

**A MINISTERIAL GUIDE
FOR HIV/AIDS CRISES COUNSELLING
AND
STRESS MANAGEMENT**

(A Psycho-Morphological Approach)

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PART ONE

A BRIEF REVIEW OF HIV/ AIDS

The human body, as designed by God has some immunity with which to withstand illnesses. From medical science we understand that the white cells are strategically placed within our anatomy and physiology to give also us protection from illnesses. Pharmacology has also been able to produce vaccines to help protect the body from medical devastation. In Nigeria, our National Programme on Immunization has the responsibility to see that all pregnant women, their unborn and born children up to two years old are adequately protected from the six killer diseases that disrupt the lives and joys of children and their families.

But what happens when our natural immunity against illnesses is rendered helpless? What could the situation of every germ be that goes within our system have the “heavenly” mandate to absolutely cause our immune system work hopelessly? Are we not then at the mercy of the grave? Have we not then been sentenced to a miserable life of complete hopelessness? This is the dilemma humanity is faced with today. This is the situation all over the world.

Despite our remarkable achievement as humans in the unimaginable parts of space travel, computer and information technology, electronic and telecommunication technology which our grand and great grandparents many never have dreamt possible in their days; we are plagued with a virus, one cell of which in the blood stream of a living human can wreck the life and livelihood of the individual. If transmitted to another human can cause such life threatening damage.

But what is HIV? How is it transmitted? What are the socio-economic implications of living with the virus? Is there any hope for those infected and affected by this virus? Can we who are living thing of alternative ways to ease the stress or burden of those who contacted it so that their lives can contribute to humanity while search and research and being made to find a final cure to this once-in-a history destruction agent of death.

HIV is Human Immunodeficiency Virus. This is a deadly virus, which if it enters the body of a human has the inhibited possibility of destroying every immunity and as a

result reducing the victim to mere specimen capable of being exploited by any kind of disease producing microbe. HIV can stay in an individual body for 5-7 years before the victim can become adversely affected. This makes most people with the virus live in cloud-cuckoo-land: thinking that their problems are precarious as they are.

Within this period, a person living with the virus can either help himself, his family the community or can become misguided and transfer the virus to as many people as possible.

WHAT IS AIDS?

AIDS is Acquired Immune Deficiency Syndrome. In the early days of the advent of HIV, all infected persons were not born with it, so it was termed an ACQUIRED illness. It is when HIV/ has rendered the immunity useless that a patient gets to the point of having AIDS. At the point he has become deficient of human immunity. It becomes a syndrome because it features a group of signs and symptoms that occur together and characteristics a particular abnormality (WEBSTER, 1990). Thus a person can contract HIV, live with for a number of years getting into Aids and then situation becomes threatening.

A CALL FOR HIV/AIDS STRESS MANAGEMENT

Giving the pandemic, we all are faced with, precious lives are perishing; people with solution to needs of society are being forever plagued. With such a condition most of them faced with guilt, rejection, stigma, unemployment and are crucial with stress and despair. We cannot at all roll back the clock: we cannot also just wish for the good old days but we can do something with the few days of our lives. It is said that yesterday is a cancelled cheque, tomorrow is a promise but today is an open cheque. What we do with our lives count much more than the length of days we have.

THE NEED FOR KNOWLEDGEABLE COUNSELLORS OF HIV/AIDS VICTIM

Although the population of the whole of Africa is not up to that of India, our gross percentage of those living with HIV/AIDS is very much mind-boggling. About 2/5 of the

World population of those with HIV/AIDS comes from sub-Saharan Africa. Despite this unprecedented gloom facing the continent and much of the black race, our concern seems minimal. We have yet a good understanding of the disease and its immense incalculable destructive powers, we do not preach abstinence and marriage fidelity, which are among the most preventive measures.

For the infected, our response seems indemnifying. The average individual seems to be playing safe and precious souls are left at the mercy of death and destruction. Many still carry grudges, forgiveness, isolation and neglect. Available counsellors to heal the emotional and psychological wounds of those battered by the disease are very far, and wonder why the disease has caused such an unimaginable and incredible destruction? No, we do not have to.

THE NEED FOR GIVING PSYCHOLOGY COUNSELLING AND PSYCHOTHERAPY

Ignorance has always been the destruction of many people. Because we look with disdain those who are infected with HIV we refuse to see that their lives can be of immense contribution to the society. In psychology one finds why (and at times how) someone does what he does. In sociology we find why and how a group of people do what they do.

Counselling helps to heal the wound of the heart, while psychotherapy goes on to treat mental or emotional disorder or related bodily ills by psychological means.

Although HIV/AIDS is a medical problem, but the psychological problem impregnated with it can do more deadly ills than the virus itself. This is why all especially those working with and among victims of HIV/AIDS need a good understanding of psychology.

PSYCHO-MORPHOLOGY: A HELPFUL TOOL

There are different theories relating why individuals are the way they behave. Without denigrating any, one stands out to be very helpful to all individuals: husbands, wives, children, parents, managers, health workers, teachers, marketers etc. This is because; having a good knowledge of the temperamental framework of individuals one knows how to work well with them.

With the present world crisis, due to HIV/AIDS, our need for the knowledge of psychomorphology is indispensable. All workers of people with HIV/AIDS can get a better

understanding of human behaviour without spending much hours of college studies, hence, this material in your hand.

HIV/AIDS: ITS CONTACT AND PREVENTION

Having become almost perplexed we cannot continue to create for more despondency. Our people need to rise from showcase national idiosyncrasy of ignorance to a point of getting illuminated with the light of preventive knowledge. The old adage has continued to remain true that **Prevention Is Better Than Cure**. In this case, since there is no cure, prevention becomes indispensable.

HOW HIV/AIDS IS CONTACTED

The transmission of HIV is virtually through fluid contact. This can be through sex, blood transfusion, mother to child and the usage and sharing of sharp objects.

SEX

Over ninety percent (90%) of HIV/AIDS victims contact it through sexual intercourse with another with the virus.

BLOOD TRANSFUSION

Someone with HIV+ in his/her blood can donate his/her blood to another and thereby transferring the virus.

PREGNANT MOTHERS

As beautiful as being pregnant and having safe birth can be, it can jeopardize all joys of it, if found out that a mother has passed the virus to her baby.

SHARING OF SHARP OBJECTS

Unsterilized sharp objects that have been used for anyone with HIV has the potential of giving another user the virus. Examples of those sharp objects needles and blades.

HOW HIV/AIDS IS NOT SPREAD

HIV is not spread by sharing food, touching, hugging, shaking hands, crying, sitting close to other people or holding other people in normal ways. Sharing clothes, towel, sheets and combs cannot also transmit it.

HIV/AIDS PREVENTION

1. The most appropriate sex practice is to stay off sex till marriage. When married, one should have fidelity.
2. If one's spouse is infected, they can use condom to protect the other from getting infected.
3. Everyone should seek good medical counsel before giving or receiving blood transfusion. One has the right also to be sure that the blood is tested and HIV free before permitting anyone to transfuse the blood.
4. Anyone receiving injection from medical personnel should be sure that he or she is using a brand new injection with the polythene around it.
5. Avoid sharing sharp objects such as needle, blades etc. If you have to, make sure they sterilized. World Health Organization (WHO) experts say that unsafe injection practices were the source of 160,000 infections in the Asia-Pacific region in 2000.
6. Cover cuts, injuries and wounds as fast as possible with waterproof plasters.
7. Information and education should be given special place to people. UNAID 2003 report has thus: "Information, Education and Communication (IEC) on HIV/AIDS are crucial components of a comprehensive package of prevention services required to reduce the number of new HIV infections. IEC includes, but is not limited to, activities such as mass media campaigns, school-based AIDS education, peer education programmes, which aim to bring about changes in knowledge and behaviours that reduce the risk of HIV exposure and infection.

We need to launch to because present statistics show some serious concerns. Take a look at AIDS facts in Nigeria.

Nigeria has over 3.5 million people between the ages of 15 and 49 living with HIV/AIDS. Approximately 72% of all HIV infection is among adults under the age of 40 years old. More than 1.4 million children have been orphaned more AIDS In Enugu State, the HIV prevalence rate increased more than 700% from 1995-1999. It is estimated that nearly 95,000 Nigerians died as result of AIDS in 2003.

The advent of HIV/AIDS has affected all humans. At a time when medical science has achieved great fears, suddenly HIV/AIDS appeared on the scene, staggering the imagination of everyone concerned. In its early days many people, especially in Africa though it was AMERICA'S INITIATIVE TO DIMINISH SEX. Those who had this thought consoled themselves that the sexual revolution that started in the early 1960s had had serious effect on the overall population. That in order to reduce sexual promiscuity, people began a campaign to reduce such immoral life style. So they thought it was just a mere propaganda.

Many in the church thought it was one of the signs of the end times predicted by Jesus in Matthew 24:.....

“For nation shall rise against nation, and Kingdom against Kingdom: and there shall be famine, and pestilences, and earthquakes, in various places”

Of course the 20th century has been two world wars grinding famines, earthquakes and the outbreak of chronic diseases we should still know that none of these are new to this world.

HIV/AIDS also was seen as God's punishment for those involved in promiscuity. This was because over ninety percent (90%) of those infected with the disease acquired it through sexual intercourse. With this mindset, most churches and Christian at large saw it as the problem of prostitutes and their clients so we ignored it.

Then like an avalanche, imported people in the society began confessing that they were HIV+. These people included statesmen, sportsmen etc. but the church still was undecided as to what it should do next, rather than our age long preaching against sin (immorality inclusive)

Then it began to beat our imagination that many innocent folks have been infected through and unfaithful marriage partner, blood transfusion, sharing of sharp objects etc.

consequently marriages were falling apart, while communities were becoming extinct famine was *ironing*, business were closing up and panic soared.

Now we can't run away from it, we can't pretend that it does not concern us. We must be our brother's keeper and fight this onslaught against humanity both spiritually and physically. We must help families, assist ailing victims and give them the only practical hope: Jesus Christ.

This outline has been designed for any sincere child of God who wants to render a service to the Lord through conscious efforts. You do not need to have a degree in psychology or counselling to be able to assist.

Although it's not our intention to make people become religious just because they are experiencing difficult times, but we can present to them the best available since many souls start thinking seriously concerning religion when severe trials face them it's an opportunity to bring many souls to glory and give them Jesus Christ the living Saviour.

