

Bringing Care During the Most Difficult Days አዝዮም ከበድቲ ኣብ ዝኹኑ እዋናት ክንክን ምምፃእ

By **Medhanye Alem**, Psychotherapist/Trainer

ብ መድሃንዮ አለም ሳይኮቴራፒስት/ትሬይነር

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ዝተሓተመሉ ሕዳር 1, 2023



Medhanye Alem, psychotherapist/trainer with CVT Ethiopia, was the featured speaker at CVT's 2023 Restoring Hope Breakfast. He travelled from Tigray to Minnesota, U.S., to share his story of how the team extended care to refugees and displaced people during violent conflict in Tigray.

መድሃንዮ አለም: ኣብ ሲቪል ኢትዮጵያ ሳይኮቴራፒስት/ትሬይነር : ኣብ ናይ ሲቪል ናይ 2023 ተስፋ ናብ ንቡር ምምላስ ስነ-ስርዓት ቁርሲ ፍሉይ መደረ መስምዓይ ነይሩ። ኣብ ትግራይ ከቢድ ጎንዲ ይካየዱ ኣብ ዝነበረ እዋን ሰራሕተኛታት ሲቪል ከመይ ገይሮም ክንክን ናብ ተመዛበልቲን ስደተኛታትን የበጸሑ ከም ዝነበሩ ታሪኹ ንምክፋል እዩ ካብ ትግራይ ናብ ሚኒሶታ፣ ኣመሪካ ተጓዒዙ።

In this video, Medhanye describes what he, along with colleagues, family members and friends, went through during that time.

አብዚ ቪዲዮ እዙይ፡መድሃንዮ ምስ መሳርሕቱ፣አባላት ስድርኡን አዕርጅቱን አብቲ ግዜ እቲ እንታይ ከም ዘሕለፈ ይገልፅ።

See Medhanye's video ቪዲዮ መድሃንዮ ተመልከት

Medhanye delivered this speech at the event on October 26, 2023:

መድሃንዮ ነዚ መደረ 26 ጥቅምቲ 2023 አብ ዝነበረ መድረኽ እዩ አቕሪብዎ ።

Good morning everyone. Thank you for the opportunity to be with you today to share my story and to honor the incredible courage and resilience of my team in Tigray.

ከመይ ሓዲርኩም።ሎማዓንቲ አብዚ ምሳኸትኩም ተረኪበ ታሪኽይ ከካፍል ከምኡ እውን አብ ትግራይ ዘለዉ መሳርሕተይ ዘርአይዎ ኣዝዩ ዘገርም ትብዓትን ተፃዋርነትን ክብሪ ንክህብ ዕድል ስለዝረኽብኩ ዮመስግነኩም።

I want to start by expressing how immensely proud I am of my colleagues. Their strength and determination to show up for survivors of the conflict every day since the war began in 2020, is incredible.

ብመሳርሕተይ ክብ መጠን ንላዕሊ ከምዝሕበን ብምግለፅ ክጅምር ይደሊ። እቲ ኹናት አብ 2020 ክብ ዝጅምር ኣትሒዙ ግዳያት ናይቲ ጎንዲ ንዝኾኑ ሰባት ንምሕጋዝ መዓልታዊ ዘርአይዎ ዝነበሩ ጥንካረን ቆራፅነትን፣ንምእማኑ ዘፀግም እዩ።

I am proud to be able to share their story and represent them before you today.

ሎማዓንቲ አብ ቅድሜኹም ተረኪበ ታሪኽይ ከካፍልን ክውክሎምን ብምኽአላይ ድማ ሕቡን እዩ።

It's hard to explain what it feels like to have your entire life change in the blink of an eye.

ህይወትካ ብቕፅበት ክቕየር ከሎ እንታይ ከም ዝስመዐካ ክትገልፃ ከቢድ እዩ።

Before the war, my life was normal. It was peaceful. I was doing work I enjoyed. I was raising my son. We were happy.

