

Umuziki nka Therapy

Gufasha abana n'urubyiruko bafite ubumuga



Gufasha abana bacu n'urubyiruko

Mu bigo by'urubyiruko no mu bigo byita kubana n'urubyiruko bafite ubumuga hano mu Rwanda, duhura n'urubyiruko rwibasiwe cyane cyane no gupfobya, kwangwa n'imiryango yabo ndetse n'abaturage muri rusange. Basigaye babaho bafite ubwoba, guhangayika no kwigunga. Abana n'urubyiruko barashobora guhangana n'imibereho, amarangamutima, imitekerereze ndetse n'umubiri. Bashobora kuba bafite ibibazo byinyongera aribyo amarangamutima, imyitwarire, ubwenge, ibiyumvo na / cyangwa umubiri, bishobora kubangamira cyane ubuhanga bwabo bwo gutumanaho nubushobozi bwo kubaka umubano.

Uburyo umuziki ushobora gufasha

Ubuwuzi bw'umuziki buragenda bumenyekana nkuburyo bwiza bwo kuvura no gutabara. Bushobora gufasha:

- Kunoza ubuhanga bwo kumenya
- Guteza imbere itumanaho, harimo ubuhanga bwo gukoresha ururimi no kwerekana amagambo
- Kongera ibitekerezo / kwitondera umurimo
- Kunoza imyumvire y'ibidukikije no kongera icyerekezo nyacyo
- Gukemura ibibazo byo kumva no gutanga amahirwe yo kumva
- Gushimangira ubuhanga mbere y'amasomo no mugihe cy'amasomo
- Gukemura ibibazo by'umubiri kandi uteza imbere ubuhanga bukomeye kandi bwiza
- Kunoza imbaraga rusange no kwihangana
- Kongera imbaraga z'imitsi, ijwi ry'imitsi, ubushobozi bwo guhumeka, nibindi
- Kongera kuruhuka, kugabanya imihangayiko no kuzamura umwuka
- Kongera ubumenyi bw'amarangamutima no guteza imbere kwiyobora
- Gukemura ibibazo bijyanye n'umubabaro, ihahamuka n'ubwoba
- Kongera imbaraga, gutangiza no kugira uruhare
- Guteza imbere kwihesha agaciro no kwishushanya
- Guteza imbere kwimenya no kugabanya imyitwarire idakwiye
- Kwubaka icyizere no kwihangana binyuze mu guteza imbere ubwigenge, umutekano no kugerwaho, no gushyiraho ingamba zo guhangana
- Guteza imbere guhanga no gutekereza
- Gutezimbere umubano, gushimangira imikoranire y'urungano, ingamba zo gukemura amakimbarane no kumva ko uri umwe
- Guteza imbere ubuhanga bwo gutumanaho mu magambo (harimo guhuza amaso, igisubizo kubitaro amagambo)
- Itoze imyitozo mbonezamubano (harimo kugabana, guhinduranya, no gukora mu itsinda)

Amahugurwa y'umuziki nk'umuti

Amahugurwa yacu arashobora gutegurwa guhuza ibyho ukeneye no kwibanda kuburyo umuziki ushobora gukemura ibibazo byihariye byabana nurubyiruko mukorana. Mubisanzwe amahugurwa arimo:

- Intangiriro y'umuziki nk'umuti, harimo n'impamvu zo gukoresha umuziki nk'umuti
- Ibikenewe n'ibibazo abafite ubumuga bahura nabyo
- Amahame remezo yo gukora umuziki nk'umuti
- Ingero z'intego zo kuvura
- Uburyo bwo gukorana umuziki nk'umuti n'umuntu umwe
- Uburyo bwo gukorana umuziki muri mu itsinda (group)
- Ibitekerezo n'ibikorwa byoroshye, harimo n'indirimo
- Urugero rwimpapuro zakwifashishwa gukoreraho isuzuma (forms)
- Ibikorwa n'inama cyangwa ibitekerezo

Uburyo bwo kwigisha burimo amahugurwa y'ubusabane, amahirwe yo kumenya umuziki nkuburyo bwo kuvura wenyine, kureba DVD yo guhugura kugirango ubone amasomo yumuziki mubikorwa, kwigira kubyo buri wese yiboneye no kuganira.

Ibyerekeye Abatoza bacu

Itsinda ryacu ry'abatoza ryatangijwe muburyo bwo gukoresha umuziki n'abavuzi b'umuziki bo mu Bwongereza bo mu muryango w'urukundo nka *Music as Therapy International*, bakomeje gutanga ubugenzuzi n'inkunga muri iki gihe.



Audace Musoni ni umuhuzabikorwa w'ikigo cy'Urubyiruko cy'Akarere ka Rusizi Yatangiye gukoresha umuziki kuva mu 2009. Audace afite uburambe bunini bwo gukorana n'urubyiruko rusanzwe ndetse n'abafite ubumuga kuva mu 2006.



Alphonsine Musabyemariya akora mu kigo cya Alivera, akorana n'abana n'urubyiruko bafite ubumuga kuva mu 2007. Yakoresheje muziki mu kazi ke kuva mu 2009.



Fidele Nshimiye akora mu kigo cya Urugwiro hamwe n'abana bafite ubumuga kandi akaba yarakoresheje umuziki mu kazi ke kuva mu 2016. Fidele kandi afite uburambe bwo gukorana n'abantu bafite ibibazo byo mu mutwe kuko yabikozemo muri Repubulika Iharanira Demokarasi ya Kongo.

Nyamuneka hindukira kugirango umenye uko wakira umuziki nk'amahugurwa yo kuvura.

Nigute wahabwa amahugurwa yo gukoresha umuziki nk'umuti mukigo cyawe

Amafaranga yo guhugura aratandukanye bitewe n'iminsi y'amahugurwa, n'umubare w'abatoza basabwa; ubusanzwe ugenwa n'umubare w'abantu bazitabira amahugurwa. Niba ukeneye amahugurwa twandikire kugirango dushobore kugufasha gutegura ingingo z'amahugurwa ajyanye nibyo ukeneye, kandi tubamenyeshe igicro.

Kugirango rwose ukoreshe neza imyitozo yacu uzakenera kuba ufite ibikoresho bya muzika biboneka hafi yawe kugirango ubikoreshe hamwe n'abana n'urubiruko rwo mukigo cyawe. Turashobora gutanga inama kubijyanye n'ibikoresho bya muzika bishobora kuba ingirakamaro n'aho ushobora kubigura, ariko urashobora gutekereza ku gicro cy'inyongera cyo kugurira ibikoresho bya muzika ikigo cyawe.

Ku bindi bisobanuro no gushaka kumenya uko wahabwa amahugurwa hoamagara:

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"Byari bitangaje!! Byatanze umusaruro cyane. Ubuvuzi bwa muzika ni ingenzi cyane mu buzima bw'abafite ubumuga kandi ko tugomba kubushyira mu bikorwa. Tugomba kuba abafasha aho kuba abarimu; ibi birashobora gushishikariza abafite ubumuga kugira guhanga udushya no kwigirira icyizere." *(Ibitekerezo byatanzwe na Theophile Nzabahimana, Umuyobozi kurwego rw'igihugu muri Gallagher Trust)*

Bishyigikiwe na:



music as therapy
international

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