WHAT IS MINISTERIAL HIV/AIDS COUNSELLING?

Counselling as we see today has not started. In Ex 18: we see Moses overworking himself till he received counsel from his father-in-law. Jethro organized counselling as a discipline may be new to us but the actual work of counselling has been with us this while down through ancient times.

What is counselling?

Counselling is the process of helping a person look into his own problem and situations in a realistic way in order to find solutions. In a nutshell we can say it is a process of helping a client to help himself. Counselling can be generally defined also as the interaction between two or more people at a level of need, designed to share solutions to real life problems.

Biblical ministerial counselling is counselling that is defined above but using the Bible as the final authority because of our belief in the Bible as God's wisdom revealed to mankind. In essence ministerial counselling is the interaction between two or more persons at a point of need, where the client (or counsellee) is assisted to see his own problems realistically and is encouraged to get solutions in the light of the scripture.

Ministerial HIV/AIDS counselling is the means of giving counsel to those infected and affected by HIV/AIDS. This means ministering to the need of those who have acquired the HIV and are in a state of panic because they see that life henceforth would likely be gloom filled with all manner of despair and depression. On the other hand, other people are also affected with the problem.

Supposing someone in a family gets the most dreaded HIV, his family, employer, friends etc would all be affected and their behaviours towards the victims change. Some may attempt alienation, bear grudges, harbour unforgiveness, fears insecurity etc.

Such people also need to be counseled to learn to forgive and support the victim in this period of immense crisis. In ministerial HIV/AIDS counselling we need to give them the reunion, hope and intention that only our Lord can give. He is the great shepherd; we His ministers are co-shepherds with Him.

The objectives of this guidebook are:

- * To make any concerned believers to be better equipped to counsel those infected and affected by HIV/AIDS
- * To throw more light to people, especially all church workers to understand the gravity of HIV/AIDS and learn how to deal with it.
- * To enhance the skills of helping the healing process.

For all ministers, whether ordained or not, as a co-worker with God you have to understand these:

That you are called to also train others

That you need to believe in the possibility in the growth and development of your trainees.

That you'll have time to do other pressing needs when you delegate responsibilities, and thus be a better leader

This manual is a guide with the hope of ensuring success to every Christian who wants to minister in the Lord's stead to ailing lives. It can help you find answer to difficult question while counselling.

WHY MINISTERIAL HIV/AIDS CRISES COUNSELLING

The NGOS, government and other so-called concerned individuals are trumpeting through the media their ill-conceived campaign of HIV/AIDS sharing condoms and in subtle manners, encouraging people to live lives that can still spread the virus.

To others already infected all people can do is to assist them till death engulfs them. Christians however, have a message to both the living and the dying. Whereas others share condoms, we share the word of faithfulness to spouses.

Besides, we are called to the ministry of reconciliation of man to God and man-to-man. Every leader of a Christian assembly realizes that there are many needs: spiritual, physical, psychological etc. and the leader will do well to identify the needs of persons to proffer solution.

People in our congregation could be affected with HIV and the love of Jesus constrains us to love and care for them. Their families and friends could get great assistance in knowing how to care for victims and not cause the virus to be transferred.

WHY CRISES COUNSELLING?

Although, several books abound on this subject, many are on the humanistic view of life, taking away God and godly living. Some Christians never also see the need for crises counselling because they feel it is a secular theory. But God does say otherwise.

Crises Counselling, as we see it originated from God himself. Among the several promises concerning the incarnation of Jesus, Isaiah said this about the Lord:

For unto us a child is born, to us a son is given,
And the government shall be on His shoulders
And His name shall be called Wonderful, Counsellor,
The Mighty God, The Everlasting father, The Prince of Peace.
(Isaiah 9:6)

Jesus is our Counsellor. One of the works of counselling is giving advice, though all advisers are not counselors. In God's word, we see effort encouragement for people to go for counselling. The book of proverbs has so much to offer. In Isaiah 41:28, the scripture says:

“For I beheld, and there was no man; even among them, and there was no counsellor that when I asked of them, could answer a word’.

From God’s word, we see that there was no counsellor to dissuade them (Israelite) from idol worship. Counselling is very important in New Testament times. Jesus counseled the Samaritan woman, He counselled His disciples and later the Apostles did the same. In Paul’s Epistle to the Romans he write in Roman 12:6&8

“Having then gifts differing according to the grace that is given to us, whether properly, let us properly according to the portion of faith; Or he that exhorts, on exhortation; he that gives, let him do it with simplicity; he that rules, with diligence; he that shows mercy, with cheerfulness.

Here we see that exhortation (encouragement) and showing of mercy with cheerfulness are gifts from God to some of His children in the body.

In period of grave crisis in John 8:1-11, Jesus gave a woman who was facing a death penalty great emotional penalty great emotional healing.

IS CRISIS COUNSELLING OPEN TO ALL?

The Christian ministry had been seen as talking ministry over the years, so little was appreciated about listening. Listening is a major part of crisis counselling. Because of this many ministers (pastors inclusive) are not trained to give counsel, yet all would have to counsel. From Romans 12:6 and 8 above we see that counselling is a gift from God to His body.

However all believers are to be helpless and encouragers in the household of faith. Given the devastating nature of HIV/AIDS Christian counselors need to have some basic attributes to do the job well.

1. Christian crisis counselors should have had the rebirth experience by turning away from sin to find redemption through the blood of Jesus Christ. Also these believers should be filled with the Holy Spirit to do this work as He leads.

- 2 Church coverage for all crisis counselors is very necessary. No Christian should be allowed to counsel crisis without having to submit under a local church. Christians who are in para-church faith –based organizations should identify with a church for effective crisis counselling.

3 All Christian crisis counselors should do the work out of a heart of service towards God. Many things are set to cause problems at the session of crisis counselling, but an attitude of service towards God would reduce all such stresses.

4 Hosea 4:6 identifies lack of knowledge as the root cause of destruction. Those who have gifts of mercy (with cheerfulness) and exhortation should be trained for crisis counselling. On the other hand, those whose lives have been built around stoic living should give themselves sometime to develop mercy and compassion or else forges about crisis counselling.

5 Anyone with an emotional imbalance should get his/her healing before venturing into crisis counselling because he/she can at the end do more harm than good. No one should counsel a crisis beyond his/her abilities.

THE INDISPENSABILITY OF THE MINISTER IN HIV/AIDS CRISIS COUNSELLING

Since much of the people infected with HIV/AIDS got it through sexual intercourse the Christian minister has the obligation to constantly preach the biblical view of our sex acts.

In tradition African societies like ours a man is free to marry as many wives as possible and can keep Western cultures, though polygamy is minimal people still either engaged in serial monogamy

These have not only isolated the number of people carrying HIV but it is also frowned at from the view of the Holy Scripture.

The minister has so much to say about prevention of HIV using the Bible as his guide. Whereas the secular world is promoting marital infidelity, homosexuality and immoral heterosexual God's command remain the same that marriage is honourable above all, and the bed identified. But fornicate and adulterers God will judge Heb 13:3

The minister also has much to say about taking responsibility for one's conduct, asking and receiving forgiveness from God and men. He is useful in presenting encouragement and hope in the midst of awful circumstances. The only hope the world needs for any human facing a grave crisis.

THE OBJECTIVE OF HIV/AIDS CRISIS COUNSELLING

Crisis can have effect on people and make them to see counsellor but the approach of the counsellor matters a lot. Take the case of someone who lives an immoral life, after a laboratory test he sees himself having HIV+. On his discomfort he goes to see a counsellor. A non-believing counsellor may advise him to use condom so as to spread the disease, but a christian crisis counsellor would advise him first to make peace with God and then ask for forgiveness from all those that would be affected by his situation. Hence, the goal of any christian crisis counsellor is to assist his/her client to reconcile his/her ways and make sure they conform to the scriptures. The next goal is to see that the counsellor begins to develop inward qualities that act in accordance with the characteristics of Christ.

Having known these goals, objectives can be set to meet these goals. Objectives that can be set for crisis counselors are thus:

All crisis counselors should be well informed HIV/AIDS/STIS

All crisis counsellors must remove all pre-judgments about people living with HIV.

Crisis counselors should be sure that they can comfortably talk about sexual matters.

Counsellors should endeavour to know people to whom they can refer the counsellor to for further help.

Crisis counsellors should be ready to listen well and understand people infected and affected by HIV/AIDS.

Crisis counselling is not a one-day job, so counsellor should be prepared for multiple sessions.

Counselling should know that their opinions with matters that deal with condoms, confidentiality and traditional practices, which might lead to the spread proliferation of HIV.

Crisis counselling should have learnt to handle very emotional problems without uneasiness.

Three goals might be needed for these:

To help the victim or a relative become different in conduct so as to prevent the spread of HIV/AIDS and the difficulties that accompany it.

To lessen the nervousness that follows as a consequence to the pain caused by HIV/AIDS.

To help the victim to divert his/her attention from worry to more useful and productive activities he/she can.

STRESS AND ITS IMPACT ON HIV/AIDS VICTIMS

A dictionary produced a hundred years ago would not have stress, as we know it now. It is relatively a 20th century coined term describing the uneasiness we feel within us knowing that we have not completed something of which we should complete. Stress is derived from the Latin word “stringere” from which our English word spring comes from. “Stringere” means to pull, to tighten or to screw up, pushed or tension as a result of (1) stressors (stimulus events) (2) responses –bodily reactions that are too stressful (3) transactions- interactions between events and our personal cognitive appraisal to those events.

Among other definitions the dictionary (WEBSTER) defines stress as (a) a physical, chemical or emotional factor that causes bodily or mental tension and may be a factor in disease causation. (b) a state resulting from a stress (tension), especially one of bodily or mental tension resulting from factor that to alter an existent equilibrium. Synonyms of stress are pressure, tension, strain, etc.

It is unthinkable to imagine how a human soul stress; imagine a human being pushed, pushed, pulled, tightened or screwed up. As unimaginable as it is, this is the true case all of us are facing in today’s world. Is all this stress bad or dangerous? Never. We all need some measure of stress to keep us going.

If someone does not have senses of touch working, his whole body can be burnt, so all living a life without stress can damage us. It is when the stress goes beyond our ability to cope that problem emanating.