ቅድሚያ እኛ ኩናት ሂደቱ ስራ ስራ ነበረ። ሰላማዊ ነበረ። ዘላለማዊ ስራ ስራ ይሰርሱ ነበረ። ወደ ዘዕቢ ነበረ። ሕገ-መንግሥት ድማ ነበረና።

And then it all changed. I was separated from my family. I didn't know if they were alive. They thought I had died. There was no communication. I could not reach them. I felt powerless and vulnerable. Witnessing the horror of the conflict will forever haunt me.

ድህረ-ገጽ ግን ኩሉ ነገር ተቆይቶ። ካብ ስድራይ ተፈልዶ ነበረ። ብህይወት ምህላዎም አይፈለጉን ነበረ። ጎረቤት እውን ዝሞትኩ እዩ ይመስሎም ነበረ። ርክብ ዝበሃል አይነበረን። ክበጠሉም አይከኣልኩን። ሓይሊ ዘይብለይን ተቐላባይን ኮይኑ ድማ ተሰሚዑኒ ነበረ። መስከሕካሓይነት ናይቲ ጎንዲ ብዓይነይ ብምርኣይ እውን ንዘልኣለም ናብ ኣእምሮይ እናተመላለሰ ከሻቕለኒ እዩ።

I could not reach them. I felt powerless and vulnerable. Witnessing the horror of the conflict will forever haunt me.”

ክበጠሉም አይከኣልኩን። ሓይሊ ዘይብለይን ተቐላባይን ኮይኑ ድማ ተሰሚዑኒ ነበረ። መስከሕካሓይነት ናይቲ ጎንዲ ብዓይነይ ብምርኣይ ንዘልኣለም ናብ ኣእምሮይ እናተመላለሰ ከሻቕለኒ እዩ።

My colleagues and I had to do what we could to help.

ሽቡ ኣነን መሳርሕተይን ክንሕግዞ ንክእል ነገር ክንገብር እዩ ነይሩና።

I couldn't leave. I felt that leaving this community was ethically and morally unacceptable. They trusted us, and we knew we couldn't abandon them.

ሓዲገዮ ክኸይድ አይከኣልኩን ። ነዚ ማሕበረሰብ እዚ ገዲፍካ ስነ-ምግባራዊ ኮነ ሞራላዊ ቅቡልነት ዘይብሉ ኮይኑ ተሰሚዑኒ ነበረ። ይኣምኑና ነይሮም፣ ክንገድፎም ከምዘይንክእል እውን ንፈልጥ ኢና።

At first, many of us felt like we weren't doing much, even if we've been present, but the lack of coordinated service delivery made us feel like we were doing nothing. But for our clients, it was everything. After being treated inhumanly, we treated them with dignity. We sat with them, listened to them, cared for them.

አብቲ መጀመርታ፣ ሙብዛሕትና ብዙሕ ከምዘይንሰርሕ ከይኑ ተሰሚዑና ነበረ፣ዋላ እፄ አብኡ እንተነበርና፣ዝተዋደደ አወሃህባ ግልጋሎት ዘይምህላዉ ግን ምንም ከምዘይንሰርሕ ዘለና ከይኑ ንክስመዐና ጌሩና ነይሩ እዩ ።እንተኾነ ግን እዚ ንዓማዊልና ኩሉ ነገር እዩ ነይሩ። ሰብአዊነት ዘይብሉ ግፍዒ ድሕሪ ምሕላፎም፣ሰብአዊ ክብሪ ሂብና ንክናኸኖም ነይርና።ምስኦም ኮፍ ንብል፣ ነዳምፃም፣ንክናኸኖም ነይርና።

One of my colleagues told me: “I’m struggling to eat knowing that someone next door is starving to death, a diabetic patient is counting down nights for lack of insulin or a child is living in horror, and the fact that I can listen and connect them with an agency to provide some assistance keeps me going.”

