

Ājmuur in Kōmālij Jipaņ ko kōn Kapilōklōk

Ri kapilōklōk ro am renaaj jermal ippaņ bwe ren jipaņ yuk edekļok ilo mour ne aņ, mour jān naņinmej ko aņ, im jermal ippaņ bwe en eņņanļok wāween aņ mour. Kōmej kajermal jet kain wāween taktō ko etan in strength-based (Ri kapiliklik eo ej jipaņ ri naņinmej eo bwe en lale maroņ im kapeel ko an make ņan anjo ioon mōjņo ko an) im person-centered (Ri kapiliklik eo ej jipaņ ri naņinmej eo bwe en tōmak e make im jelā bwe ewōr tokjān an mour). Wāween kapiliklik kein renaaj jipaņ bwe en kajoorļok im eņņanļok mour eo aņ.

Elōņ bwijin wāween kapilōklōk ko ije im kwo jab aikuj deļoņ aujipitoļ ņan kōmņani: elōņ kweiļok ko ikōtaaņ wōt im ri kapiliklik eo, kab elōņ kweiļok ko me elōņ armej rej ippān doon. Ewor kweiļok ko ņan jōdikdik, ajri, kab rūtto ro me ewor aer naņinmej in kōmālij. Kōmej kapeel ilo amim jermal ippān jōdikdik im kōmej jermal ippaņ ro me re mour jān juon jorrāān eļap ak ro jet raar kōkkure er. Kōmej bareinwōt jermal ippān ro im ewōr aer inepata ak būroņoj eļap, ippān ro im rej kōmņani men ko rettoon im jakkar, ippān pāren ro bwe en eņņanļok aer laļe, kōjparok, im katakin ajri ro nejaer, im kōmej jipaņ armej ro me rej ko jān jorrāān ko ilo laļ ko jet.

Eņōj an ri kapilōklōk ro amim katak bwijin kain wāween jipaņ ko etaer Evidence Based Practices. Im renaaj kajermal juon iaan wāween kein me eņņantata im ejejjet ņan aikuj ko aņ. Jet iaan wāween kein rej:

- Acceptance im Commitment Therapy (ACT) (Ri naņinmej eo ej kile bwe elōņ men ko re pen ilo mour eo an im ej pukōt kilen wōnmaanļok wōt meņe apaņ kein rejab jako)
- Cognitive Behavioral Therapy (CBT) (Jipaņ ri naņinmej eo kōn eņjake ko an, lomnak ko an, im kōmņan ko an)
- CBT Plus (Ejja āinwōt CBT ilaņ. Ijo wōt ke, eļap an kaorōk jemjera eo ikōtaan ri kapiliklik eo im ri naņinmej eo)
- Trauma Focused – CBT (Jipaņ juon eo me eņōj an juon jorrāān eļap waļok ņan e)
- Common Elements Treatment Approach (CETA) (jipaņ juon armej kōn eņjake, lomnak im kiļ ko an im barāinwot jipaņ kōn inepata ak abņōņo ilo mour eo an ak ņe e būroņoj ilo mour eo an, im jipaņ ro rej kōkkure wūno ko re kajoor im dān in kadek im jipaņ armej wanmaanļok ilo mour ko aer meņe joraan ko rar waļok ilo mour ko aer)
- Cognitive Processing Therapy (CPT) (jipaņ ņan ro me eļap aer inepata, būrōmōj, eņōj an juon jorrāān eļap waļok ņan er, ak rej kōkkure wūno ko re kajoor ak dān in kadek)
- Eye Movement Desensitization im Reprocessing (EMDR) (Juon wāween an ri naņinmej kaņakūt mejān me ej medek e ilo iien an kememej im kwaļok abņōņo ko an ak jorrāān ko me raar wāļok ņan e)
- Motivational Interviewing (Juon wāween an ri kapilōklōk lukkuun roņjake an ri ņaninmej eo kameļeļe kōn men ko re pen ilo mour eo an, im ri kapilōklōk eo ej rōjaņ ri naņinmej eo make kile men ko re aikuj oktak ilo mour eo an)
- Parent Child Interaction Therapy (PCIT)(Ri kapilōklōk ej laļe wāween an ajri eo pād ippān jinen im jemān im ej kapok wāween jipaņ er bwe en eņņanļok wāween aer pād ippān doon)

Elōņ bar jipaņ ko ņan rūtto ro, jinen im jemān ajri ro, kab ro im rej ko jān jorrāān ko ilo laļ ko jet.



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Wāween Taktō ko:

Etal ñan jikin taktō ak kōḅōḅō ippan taktō eo ilo talboon ak video.

Ia eo jikin taktō ko rej pād ie:

Downtown Spokane, Deer Park, Cheney (NT)

Wāween Kōļļā

Kōmej bōk insurance kein: Washington State Medicaid, Crime Victim's Compensation, im insurance ko jet. Jipaņ ko jān Kien ñan kōļļā oḅean taktō, āinwōt ba, grant. Elōñ jipaņ ñan armij ro me eḅōj an bar juon kōkkure er, paamļe ro im Children's Administration ej jipaņ er, im ro me rej ko jān jorrāān ko ilo laḷ ko jet. Ñe kwo kōḅaan bōk bar meļeļe kōn jipaņ kein, aḅ make kōļļā/kawōtḷok kōļļā eo ekkar ñan joñan jāān ko aḅ, jouj im kūrtoḷ kumī in intake eo am.



LUTHERAN
**Community
Services**
NORTHWEST

Bwe kwōn bōk bar meļeļe, jouj im kūrḷok:

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