Although Sigmund Freud, one of the fathers of modern psychology did believe in the usefulness of stress to the health of the human being. Victor Frank- a disciple of Sigmund Freud- affirmed that without stress man might fall prey to the present day neurosis (which he called existential vacuum such as despair or boredom). By this

stress, he (Victor Frank) meant meaningful activities that may require the accomplished of task to this Victor Frank call the will to meaning or man's search to amending rather than the quest for pleasure as put forward by Freud. This is because for Frank, the quest for pleasure is easy but not elastic. What is elastic is personal happiness derivable for meaning in life and work.

STRESS AND THE HIV VICTIM

We are going to consider some stresses that grossly affect the HIV victims. These are economic, social and medical.

1 Economic Stress:

Everywhere in the world, people keep complaining of growing economic crisis. This at all cannot be compared with the impact of HIV on its victims, their businesses, employees and employers.

Take the case of Ali, a 32-year-old man who got infected with HIV. As at the time he was met by an international organization named Midway International, HIV had damaged his nerves and he was in need of a wheelchair. He was the only breadwinner of his family of nine. After working for about a year on Ali, enabling him to build his immune system and fight off infections treatment, physiotherapy, good nutrition and counselling, he was able to go back to his job of gardening to provide for this family.

But what of this organization had not come to his aid, we can imagine such a traumatic experience Ali of Uganda was facing. Also, peasant farmers do not only feel the impact although at times a whole community of farmers could become vulnerable and put a situation of dear crisis within the community. This is the daily situation in many Southern Africa communities where a large percentage of the producers are at the mercy of the virus.

The business community too has had its toll of the situation. It has made organization to be formed to care for workers from the infection of the virus. One of such organization is the Global Business Coalition, which has got over 100

companies as members. From their publications they state thus: Business cannot ignore the HIV/AIDS epidemic. While the terms of human suffering and loss of life is tremendous, the potential economic social and political impact of the epidemic are staggering.

Poverty rises as families suffer loss of income, increased health care costs and the need to care for a growing number of orphans. Having lost 7 million agricultural workers to AIDS in 25 African countries since 1985, HIV continues to destroy the agricultural foundation of society food security and national status.

HIV has, according to the publication, affected profitability through direct cost and declining markets through:

Increased cost: With increasing number of employees falling sick, companies by law has to bear the rising cost of health insurance, sick leave and funeral benefits, as well as recruitment and training of new staff.

Declining markets: National economic has been at risk, deterring investment and decreasing output for foreign exchange.

Threats to consumer base: Overall demand for goods and services are forced to be less dependent on their consumer base.

The publication went further to include the effects of HIV on productivity. These are:

Increased Absenteeism: from sickness and caring for ill family members and preparing and attending for family and friends.

Staff turnover: due to death and illness. Operations are increasingly focused on training new employees rather companies outputs.

Lower Morale: as a result consequence of illness, suffering and loss of colleagues, friends and family. This disrupts continuity in the workplace and community

As cited earlier HIV can put national economy at risk. For example, annual gross domestic product (GDP) has been estimated to drop by an average of 2.6-percentage point in countries with prevalence rates of over 20%. By the end of the decade, it is estimated that South Africa's GDP will be 17% lower that it would have been without this epidemic.

Social Stress: The social crises caused by this epidemic have become incomparable. Families have been torn apart, whole communities ravaged, children orphaned and life become much unbearable. Before digging deep it is good to know of us as social beings.

PSYCHO-MORPHOLOGY

The psycho-morphological personality theory states that we behave due to the temperament type predominant in us. In temperament theory we understand that though God placed those genetic codes within us our character comes up when the temperament reacts to the external environment. When a person realizes himself and begins to make major adjustments about himself, changes can take place but this is due to the individual choice.

According to this psychological (temperament) theory human behaviours are categorized into four major parts: The Steadfast phlegmatic, The Influencing Sanguine, The Directive Choleric and the Compliant Melancholy. These different temperament types react differently to the same situation. No single human, however is of a single temperament type but a combination of two or more, though one behaves most times based on the dominant temperament in the person.

STEADFAST PHLEGMATIC

This is the cool, quiet and easy going personality people with this personality do not exercise much energy and spend time with books. These people can work long hours independently. They seem to have a dry sense of humor. Whenever they decide to socialize, they do so. They can stay long hours with books getting bored. It is also good to know that these phlegmatic have very little rejection.

COMPLAINT MELANCHOLY

These introverted (and at times extroverted) human have real desire for aloneness. They tend to become depressed many times and like intellectual activities. Their

depression comes mostly because of self-criticism always seeing reasons why they cannot meet to standards.

They are task oriented rather than people oriented. They can be very creative when it comes to mental activities. They constantly need to hear that they are loved to help them come out of their moody conditions.

DIRECTIVE CHOLERIC

These are the activity prone personality. People with this personality like being in control of others. They are capable leaders, although sarcastic at times. They seem not to believe in emotions of love, tenderness and compassion because they are always interested in getting the job done.

Anyone with this personality trait has a problem of anger and because the anger is always mismanaged. They keep having problem with their relationships. On the positive side, they most times get things done when others seem to be onlookers.

INFLUENCING SANGUINE

This is the people's person. He does not believe in isolations that is the worst punishment to him. But his greatest joys come in the midst of people. Always with stories (true or false) to tell, he is never out of tales. Highly disorganized, he never finishes a job, but very good at starting a new project. Very useful in the talking business, he makes a good broadcaster and actor.

This is the person who can make all promises yet forgets almost immediately. Except they are well disciplined they end up having numerous relationships and giving people heartbreaks.

2.1 SANGUINE

A male sanguine sees himself as a gift of God to women, so he gets into a relationship as quickly as possible. He is ready to shower gifts to the woman to go many nice things because of his nature. But underneath this, is the crave for sex. This is the person most likely to indulge in pornography and other sex sins.

Being an excellent speaker and actor he is always surrounded with women. This makes his vulnerability to HIV/AIDS very high.

A female sanguine too high finds more herself in the company of men many times so has high vulnerability to HIV. Except disciplined by the Lord, many of these never have single relationships and thus can get infected easily.

2.2 CHOLERIC

The choleric person is so strong-willed and thus does things that are mostly pleasing to him. Although not as emotionally conscious as the sanguine this can also get hooked and use women as things and go no for his project.

Because of their self-will they learn many times when they see the consequence of their mistakes.

2.3 MELANCHOLY

The melancholy person is in need of love. A female melancholy can do anything to keep love relationship even sex. With this disposition they are vulnerable to being infected with HIV. Every melancholy should learn to have joy good esteem based in the scriptures and not depending on humans for such so they do not become victims.

2.4 PHLEGMATIC

Although very independent, the phleg too can be a victim. It is reported that many phlegmatic females (youths) have sex more than their male counterparts. This is because they just permit their boyfriends and don't want to feel too hard against them. Male phleg too can make this mistake by yielding to overpowering females. This can expose them to high risk of HIV vulnerability.

3.0 TEMPERAMENTS AND REACTIONS OF HIV VICTIMS

The sanguine victim of HIV would definitely see his problems and react in apposite way so long as he is in the midst of understanding people. Naturally the sanguine cannot stand rejections so he will likely change his social group to another

that may not know of his HIV status. If the people finally know he would start “acting” in a way so that the people will continue to like him and see him beyond the inflicting virus.

At very critical point of AIDS he would very well need the presence of comforting people.

3.1 CHOLERIC

Since this person does not seem to believe in the world of emotions he need them very much. He is one person who may deny at first that he has been inflicted with HIV. He is one person too who can cope with the virus by throwing himself to profit-oriented activities. This to him is more beneficial than carrying because of the virus.

When he can handle things again, he’ll need the assistance of good living people. Given to revenge this person may decide to spread the virus as fast as possible so that he would fulfill his selfish aims.

3.3 MELANCHOLY

This is one person who is likely to die faster than others because of his moody conditions. He has a natural tendency to depression and thus psychosomatic illnesses. This is the person who will likely contemplate suicide. On stage however they seem so fantastic and depression-free. The victims thus should be encouraged to do some historians and other people-oriented jobs.

3.4 PHLEGMATIC

The phlegm would continue life and continue doing his jobs until the real problem of AIDS steps in. He is likely to be the last to visit medical personnel to get good treatment.

4.0 TEMPERAMENT AND OUR RESPONSE TO HIV/AIDS VICTIMS

We all react differently to the same situations because of your temperament build-up. This part is going to explore these difference in behaviour as regards victims HIV/AIDS.

4.1 SANGUINE

Underneath the hyper-activity of the sanguine is a very tender and compassionate person. This compassion though is attributed to and given to his impulsivity. At a moment the sanguine could render so much help that no one would believe that the kind gesture is not eternal. The moment he leaves that environment, another thing preoccupies his mind and he forgets his initial compassionate role.

If the sanguine is unaware of a person's conditions he could use verbal dynamites to destroy such a victim. Given to too much of talking and less of thinking, the sanguine is one person who regrets often because of what he had earlier on pronounced. This calls for much for everyone with a sanguine temperament. The sanguine would do well to "listen more and learn to talk less".

4.2 CHOLERIC

Since he is not easily given sympathy. The choleric has the potential to extinguished the remaining flame of life left in a victim

PART TWO

THE MINISTERIAL COUNSELLOR AND VULNERABILITY TO STRESS (SELF-MANAGEMENT)

PREAMBLE

You cannot give what you don't have, hence the need to access this documents to be able to counsel effectively.

It is a known fact that stress is an inevitable phenomenon that faces everyone on planet earth no matter how highly spiritual no one is exempted. Moreover, no matter how successful a man may be in life, he faces one from of stress or the other. He may be a ministry who has established multi-faceted ministry in area of evangelism, children ministry, TV. ministry, printing and publications etc. He is not exempted from organizational tensions, frustrated targets, disappointments, insufficient funds, too much preaching and travel engagements.

God can give victory over every stressful situation. Thus, whatever your position you are confronted with some reasonable degree of stress. And how you handle them determines your survival and destiny.

Life itself is stressful, "man is born unto troubles (stress) as the sparks fly appeared (Job 9:7). Elijah was highly anointed and yet was stressed to a level of giving up ministry.

It must be pointed out that stress could be harmful and harmless. Every individual needs some reasonable average of stress to perform well. How you manage it determines your joy and misery in life.