ሓደ ካብ መሳርሕተይ፡“አብ ጎረቤተይ ዘሎ ሰብ ብጥሜት ክመውት ከምዝኾነ እናፈለጥኩ፣ ሕማም ሽኮርያ ዘለዎ ሕሙም ብሕፅረት ኢንሱሊን ዝሞተሉ መዓልቲ አብ ዝፀባበዩሉ ወይ ቆልዓ አብ ብርቱዕ ራዕዲ ከይኑ ይነብር ከምዘሎ እናፈለጥኩ ምግቢ ክበልዕ ይሸገር ነይረ፤ ይኹን ድኣምበር ከዳምፃም ከምኡ እውን ዝተወሰነ ድጋፋት ንክረኽቡ ምስ ሓደ ትካል ከራኽቦም ምኽኣላይ ግን ንክቕፅል ገይሩኒ እዩ።”ኢሉ ነጊሩኒ።

It was not easy to work with a community where you belong. Some of our clients represent our mothers, some of them our fathers, some of them the siblings that we have.

ምስ ናይ ባዕልኻ ማሕበረሰብ ክትሰርሕ ቀሊል ኣይነበረን።ገለ ዓማዊልና ንኣዴታትና ፣ገሊኣም ድማ ንኣቦታትና።ገሊኣም ድማ ነቶም ዘለዉና ኣሕዋትና ይውክሉ።

Despite our own trauma, grief and anxieties, we supported each other through it all.

ዋላኪ ናይ ባዕልና ስነ-ኣእምራዊ ስምብራት፣ሓዘንን ጭንቀትን እንተነበርና፣አብዚ ኩሉ ግን ነኒሕድ ሕድና ንደጋገፍ ነይርና።

Just two weeks ago, 22 of our colleagues had been informed of the loss of close loved ones. For more than two years, these 22 people did not know the whereabouts of their loved ones and lived under ambiguities. The active violence in Tigray has shifted to another part of the region. However, we still deal with the aftermath of the conflict every day.

ቅድሚ ክልተ ሰሙን ጥራሕ እፄ፣ካብ መሳርሕትና እቶም 22 ናይ ቀረባ ዝፈትውዎም ሰባት ስእነት ተነጊርዎም ነይሩ። እዘም 22 ሰባት ፣ንልዕሊ ክልተ ዓመት ዝኣክል እቶም ዝፈትውዎም ሰባት ኣበይ ከምዘለዉ ሃለዎቶም ስለዘይፈልጡ አብ ትሕቲ ዘይንፁርነት ከይኖም እዮም

ይነብሩ ነይሮም። እቲ ኣብ ትግራይ ዝነበረ ንጡፍ ጎንዲ ናብ ካልእ ክፋል እታ ሃገር ዋለ። እንተተሰጋገረ ፣ ክሰብ ሕዚ ግን ነቲ ጎንዲ ስዒቡ ንዝመፅእ ሳዕቤን መዓልታዊ ኣብ ምእላይ ኢና ንርከብ።

But it's been the survivors we work with who inspired us to keep going.

ኮይኑ ግና እቶም ምስኣም እንሰርሕ ግዳያት እዮም ንክንቅፅል ዘነቓቕሑና ነይሮም።

But it's been the survivors we work with who inspired us to keep going.”

ኮይኑ ግን እቶም ምስኣም እንሰርሕ ግዳያት እዮም ንክንቅፅል ዘነቓቕሑና ነይሮም።`

There is one survivor in particular whose story will stick with me forever. I'll call him Tesfay. Tesfay is an old man who lost his family in the conflict and was detained and tortured before escaping to Shire. He would come to our Trauma Resilience Workshops with a rope tied around his stomach.

