mua i te pōwhiri atu ki ētehi kaiuru hou kia piri mai.

Me āta whai wā ki te uru atu ki ngā rōpū, he whai take tōna hanga. Ko tā te wheako he whakaatu mai, ko te whai take o ngā Rōpū Hauora kei roto tonu i tā mātou āhehi ki te tautīnei i te ahurea o te rōpū, i tōna hononga, me tōna arotahi.



“Ka ea i ahau te whakamau
i ō hū hei hīkoi i te hīkoinga
kotahi maera, ēngari, he
rite tonu te hāneaneatanga
ki ōku ake hū. Me hīkoi tahi
kē tāua.”

– NĀ LINDA MEYERS