Two people born of the same parents, brought up in same environment, attended the same schools and probably read the same course would face stress in different degrees and dimensions. It is a fool who expects a stress - free life, it is also nonsensical to allow spontaneous stress create such stress hormones in the body that can ruin our health, emotions and spirit.

Stress creates tension, pressure, and emotional and physical reactions. God has promised that all stress, pressure or temptation (trials) are common to man, but God is faithful He will not allow you to be tempted (stressed) beyond what you are able to bear (1 Cor 10:13)

The analysis of the above scriptural verse involves the following:

1. That God is faithful
2. That stress is common to all people
3. There is a way of escape.

DEFINITION AND SCOPE OF STRESS

Stress is a natural phenomenon, which has become famous and widespread due to the concern both health and educational personnel have paid to it. It has recently been known as the “silent killer” because it had sent to the great beyond the influential, low, educated and uneducated in recent times than any other known epidemic.

The word “stress” is derived from the Latin word “string ere” meaning to pull to tighten or to screw up, pushed and tensioned as a result of (1) stressors (stimulus events) (2) responses – bodily reactions to stressful events; or (3) as transaction – interaction between events and our personal cognitive appraisal of those events (Lazarus and Folk man 1984). And according to the dictionary meaning which seems to agree with the above definition, stress is defined as situation of hardship, straits, strains; a constraining influence, physical, emotional or mental pressure’ force, the system of force.

Basically therefore, stress is a condition of tension, strains and pressure either mental, physical to the human body depending on the level or dimension of such stress.

It is strange to imagine how a human being can be pulled, tightened or screwed up, but this is a reality. It is normal as pointed out above that some amount of stress is needed by every human being in order to be able to move forward or be encourage or be motivated to accomplish a lot. But excess of it is dangerous to the health.

Psychologists such as Sigmund Freud have often advocated the need for the maintenance of equilibrium – homeostasis for better adjustment and health management.

According to Freud, tension is not healthy for man and as such should be avoided at all cost.

Unfortunately, Freud could not stress or convince his reader whether a small amount of tension is desirable. His disciple Viktor Frank disagreed with him on the basis that a little amount of tension is required for every man in order to find life meaningful. Mann according to Frank may fall prey to the present day neurosis, which he called existential vacuum such as despair or boredom, if he does not occupy himself with meaningful

activities that may require accomplishment of a task. This, Viktor Frank calls the will to meaning or man's search for meaning rather than the quest for pleasure or homeostasis as propounded by Freud. This is because for Frank, the quest for pleasure is easy but not elastic. What is elastic is personal happiness derivable from the quest for meaning in life and work.

STRESS IS A HUMAN PROBLEM

The problems of man could be psychological or spiritual. Stress is no respecter of any person whether spiritual or unbeliever, educated or uneducated, poor or rich. And the degree of stress in any human is seems to be determined by the shape and size of that person, his temperaments and spiritual growth.

It is against this backdrop that this book attempts to unravel the mystery behind the level or degrees of reactions to stress by individual.

This is the psycho-morphological approach to the study and management of stress. These four basic phenotypes would therefore be thoroughly examined in the light of the facts available.

THE NEED AND OBJECTIVES OF THE STUDY

This book is significant and fundamental to individual levels and management of stress. This psycho-morphological approach will enable us understand our temperaments and our reactions to stress, and the degree of management of such stressful situations. We are all human but with different temperaments in terms of emotion, actions and characters. Our levels of strengths and weakness when examined will help us to be able to manage stress successfully and if possible avoid the disastrous side of it.

The objective of this study is to contribute significantly to the study of stress and its management. It is a killer disease, hence the need to understand it in the light of the basic temperamental blends. The study will equally highlight some areas theologians, ministers, crises counselors and the general public have consistently ignored in dealing with stress. More light will be thrown into it and more knowledge acquired thereby

BASIC FINDINGS

This study is being undertaken of some underlying basic assumptions regarding stress and its management among the four basic (phenotype) temperamental blends.

- (a) That human beings have different temperaments
- (b) That human beings are divided into four basic temperamental groupings
- (c) That human beings are susceptible to stress no matter the level of stress (harmful and tolerable) and irrespective of the status and position of such person.
- (d) That every individual can manage stress successfully having understood his temperaments.

THE SCOPE OF STRESS

Basically there are three perspectives to the study of stress. These are

(1) AS STRESSORS (2) AS RESPONSES (3) AS TRANSACTIONS

HUMAN STRESS

In human stressors, anything a man can sense can be stress provoking. Human stressors can be divided into four categories.

- (i) **UNLEARNED PHYSICAL STRESSORS:** There are physical issues that are not learned, but can cause stress. This includes sudden noise or bang (as sometimes by armed robbers), water scalding or internal bleeding (hemorrhage).
- (ii) **LEARNED PHYSICAL STRESSORS:** These are not learned also but are largely psychological. These include loss of loved ones, career advancement (getting and not getting) promoted, conflict e.t.c.
- (iii) **LEARNED PSYCHOLOGICAL STRESSORS:** This can be in form of reaction to colours, scene of accidents, swelling with pride. We can learn to respond with stress almost anything – divorce, sex, and final examinations e.t.c.

HUMAN RESPONSE

Human response to stress is infinite in as much as number and types of stressors are infinite. When stressed, a lot of internal changes are recorded to enable a man react with anger, fear, and lust and be ready to either confront our stressor, or to flee from it. This flight-or-fight response (cannon 1929) mobilizes energy so that we may survive by confrontation or escape.

The degree of stress will disrupt our response patterns especially the way we think, feel and act. This will cause us to exhibit any of the following.

- (i) Excessive and compulsive behaviors such as nail biting, teeth or fist clenching, pacing, scratching and talking or may not respond at all.
- (ii) Illogical and non-coherent thinking such as memory loss, concentration loss, repetitive thoughts e.t.c.
- (iii) Negative emotions such as anger, anxiety, depression guilt or shame.

HUMAN STRESSFUL TRANSACTIONS

I must be understood that there are great differences in the way we respond to given stressors. Different results are produced such as high blood pressure, others increase heartbeat. Some genetic and temperamental differences result to different reactions and results. Some may develop hypertension, diabetes, headache, ulcers and migraines.

FIG 1 THE BRAIN – BODY PATH WAYS OF THE STRESS REACTION

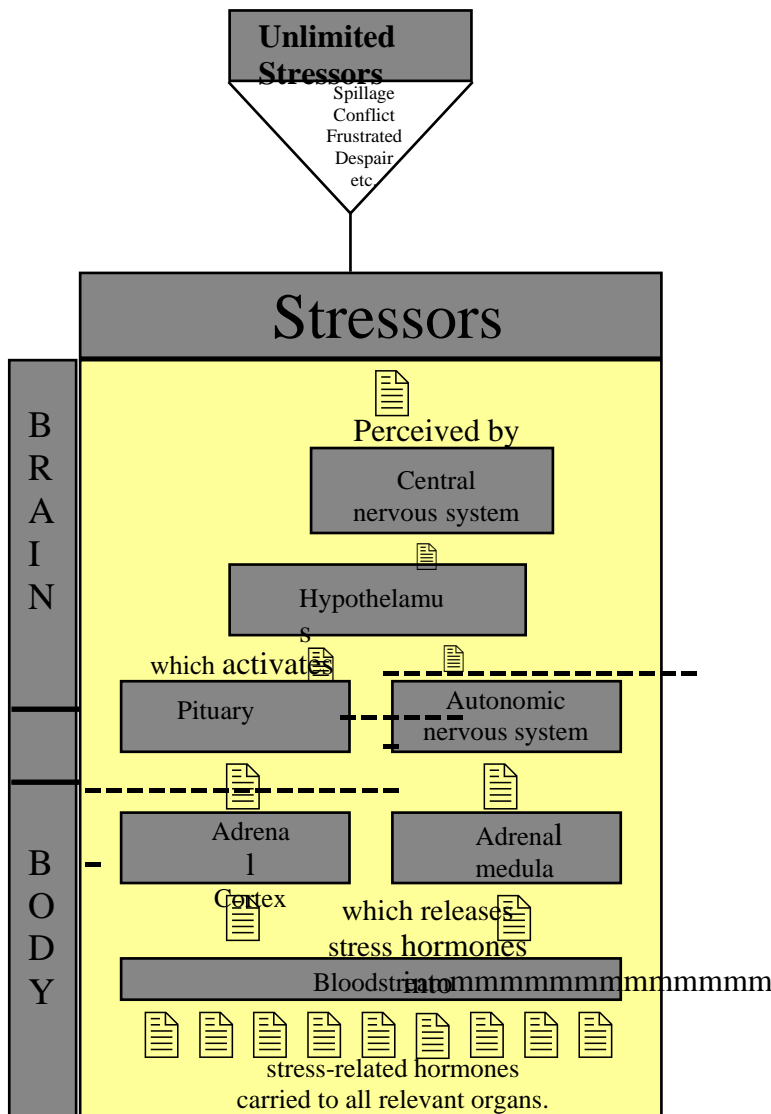


Fig. ADAPTED FROM “ ADJUSTMENT AND GROWTH IN A CHANGING WORLD” (NAPOLI VINCE E’TEL 1988).

Our stress survival requires that our nervous system, endocrine system and immune system function perfectly well. Under stress, increase activation levels in our brain regulate this. Ursin (1986) holds that all psychological processes including all hormone secretion are affected by brain (psychological) factors.

In the above diagram, three systems of survival are involved

1. THE NERVOUS SYSTEM
2. THE ENDOCRINE SYSTEM
3. THE IMMUNE SYSTEM

THE NERVOUS SYSTEM: The nervous system of stress management deals primarily with the central nervous system, which is the central of all human activity or “power house”. The central nervous system controls the level of tension in the muscles and also regulates the automatic nervous system, which controls the internal organs like the heart, kidney, and bladder e.t.c.