ብፍላይ ድማ ታሪኹ ንዘለኣለም ምሳይ ዝነብር ሓይ ግዳይ ኣሎ። ተስፋይ ኢላ ክፅውዖ እዩ። ተስፋይ ኣብቲ ዝነበረ ጎንዲ ስድርኡ ዝሰኣነን ቅድሚ ናብ ሸረ ምህዳሙ ድማ ተኣሲሩን ተሳቕዩን ዝነበረ ሸማግላ ሰብኣይ እዩ። ዙርያ ከብዱ ብገመድ ተኣሲሩ ድማ ኣብ ወርክሾፕ ተፃዋርነት ስነ-ኣእምራዊ ስምብራት ኣመልኪትና ኣብ ንህቦ ንጥፈት መፀ።

When I asked him about it, he said “You see that I have tied my stomach with a rope so that I don't feel the hunger. I would have gone to beg for food, but chose to come here, to CVT, to feed my soul. Your support is my strength to keep going.” I will never forget him.

ብዛዕባ እዚ ኣብ ዝሓተትክዎ እዋን። “ትርእዮ ዶ ኣለኻ እቲ ጥሜት ምእንቲ ከይስምዓኒ እዩ ከብደይ ብገመድ ኣሲረዮ ። ምግብ ክልምን ክኸይድ ነይሩኒ፣ ግን ድማ መንፈ ሰይ ንምምጋብ ናብዚ፣ ናብ ሲቪቲ፣ ክመፅእ እዩ መሪፀ። እቲ ትህቡኒ ድጋፍ ንክቕፅል ዝገብረኒ ጥንካረይ እዩ። ፈፂመ ድማ ኣይክርስዎን እዩ።” በለኒ።

In all locations where we operate, there is a huge flow of survivors in need of CVT services. Their names are kept on a waiting list, and they ask me “When am I supposed to receive treatment? I'm not able to sleep and need someone to talk to.” It is so heartbreaking to keep telling them to wait for their turn.

ኣብቶም ኩሎም እንሰርሓሎም ቦታታት፣ ናይ ሲቪቲ ግልጋሎት ብምድላይ ዝመፁ ግዳያት ብዙሓት እዮም ። ኣስማቶም ኣብ ናይ መፀበዪ ዝርዝር ተቐሚጡ፣ “መዓዝ እዩ ሕክምና ክረክብ

ዘለኒ? ክድቅስ ኣይከኣልኩን ዘዘርበኒ ዝኾነ ሰብ ይደሊ እዩ።” ከምዚ ኣብ ዝብልሉ ተረኣም ክሰብ ዝበፀሕ ክፀበዩ ምግባር ኣዝዩ ልቢ ዝሰብር እዩ።

My team and I know how to help people feel better. We want to help people feel better. We struggle to say, “Please wait.”

ኣነን ሙሳርሕተይን ሰባት ዝሓሸ ስምዒት ንክህልዎም ብከመይ ክንሕግዎም ከም ዘለና ንፈልጥ ኢና። ሰባት ዝሓሸ ስምዒት ንክህልዎም ክንሕግዎም ንደሊ ኢና ። በዚ ድማ ስጃኩም ተፀብዩ ንክንብል የፀግመልና እዩ።

The work my team and I do is extremely important. Our work helps give a suicidal client a second chance at life, helping a mother form an emotional bond with her child born out of sexual assault, or empowering a severely tortured man to overcome his shame. These individuals may lack enough to eat or a safe place to shelter, but they consistently tell us that what CVT provides is irreplaceable to them.

ኣነን ሙሳርሕተይን እንሰርሖ ስራሕ ኣዝዩ ኣገዳሲ እዩ። ስራሕና ንኣደ ዓርሰ-ቅትለታዊ ሓሳብ ዘለዎ ዓሚል ኣብ ሂወቱ ካልኣይ ዕድል ንክረክብ፣ ሓንቲ ብምኽንያት ፆታዊ መጥቃዕቲ ዝወለደት ኣደ ምስቲ ውላዳ ስምዒታዊ ርክብ ንክትፈጥር ይሕግዝ፣ ወይ ድማ ንኣደ ከቢድ ግፍዒ ዝወረዶ ሰብ ሕንኩቱ ምቁፅፃር ክኸእል ንክቆፃፀር የብቅዕ። እዞም ውልቀ ሰባት እዚኣም እኹል ዝኾነ ምግብ ወይ ውሑስ ዝኾነ መፅለሊ ቦታ ክስእኑ ይኸእሉ እዮም፣ እንተኾነ ግን እቲ ሲቪቲ ዝህበም ግልጋሎት መተካእታ ከምዘይብሉ እዮም ብቐፃልነት ዝነግሩና።

It is not lost on me that it is because of the support of the people here today that myself and my colleagues have been able to work and provide for our families, when so many others have faced unemployment and insecurity.