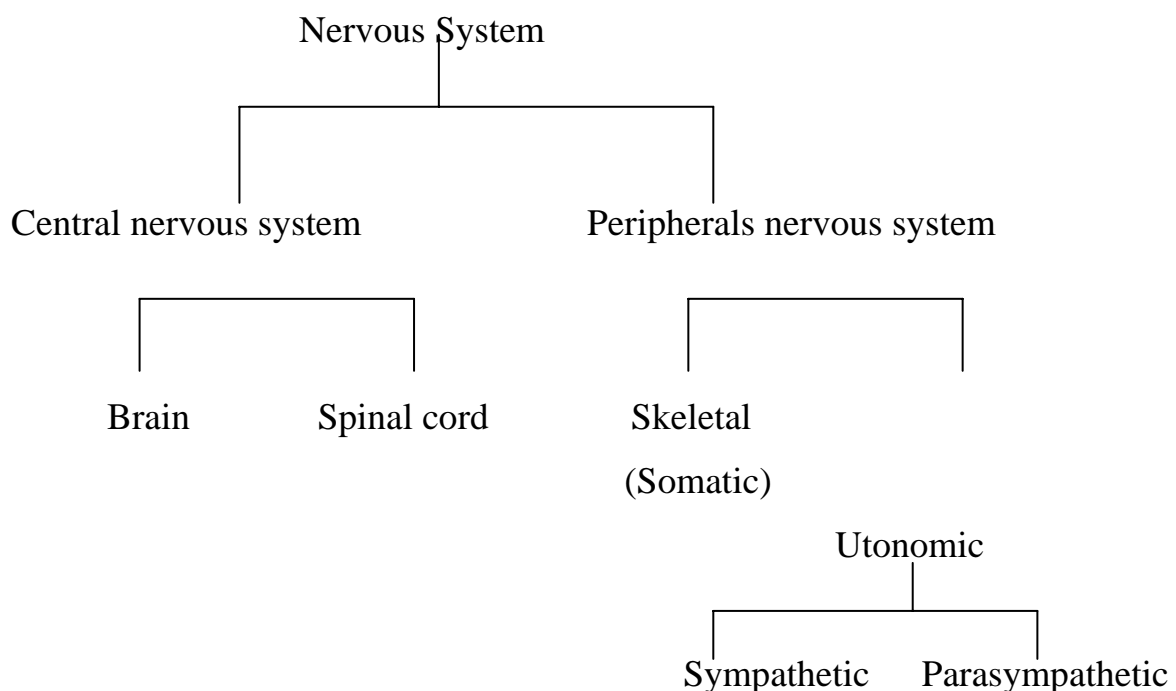


FIG II THE CENTRAL NERVOUS SYSTEM

(ADPATED FROM NAPOLI VINCE'S ' ADJUSTMENT IN A CHANGING WORLD)

Understanding the mechanisms and management of stress requires knowledge of the working of the brain – body system and the central nervous system (CNS). The CNS is activated by what is fed into it. Any information brought to it by the neural sub-systems are coordinated and acted upon.

The nervous system is divided into the central nervous system (brain) and the peripheral nervous system.

The CNS is further divided into the brain and spinal cord. The peripheral nervous system is subdivided into skeletal (somatic) and autonomic. The somatic nervous system activates the muscles of our internal organs and glands.

The autonomic nervous system is itself divided into the sympathetic nervous system (SNS) and the parasympathetic nervous system (PNS). The SNS and PNS have evolved to mobilize and to serve energy for survival. The heart, lungs, pancreas, kidney, stomach, intestines genitalia are examples of internal organs and glands activated by the ANS.

The central nervous system receives impulses from the glands and sends signals to other sensory organs.

THE ENDOCRINE SYSTEM

The endocrine system secrete hormones directly into the blood stream through the series of glands.

The adrenaline glands are located on top of the kidneys. The gland increases the level of activity of the heart, liver and muscles. As we know, our brain responds to stress by directing the systematic branch of our automatic nervous system to stimulate our adrenal medulla to quickly secret stress hormones into our blood stream. The pituitary is directed

to produce chemicals that more slowly cause our adrenal cortex to secrete similar hormones. When these hormones are excessive and prolonged, headaches, mood swings, and muscle tension and similar felt changes. The glands increase the level of activity of the heart, liver, and muscles. As we know, our brain responds to stress by directing the sympathetic branch of our autonomic nervous system to stimulate our adrenal medulla to quickly secrete stress hormones into our blood stream. The pituitary is directed to produce chemicals that more slowly cause our adrenal cortex to secrete similar hormones. When these hormones are excessive and prolonged headache, mood swings, and muscle tension and similar felt changes.

THE IMMUNE SYSTEM

The immune system is a recent breakthrough in the field of stress management. This research leads to the branch of psychoneuro immunology, which examines the role of the nervous system in regulating our protective responses to bacterial or viral infections. The immune system is composed of cells in the bones and can recognize foreign cells and attack and destroy them. Having done so, the immune system cells change their cellular structure to build a faster and more efficient defense against subsequent invasion.

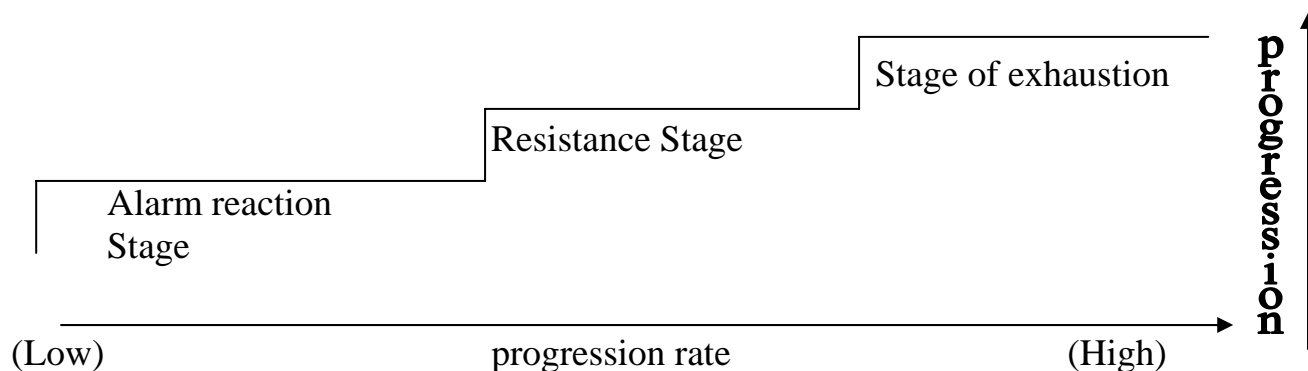


FIG.III PROGRESSION AND ESCALATION OF STRESS

Stress could be prolonged and harmful or it may be minor and helpful. Stress is harmful when we respond to it by becoming nervous and withdrawn, or irritable and antagonistic.

Prolonged stress will produce a great variety of psychosomatic disorders from headache to heart attacks.

According to Seyle, the body response to stress in a sequence and he called it general adaptation syndrome. This is also referred to as progression and escalation of stress.

The GAS can be divided into three stages the alarm reaction, the stage of resistance, and stage of exhaustion. The above shows the rate of progression and escalation of stress. At the stage of exhaustion, the individual finds himself in a situation that its ability to adapt, he cannot run or hide. At this stage the endocrine system is over loaded and the immune is suppressed. Hypertension, cardio vascular disease heart attack, cerebral stroke and even death occur easily. This is why it is called the “silent killer” of our age. If the situation or progression from alarm (low) stage is not properly managed, it shoots up to the stage of exhaustion. This can be a matter of days or months.

- 1) **THE ALARM REACTION:** When one is unsuccessful in warding off an illness, for example, we display general symptoms such as a loss of sleep painful joints, loss of appetite, headache and fever. All these are respond to illness
- 2) **THE STAGE OF RESISTANCE:** It occurs when the stressors continue our bodies then develop a resistance to that specific stress, and the earlier symptoms disappear. We may regain our sleep and eating patterns, for example, but still feel tired an not interested in eating.
- 3) **THE STAGE OF EXHAUSTION:** As illustrated in the above diagram, this occurs when the stressor continues despite our best defenses. The gland must rest and lack of rest will over take them and resistance will stop and symptoms reappear; if the stressor persists there could be heard failure which would result to instant death

CAUSE OR SOURCES OF STRESS

Having defined stress, its nature and dimension, it is worthwhile to discuss the cause of stress or what many may be referred to as the “stressors”

Since life itself is stress, we may attempt to find out the major cause of stress in this paper so that people can be appropriately guided. The only place where there is no stress according to once realist is the cemetery.

Therefore stress is mainly caused by events of life, change, people, loss of control and no hope in sight. This can be expressed as

Events of life + change + people + loss of control + no hope in sight

(1) EVENTS OF LIFE

It has been discovered the events of life often generate bearable stress. Events in life like having to witness your wife's labour, packing to a new environment, standing in queues at bus etc. Pressures are brief and healthful.

Work pressures like meeting appointment, deadlines and completion of projects. Our type of work creates stress. For instance if you are an introvert and in the job salesmanship, there is every tendency that you face obstacles and untold stress

CHANGE

The problem of change is a natural phenomenon, yet it stress where it occurs. The more unexpected the change, the more intense the build-up of stress. Some changes are obviously more significant than others. For instance, stress experienced at traffic hold-ups cannot be compared with the death of a close relation. If enough serious stress producing changes occur within a certain period of time, the stress can ruin or impair your health. Many have experienced nervous breakdowns in just this kind of situation.

On change, a research study by Thomas Holmes and Richard Rahe of the University of Washington School of medicine is relevant. For more than twenty-five years they analyzed the effects of change on five thousand patients, studying the results of stress on these people in an attempt to predict the probability of illness arising from various of change.

Dr. Sehnert did not assign a specific amount to the problems, but rather asked each reader to assign a personal estimate of how much pressure that event produced.

The scale is hereby reproduced so that you can score yourself. It can equally be modified or adjusted to suit your local or cultural peculiarities.

HOMLMES – RAHE SCALE

Revised by Dr. Sehnert.

INSTRUCTIONS: Mark the events that have occurred within the last twelve month circle or fill in its value Enter the total at bottom.