ብተሓት ካልኣት ስራሕ ኣልበነትን ዘይውሑስነትን ኣብ ዘጋጥመሉ እዋን ኣነ ባዕለይን ሙሳርሕተይን ግን ክንሰርሕን ንስድራቤትና ክንሕግዝን ዝኸኣልና ሎማዓንቲ ኣብዚ ዘሎ ሰብ ብዝገብር ድጋፍ ምኽንያት ምኽኒ ኣብ ኣይጠፍኣንን እዩ።

But most importantly, because of the support of the people here today, the community we serve has been able to continue to receive care. And for that I am so grateful.

እቲ ዝዓበዩ ነገር ግን፣ሎሚ ኣብዚ ብዘለዉ ሰባት ብዝተረኸበ ድጋፍ ምክንያት ፣እቲ ነገልግሎ ማሕበረሰብ ክንክን ምርካቡ ክቕፅል ክኢሉ እዩ። ነዚ ድማ ኣዝዮ እዩ ዘመስግን።

I'm incredibly honored to be here with you today and on behalf of my colleagues and my community, to extend our heartfelt gratitude for your generous support.

ሎማዓንቲ ኣብዚ ምሳኹም ብምህላወይ ኣዝዩ ልዑል ክብሪ ዝተሰማዓኒ እንትኹን፣ ነቲ ዝገበርኩምልና ሓልዮታዊ ድጋፍኩም እውን ብስም መሳርሕተይን ማሕበረሰብይን ልባዊ ምስጋናይ የቕርብ።

I'd like to finish by sharing a poem I wrote to describe a conversation between myself and the perpetrators of torture.

ኣብ መንጎይን እቶም ግፍዒ ዝፈፀሙ ገበነኛታትን ዝተገበረ ዝርርብ ንክገልፀለይ ዝፀሓፍኩዎ ግጥሚ ብምክፋል ድማ ክዛዝም ይደሊ።

Me: On a broad daylight,

ኣነ: ኣብቲ ሰፊሕ ብርሃን ቀትሪ
On her search for safety

ዉሑስና እናደለዮት
Carrying three kids, tired, thirsty,

ሰለስተ ቆልዑ ተሸኪማ፣ደኺማ፣ፀሚኣ እንተላ፣
Overwhelmed with mother's responsibility.

ብናይ ኣዶ ሓላፍነት ዓቕላ ፀቢብዎ
Why did you all gang rape her?
Why?

ስለ ምንታይ ዕስለ ኮይንኩም ኩሉኹም ዓሚፅኩማ?

ንምንታይ?
Perpetrators: Silence

ዓመፅቲ:ሱኽ

Me: Why did you let the innocent kids watch the mom staggering?

አጎ: ንምንታይ እቶም ንጹሃት ቆልዑ እታ ኣዲኦም ሰንደልደል እናበለት ከላ ንክርእዩዎ ገይርኩሞም?

Screaming in agony, desperately

ብስቓይ፣ተስፋ ብምቕራፅ እናእወዮት

Fighting till the end, bloodshed.

ክሳብ መወዳእታ እናተቓለሰት፣ደማ እናፈሰሰ

The kids in horrors, helpless.

ኣብ ብርቱዕ ራዕዲ ከይኖም፣ሓጋዚ ዘይብሎም ዕሽላት፣
Can't rescue mommy. Little, weak, powerless.
Why?

ኣዲኦም ከድሕኑ ኣይከኣሉን።ኣናእሽተይ፣ድኹማት፣ሓይሊ ኣልበ ብምጭኖም ::

ንምንታይ?