Event

1. Death of spouse
2. Divorce
3. Marital separation.....
4. Jail term
5. Death of close family member
6. Personal injury or illness
7. Marriage
8. Fired at work
9. Marital reconciliation
- 10.Retirement
- 11.Change of health of family member
- 12.Pregnancy
- 13.Sex difficulties
- 14.Gain of new family member
- 15.Business readjustment
- 16.Change in financial state
- 17.Death of close friend
- 18.Change of a different line of work
- 19.Change in number of argument
- 20.Mortgage over \$40,000
- 21.Foreclosure of mortgage or loan
- 22.Change in responsibilities at work
- 23.Son or daughter leaving home
- 24.Trouble with – in laws
- 25.Outstanding personal achievement
- 26.Spouse beings or stops work
- 27.Begin or end school
- 28.Change in living condition
- 29.Revision of personal condition
- 30.Trouble with the boss

- 31.Change work hours or condition
- 32.Change in residence
- 33.Change in schools
- 34.Change in recreation
- 35.Change in church activities.....
- 36.Change in social activities.....
- 37.Mortgage or loan of less than 4,000.000
- 38. Change in number of family get-togethers
- 39 Change in sleeping habits
- 40. Change in eating habit
- 41. Single person living alone
- 42. Other – describe
- 43. Other – describe
- Total

(2) THE PEOPLE

One of the major causes of stress in life is people. Some people can be loving, caring and invigorating while others could be irritating and exasperating. Largely, personality conflicts form a common disharmony between individuals. Sometimes, we find ourselves working together with people of contrasting temperaments. Such incompatible grouping or relationship that result to people having headache, ulcers, high blood pressure and even heart attacks. Hostility tends to aggravate every tendency a person possesses. When he has a “bad day” it is usually because one person sets him off early in the day and this intensifies, all adverse traits-from ego, selfishness, and greed to abrasiveness and lack of consideration

In a nutshell therefore, differences in temperament can generate enormous stress in any interpersonal relationship. But an understanding of our basic temperaments will enable us understand the actions or reactions of people and diffuse the stress therein.

(4) LOSS OF CONTROL

Control or lack of control circumstances of life can solve or create stress.

Stress increases or decreases in direct proportion to the degree of control we are able to exercise over circumstance, finances, relationships, vocation and every other life's endeavour. This is why people who are not organized and rarely plan for life and exercise effective control over circumstance usually fall into stress in effect, a person's perception of how much control he exercises over a given experience determines how much stress it causes in him. Therefore, observe your activities during the next few weeks and watch how being in control reduces pressure to livable levels, whereas being out of control intensifies them.

(5) WHEN THERE IS NO HOPE IN SIGHT

If one encounters adverse circumstances, recoils from difficult people, suffers through unexpected change, and feels out of control without any ray of hope at the end, it is great trouble. Without hope of eventual relief, whatever stress you feel at present will be intensified. If that situation persists, it can be dangerous. No man can live without hope. Without goal, hope or dream, any person begins to die. In Prov 29: 18, "without a vision the people perish."

According to Hal Lindsey (1976) "Man can live about 40 days without food, about 3 days without water, about 8 minutes without air, but only 1 second without hope"

GUILT:

Another important cause of stress is guilty conscience. Human beings are created with consciences. Apart from conscience, man is created with free will. Those who obey the laws of God do so voluntarily. Man is not a robot or programmed for certain actions.

For the purpose of clarification Tim LaHaye defines guilt "as the mental, emotional, and spiritual pressure that result when a person violates his conscience and the laws of God.

It produces shame and remorse, destroying one's acceptance and confidence towards both God and man" he added that "guilt is usually accompanied by a feeling of dread or apprehension regarding the penalty that must be repaid by one's deeds, either in this life or in the life to come" it must be noted that when this guilt problem remains unsolved it results in a lack of peace, love and joy. However, because of the differences in temperament, individual response to guilt could be different. For the endomorph can hide his deceit, which would later lead to stress and repentance. The head driving mesomorph

has by nature the most under-developed conscience. This born leader is usually painfully honest, but is inclined to violate his conscience if he can rationalize somehow that the Lord justifies the means. Rarely is very careful. When guilt comes up, he finds it difficult to repent because he does not show emotion easily and can be really quiet stubborn. When does repent, however, he experience great relief.

The ambimorph has the most sensitive conscience. He may feel guilty when there is nothing to feel guilty about because he is conscientious and a perfectionist. He may indulge in self-condemnation even after God and man forgive him.

In conclusion therefore, people experience guilt differently, but all feel it. Guilt produces stress. It is traumatic. That is why most people resort to alcohol, the use of hard drugs or medication to gain relief. They may not really solve the problem, but ease them.

TYPES OF STRESS:

The discussion on stressors base on the Holmen-Rahe scale theory is vital to the understanding of the types of stress afflicting man.

See this Holmen – Rahe scale thoery on pages 13 and 4 above

Briefly, stress can take different dimension depending on how one view it. The following can easily be identified:

- (1) Financial stress: A situation of stress and pressures resulting from dept burden, insufficient funds, mortgages (loans), inability to meet family needs, threat of bankruptcy etc.
- (2) Spiritual stress: problems in ministry, prayerlessness, and inability to study the word of God.
- (3) Economic stress: This stress results from unemployment, having problems of clothing, feeding, inflation, recession and depression in the economy.
- (4) Psychological stress: stress from mental and emotional problems, sleeplessness (insomnia) migraine, headaches, high blood pressure etc.
- (5) Political stress: Failure to secure political office, poor leadership, political violence and problems of opposition and social critics.
- (6) Marital stress: Stress resulting from childlessness, impotence, barrenness, handicapped children, frustration, lack of love and care, infidelity etc. A

combination of these results in stressful situation that can lead to death if not properly managed.

- (7) Environmental stress: 'this is the stress that occurs when an individual perceives an external threat. When threat is perceived and the individual attempts to cope with it and adopt, feelings of fear, anxiety, or anger are generated (Lazarus and Folkman, 1984). Some forms of environmental stress involve natural disasters like floods, hurricane, earthquakes or volcanic eruptions and technological disasters like dumping of toxic waste. Others include polluted air, hot weather, rainy weather etc.
- (8) Educational stress: Psycho – morphological concept states that man's behaviour is not only a product of his traits but of his size and shape.

PART FOUR

THE FOUR BASIC PHENOTYPES AND THEIR VULNERABILITY TO STRESS:

ORIGIN OF THE PHENOTYPES AND TEMPERAMENT THEORY

The study on the four phenotypes (Temperaments) is vital to the management of stress in people of different and varied character and background.

The history of the four temperaments is not perfect. However it is the oldest on record, in retrospect in retrospect for more than three thousand years. From proverb 30 : 11 – 14 Where the Wiseman saw four different people and in some centuries latter the four were given names by Hyppocrates (460-370BC) the Father of Modern Medicine. And Galen, a Greek doctor came up with a detailed list of the strengths and weaknesses of the four temperaments around A. D 2000.

However, this paper is focusing much on the body type (physical image) as it affects personality and stress management. The extent to which physical image influences adjustment by affecting our self-perception and the perception and reactions of others is tremendous.

The concept of Hippocrates could stand the test of time because it was thought to be unscientific. He opined that the universe was based on four elements e.g. Air, fire, water and earth. It was the modified idea that led to the formulation of the four basic temperaments as:

(1) Blood (sanguine) (2) yellow bile (choleric) (3) black bile (melancholy) (4) phlegm (cold)

In 4th century AD, Dr. Vindicar revived the theory with more scientific improvement. The William Sheldon's concept (1942) basically is the psycho-morphological theory on personality.

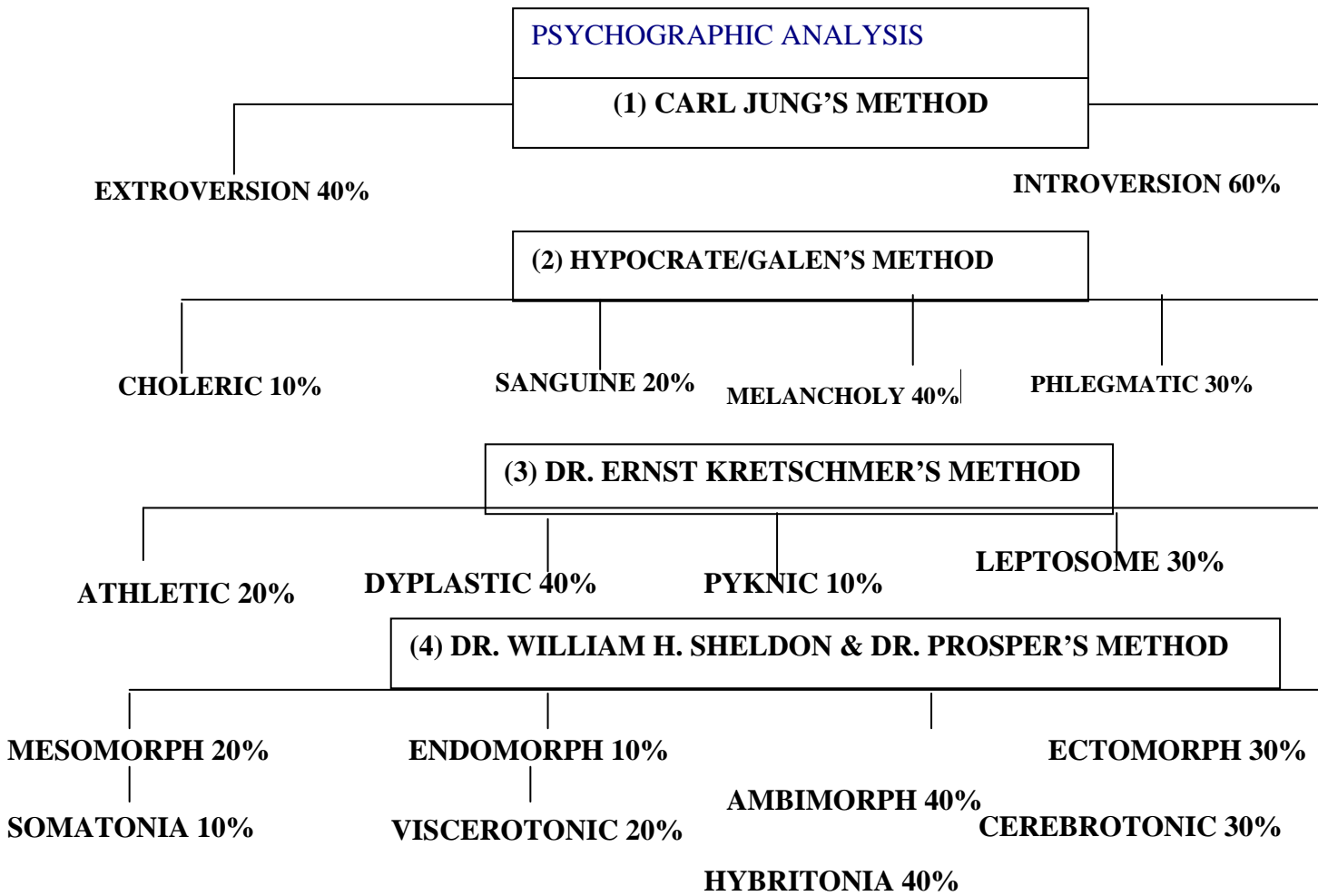
The noun "psycho-morphology. Derives its etymology from two Greek words "psycho" meaning soul, the unseen mental process of the thoughts: desire, intents, decisions to the observable behaviours of response, reaction and action and "morpho's" which means

shape, size and shade. In the natural sciences the term morphology of an organism denotes its gross structure and form

Therefore, psycho-morphology has to do with the relationship that appears between human body built/phenotypes and their thoughts, mannerism desire, responses and reactions:- Modern psycho-morphologists have used the basic phenotypes to replace the our basic temperaments. In psycho-morphological concept to stress vulnerability and management, we would be looking at the basic phenotypes and reactions to stress management.

So Sheldon saw that was a serious correlation between human somatotype (physique and his behaviour e.g. Cassius, lean and skinnier physique tends to be hungry and selfish while Julius Caesar rugged and tough built-up denotes his adventurous and crusading personality Ayawei 1999)

GRAPHIC PSYCHO-MORPHOLOGICAL SAMPLING OF PERSONALITY CRISES TENDENCIES ON 300 PERSONS IN BAYELSA STATE



The endomorph is round and robust; the mesomorph is hard and muscular, the ectomorph is fragile, thin, while ambimorph is the balance physique in between.

TRAITS AND CHARACTERISTIC OF THE FOUR PSYCHO –MORPHOLOGICAL PHENOTYPES

THE FOUR BASIC NATURAL PSYCHO-MORPHOLOGICAL TYPES

To properly understand the various temperaments and traits of the four phenotypes

(Psycho-morphological approach) a brief explanation is necessary.

A EXTROVERTS

- (1) **ENDOMORPH:** This is the broad and heavy physique type of person. He is ecstatic, egoistic, emotional, exquisite and enjoying. He loves comfort, talking and pleasure. Sheldon called this viscerotonic.
- (2) **MESOMORPH:** This is the muscular phenotype. He is masterful and merchandising. He is optimistic, aggressive, autocratic and adventuring. Sheldon: referred to this as somatic.

B INTROVERTS

- (1) **ECTOMORPH:** Is a narrow and tall person, easy going, enduring elucidating, estimable, even tempered, euphemistic. He is likely to be peaceful, thoughtful, humorous, secretive, careful, reliable and content. Sheldon called this ectomorph phenotype personality as cerebrotonic.
- (2) **AMBIMORPH:** Sheldon and Steven did not name this personality blend. However to facilitate research on this phenotypes, theory to Prosper Ayawei (1997) propounded the ambimorph theory to represent Sheldon's 4 –4 – 4 balance physique. This is an ambivalent physique that affects these behavioural traits. Dr. Ayawei called this Hybrotonic.

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PART FIVE

STRESS MANAGEMENT (PSYCHO- MORPHOLOGICAL APPROACH)

STRENGTHS OF AN ENDOMORPH: The strength of the endomorphic blend lies in the fact that he is a lively, enjoying, and sociable person. He is quite receptive by nature and people's good impression is easily find their way to his heart. He is outgoing, outspoken and an extrovert. He likes pleasurable life and mantises fun-looking spirit the moment he enters a room he is easily noticed because of the cracks jokes. He is therefore friendly, warm and personable. He is a storyteller and his emotional nature almost makes him relive the experiences as he tells it. The endomorph never lacks friends. His makes friends easily and he likes them around him.

He looks at people with great confidence and joy. He is never short of words. His exciting, extrovertish way to life makes him the envy of the more timed temperament types.

The endomorphic person enjoys the company of people and hates solitary life. This trait usually gains him admission at the beat parties or social gatherings. His noisy, blustering, friendly ways makes him appear more confident that he really is.

WEAKNESS OF AN ENDOMORPH: Though the endomorph has admirable strengths and characters, his weaknesses are equally manifest. The endomorphic personality is restless. He is more often that not impractical and seems unorganized. He is easily excited and often run off course. He spends his life running from one actions or thoughts to the other: practically undisciplined and somehow unproductive and unstable. His basic weakness is that he is weak willed. It has an enormous interest in being led and can enter into any kind of compromise. He starts new projects and hardly finishes them. He easily forgets appointments, obligations and deadlines.

A typical endomorph has a problem of lust because of his charm and charisma and often face sexual temptations, which they do not have the strength too decline.

An endomorphic person is egocentric. He tends to be favored amongst his colleagues in terms of appointments. He is always preoccupied with things of interest to him, expecting others to be equally as interested.

The endomorph is emotionally unstable. Since he is emotionally unstable, he is never far from tears. This emotional instability makes him feel genuinely sorry for his explosive outburst. In a nutshell, the endomorph is weak-willed, unstable, undisciplined, restless, undependable, egocentric, loud exaggerates and fearful. Such people like orators, salesmen, Actors and the sympathetic evangelist are of this blend.

HOW THE ENDOMORPH MANAGES STRESS:

Since he loves people around him, he rarely gets depressed. When faced with crisis and stressful situation, he resorts to “scapegoatism”. Shifting responsibility. He blames other for his mistakes and passes the buck. The endomorph really gets ulcers, migraines or high blood pressure. As an administrator, manager or minister for instance, he has an interesting way of trying to solve personnel problems. He takes his family out for dinner to diffuse tension. Because he cannot tolerate the discomfort of stress, he can react through tears, jokes, lies, change of subject or fellowship”

Fortunately, his happy disposition easily forgets unpleasant circumstance. He easily separates himself from the cause of his stress by focusing his attention on the available object in sight. He may not readily have the disorders of stress.

STRENGTHS OF THE MESOMORPH (CHOLERIC):

He is of the extroverted temperament. As an extrovert therefore, he is active, practical and strong-willed. He tends to be decisive on matters affecting him and other. He thrives on activity and stimulates the environment with activities, endless ideas, plans, goals and ambitions. He does not succumb to pressure and what others think, but takes a definite stand on issues and can be found speaking against social injustice. He is not frightened by adversities. He succeeds where others have failed because of his sheer doggedness. He has strong leadership traits. The mesomorph does not sympathize easily with others; hence he does not easily show compassion. He is not given to analysis, but rather to quick, almost intuitive appraisal.

Once he has started toward a goal, he may step on people's shoes who stand in his way. Any profession that requires leadership, motivation and productivity is open to the

mesomorph. He is hard to please as a leader. He hardly given complement thinking it will lead to complacency and decrease productive. He results to criticisms and faultfinding thinking it boosts productivity. The earlier he learns how to encourage people the better for his leadership

In a nutshell, he is confident, a leader, decisive, practical, productive, optimistic, independent, determined and strong-willed. The judgmental evangelist, producers, builders, leaders are of this temperament.

THE WEAKNESS OF THE MESOMORPH (CHOLERIC)

The mesomorph though may have some admirable temperament; there are equally serious weaknesses we need to examine. Based on his herd, angry, stubborn, self-sufficient traits, he is a hard nut to crack.

The mesomorph is hot tempered. He can become violently angry in a moment. He can explode with wrath and be revengeful. As “type A personality” he can die young. He is cruel because he lacks compassion. Some mesomorph use crafty ways to succeed. He can be a wife beater and rarely apologize for any wrong done. He is autocratic. His decisiveness makes him to launch programs that he later regrets. He can be sarcastic in his statement and could be hurtful.

The mesomorph is self-sufficient and independent. This can make him proud, haughty and domineering. Those who are forced to live or work with them often become frustrated, feeling he can never be pleased. The same thing with their spiritual life, never concentrated. In summation, the weaknesses are he is crafty, unemotional, self-sufficient, proud, inconsiderate, domineering, sarcastic, cruel and angry.

THE STRESS MANAGEMENT OF THE MESOMORPH:

The mesomorph is capable of creating stress more than he can handle. He body can breakdown due to ulcers because he rarely finds time to eat, it can result to high blood pressure, heart attack, migraines, strokes and other physical adversities. As type A personality, he wants to do everything thereby becoming overworked. Though he rarely gives up even when stressed up. He likes working under pressure. The mesomorph must know that life is more valuable than money or success. The stress-creating mesomorph person may successfully launch and built projects, develop businesses, and construct churches all at the benefit of his immediate family thereby creating stress for them

A piece of advice is that he must give priority to God, his wife, family and ministry vocation. He must develop love for people and learn to encourage them.

THE STRENGTH OF THE AMBIMORPHIC BLEND (MELANCHOLY)

The ambimorphic personality is a balance phenotype in between other blends. He is complex. He can behave like an introvert today and tomorrow display some traits of an extrovert.

He is analytical, self-sacrificing and a gifted perfectionist. By nature he is prone to be an introvert, but since his feelings predominate, he is given to variety of moods. He is a faithful friend, but does not make friends easily like the endomorph. His analytical skills help him to properly plan for projects and life issues. He has a higher I Q, creative and the perfectionist. He is thorough and persistent. Most artists, musicians, inventors (Scientists) philosophers, theologians and educationist are ambimorphic.

In summary, therefore, the ambimorphic personality is sensitive, perfectionist, idealistic, faithful, self-sacrificing, gifted and analytical.

HIS WEAKNESS: Though the ambimorph has one of the finest traits, he equally has some weaknesses. The ambimorphic person could be self-centered. He likes dissecting himself and his own mental conditions. His self-centeredness coupled with his suspicious nature tends to ruin him. He is pessimistic in nature. He tends to think of disappointments than the success of a project. In view of this, he becomes sometimes fearful and indecisive. He is critical of himself and of others and this conveyed through proud and haughty attitude and sees other of different views as inferior.

Another weakness of the ambimorph is his moody nature. Sometimes he is full of exuberance, at another time he is moody and depressed. Friends sometimes become annoyed and disgusted when he gets depressed for no just cause for a period of time. He talks more of the good old days and sometimes daydream about the future. This can lead to schizophrenia.

The ambimorph is also a revengeful person. He puts his anger, hatred and animosity into action long after an issue has happened. Little things (jokes) are magnified as insulting to him. This unforgiving and revengeful spirit sometimes outweighs this brilliant ability. If domination by his weaknesses, he becomes neurotic, disconsolate and wallows in self-pity and hatred.