Perpetrators: Silence

ዓመፅ፡፡ሱኽ

Me: Why then needle and nail,

አጎ: ድሕሪኡ ኽ መርፍእን ሚስማርን ንምንታይ፣
To make her infertile?

መኻን ክትከውን ንምግባር?
Did you stab her with a knife,

ብኸራ ዶ ወጊእኹማ ነይርኩም
Does it not give life?

ሂወት ኣይትህብን ድያ?
Why?

ንምንታይ?

Perpetrators: Silence

ዓመፅቲ፡ሱኽ

Me: It froze my nerves as I listen that you left her fainted, unconscious, defeated,

እነ፡ተዘረራ፣ውንኣ ስሒታ፣ተሳዲራ ገዳፍኩማ ከምዝኸድኩም ምስ ሰማዕኹ መትንታተይ በረድ ኮይኑ።

The hyenas kind enough,

ኣዛብእ ርሀሩሃት እዮም፣

The vultures smarter,

ኣሞራታት በላሕቲ እዮም።

Sympathized for the kids,

ንቐልዑ ይቡቕቡቐ እዮም

Refused to finish her.

እዚኣቶምኳስ ኣይቀተልዎን

How does this make you feel?

እዚ ከመይ ይስምዐኩም?

Perpetrators: Silence

ዓመፅቲ፡ሱኽ

Me: Now you see

እነ፡ ሕዚ ትርእዩ ዶ ኣለኹም

In a small torn tent,

ኣብ ንእሽተይ ቀዳድ ቴንዳ

With nothing to eat left,

ምንም ዝብላዕ ዘይብላ
She is lying on stone and mud.

ኣብ እምንን ጭቓን እያ ትድቅስ ዘላ።

The kids are abandoned.

እቶም ቆልዑ ተደርብዮም።
Ashamed of incontinence,

ሽንታ ቀልቀላ ምቁፅፃር ኣብይዋ ሓኒኻ
Draining her patience,

ዓቕላ እውን ተፀንቂቐ

Bleeding nonstop, unable to sit, walk.

ደም ብዘይምቁራፅ እናፈሰሰ፣ኮፍ ክትብል ደኹን ክትንቀሳቕስ ዘይትኽእል
Pain, immense grief, sadness

ቃንዛ፣ከቢድ ሓዘን፣ጓሂ
Leaving her hopeless.

ብዘይ ተስፋ ሓዲግኩማ
Is that all you wanted?

እቲ ኩሉ ትደልይዎ ዝነበርኩም እዚ ድዩ ነይሩ?
Perpetrators: Silence

ዓመፅቲ፡ሱኽ

Me: In one bright morning, a beautiful day,

አነ፡ ግን ኣብ ሓንቲ ድምቕቲ ንጉሆ፣ፅብቕቲ መዓልቲ ፣
She held her chin up, tightened her body,

መንከሳ ንላዕሊብም ሓዝ፣ንኣካላ ኣፅኒዓ።
Decided to fight, not to obey.

ክትቅበሎ ዘይኮነስ ክትቃለሶ ወሲና
Isn't she brave?

ጅግና ዶ ኣይኮነትን ?

Perpetrators: Silence

ዓመፅቲ፡ሱኽ

Me: You know what?!

ኣነ፡ ትፈልጡ ዲኹም?!
Her soul is deep, her heart is deeper.

እቲ መንፈሳ ዓሚቕ፣ልባ ዝያዳ ዝዓምቕ ስለዝኾነ

Born resilient, tested on fire,

ኣብ ሓዊ ተፈቲና፣ተፃዎሪት ኮይና ተወሊዳ
Will evolve in time, even stronger.

ምስ ግዜ ክምዕብብ እዩ፣ዋላ እውን ክትጥንክር እያ።
I'm here for her, here for her,

ኣብዚ ዘለኹ ንዓኣ ክብል እዩ፣ ንዓኣ ክብል እዩ፣

Perpetrators: Silence

ዓመፅቲ፡ሱኽ

Thank you.

የቐንዮለይ!