THE STRESS MANAGEMENT OF THE AMBIMORPH:

Like every other blend, the ambimorph is prone to stress. And because of his sensitive, creative and perfectionist ways, he tends to magnify his level of stress than anyone else. Since he is extremely negative and critical, his mental attitude equally affected thereby causing neurosis. He built to match worry around himself. His inability to relax himself and learn to cope with everyday stress of life will ultimately lead to breakdown emotionally and physically. This makes him prone to high blood pressure, stroke, paranoia and depression. However, a simple outdoor game and life in Christ can help act a great deal.

THE STRENGTHS OF THE ECTOMORPH (PHLEGMATIC) :

As an introvert, the ectomorph is a calm, easygoing person. He is cool, slow and tends to avoid problems at all cost. He rarely makes friends but if he makes one, he is dependable. They listen to others and therefore are good counselors and teachers.

The ectomorphic person is also practical, efficient and well organized. His job accomplished would always show signs of neatness and efficiency. He is a good teacher, an engineer, craftsman and mechanic. He does not believe in the competitiveness of life. In a nutshell, an ectomorph is calm, easy-going, dependable, efficient, neat, conservative, and practical, a leader and a diplomat.

THE WEAKNESSES OF THE ECTOMORPHIC PERSONALITY

Although the ectomorph has some very fine traits, cool and likeable, one of the major weaknesses is sluggishness and laziness. He's feet drag on issues of importance. He cannot be forced or pushed against his will for action, hence people see him as inactive.

By nature, the ectomorph is selfish and stubborn. He could be selfish with everything he has. He detests change and opposes it vehemently through, the stubborn attitude. His stubbornness and selfishness combine to make him stingy.

The ectomorph is an indecisive person. Because of his analytical and practical ability, he plans slowly and with extra care. When others have submitted their proposals, he carefully thought out his own. And the desire to please others makes him to be indecisive. He does not want to offend anybody.

In summation therefore, his weaknesses include being stingy, fearful, indecisive, spectator, selfish and unmotivated. That is why most teachers, accountants, technicians are equally of this personality traits.

THE MANAGEMENT OF STRESS BY ECTOMORPH

In as much as the ectomorph tries avoiding problems and ultimately stress, it has become apparent that no temperament is stress free. Like some temperaments, the ectomorph would try everything possible to avoid stress.

Unfortunately, ignoring a real problem does not make it disappear. The compulsion to avoid stress causes many ectomorph to become procrastinators. This eventually increases their stress because tasks must be completed sooner or later and final decisions have to be made. He believes in people giving him more time to decide on something.

Secondly, the ectomorphic person under stress usually exhibits a dangerous situation. Avoids stressful situation. Ectomorphic fathers are likely to sneak out of the house even if it becomes clear that the children are rebellious and need to be disciplined. He leaves the discipline to his wife.

Thirdly, the ectomorphs are quick to blame others for their mistakes. When confronted with mistakes, errors or a sin, the ectomorph will try to cast the blame onto someone else. It is not that they want to be deceitful; they just do not like the stress of taking the full responsibility for their behavior.

However, the disadvantage of this trait to the ectomorph himself is that he Sheldon learns from his behavior. Because blaming other frees him from the immediate stress, he goes his cheerful way, not admitting that he needs to improve in this regard. As a result he tends to repeat his mistakes.

DE - ESCALATION AND MANAGEMENT OF PHYCHO – MORPHIC STRESSFUL SITUATIONS

The study so far has shown that stress is unavoidable whether on is an endomorph, mesomorph, ambimorph or ectomorph. But the level of management determines its positive and negative results. However, the following solutions would be useful in trying to manage or cope with stress.

Many people have suffered the negative consequences of stress and became victim of ulcers, high blood pressure, arthritis, migraines, stroke and other physical problems. Here are some general useful guides for de – escalation of stress.

(1) POSITIVE AND RIGHT ATTITUDE

The first step to controlling stress is to improve your mental attitude to life. Developing a positive and right attitude will help greatly in the management of stress besides other approach to it, financial, people, circumstance and physical conditions. You do not think yourself as a failure or never do well. This is why the scripture says, “as a man thinketh in his heart, so is he” (proverb 23: 7) see also (mark 7:21-23). To maintain a proper mental attitude therefore you must

- (i) **KNOW WHO YOU ARE IN CHRIST** as a child of God, you are the most important person on planet earth. See who you are in Christ (1 peter 2:9, John 1:21-13). Thus, you are a special creation of God. Therefore, no matter the stress, you face them with the realistic confidence that you are heavenly Father, the Omnipotent God of all creation, is interested in you, his child. Even though Apostle Paul faced intense stress during his ministry on planet earth, he knew who he was, where he was going and never despaired: (2 Corinthians 6:4-17).
- (ii) **KNOW THAT YOU ARE A SPECIAL CREATURE:** Most people tend to develop negative mental attitude during stress and full of complex and self-pity. Your ability to accept yourself, your looks, your talents, your family, ministry, your vocation, your environment and your future will influence your relationship to God, people and everything you do in life. (Isaiah 45:9-10)
- (iii) **BE GRATEFUL AND THANKFUL:** One of the basic truths about Christianity is to maintain a thanksgiving attitude at all times. There are only two kinds of people: cynics and thankers, Cynics are never happy; thankers always are. We have capacity to be either, but if we allow the spirit of God to control our minds, we will

be thankers (Ephesians 5:20, 1 Thessalonians 5: 18). So do not sit with cynics, move with the thankers.

- (iv) **BE CONTENTED WITH YOUR POSITION:** “But godliness with contentment is great gain” (1 Timothy 6:6) “keep yourself free from the love of money and be content with what you have, because God said never will I leave you, never will I forsake you” (Hebrews 13:5) see also (Philippians 4:11-13) though a jailbird, Paul learnt to be content. Your own prison may be an overcrowded apartment with plenty of family both immediate and extended, a ministry that is not growing, lack of care, good job, unhappy marriage etc. Whatever the privation or predicament, learnt to be content.

Remaining cheerful in the face of unpleasant circumstances is possible only through developing the art of ‘thanksgiving living’

The following diagram best illustrates the discussion on positive mental attitude.

- (2) **KNOW THE WILL OF GOD FOR YOUR LIFE AND DO IT**

You must discover the will of God for your life, do it meaningfully and achieve good results. Some people live aimless lives never finding any fear in whatever the will of God for your life is. You may be a barber, mechanic; a businessman provided you have discovered it is the will of God for your life. Do not despise it, or compare yourself with others. Be a champion in your chosen field and this will reduce stress.

If you are a Christian, finding the will of God for your life involves four factors (1) The word of God (2) Absolute obedience to it (3) Time (4) The Holy spirit’s guidance” (Tim LaHaye 1983)

- (3) **HAVE BASIC ATTITUDE AND VALUES**

Whatever is your temperament, you must commit yourself to basic values in life. This will help you to cope with stress. Through life people will pressurize you to adapt to modern values of the “things in vogue” and this will undermine your basic life’s values and then create stress for you when you cannot cope with such situation. Cases of suicides normally result from this. The pressures on young and old are greater than they have been. You cannot decide for the entire culture in

which you live, but you can decide for yourself, for kind of people whom you associate.

In the words of Tim Lahaye, Daniel the prophet has been the exemplary figure of all time in regard to public morality. He totally refused to compromise his basic values” At age seventeen, “Daniel purposed in his heart that he would not defile himself” with the king’s food or drink (Daniel 1:8). He endures intense pressure to compromise, but refuse to succumb. Seventy years later, under different circumstance he again refused to compromise and he was thrown into the lion’s den. Adherence to personal and public values should be an integral part of all teaching in homes and churches. Do not compromise the truth. It sometime hurts, however stick to it and reduce life’s stress. During your lifetime you will be tempted to do wrong. Some temptation look very appealing, but they are still wrong. Evaluating them in the light of your commitment to do right, regardless of extenuating circumstances, will both simplify your life and reduce stress. At other time doing right will intensify external pressures exerted by those seek to make you compromise

(4) DEFINE YOUR GOALS IN LIFE

In the words of Tim Lahaye “there is no pressure comparable to personal failure in life. The most miserable people are those who fail their own eyes” Hans Selye emphasizes “Whatever goals we strive for, the relationship between stress and the Attachment of our aims is so evident that it hardly justified lengthy discussion. Mental tensions, frustrations, insecurity, and aimlessness are among the most damaging stressors. Studies have shown how these cause migraine headaches, peptic ulcers, heart attacks, hypertension, mental diseases, suicide and hopeless unhappiness. He further states, “to remain healthy, man must have some goal, some purpose in life that he can respect and be proud to work for. Each person must work out a way to relieve his pent-up energy without creating conflicts with his fellow men and if possible, to earn their goodwill and respect.

Unmotivated people are goal-less people. Apostle Paul was highly motivated and goal oriented person. Goal could either be short term or long term. Short-term goals usually provide immediate gratification, food, shelter, pleasure etc.

Concentrating on only short-term goals can be boring and stressful. So, they consume many unwise people. Long-term goal include plan for the future. A man who needs a wife will plan for that and the children. One's basic philosophy in life determines the ultimate goal

(5) **SEEK THE ADVICE OF COMPETENT**

Through sharing, the popular adage "problem shared is problem solved" has elastic therapeutic effect. Most people who die or get mentally deranged out of stress is because they could not discuss their problems with friends, relations or counselors by ventilating them out. Extroverts are not always prone to the debility or dangers of stress, because they feel free or are not ashamed to share their problems with others. Introvert are the worse of it fallen victims or stress. This nature, they are shy and lack confidence to others hence always keeps their problems to themselves. Consulting and seeking the advice of spiritual counselor, experienced professionals would help out (prov. 11:14)

(6) **ENGAGE IN HOBBIES:**

To avoid prolonged stress, people should always engage in meaningful activities. Hobbies help in ventilating problems such as watching football, playing chess or tennis, watching some Christian films, visiting friends and fellowships

(7) **RELAXATION AND REST:** To muscles need to be relaxed after much stress either through meditation, having a nap (little sleep). Relaxation and rest are essential medicines for relieving stress.

(8) **DELEGATION OF DUTIES:** An executive administrator or a General Superintendent should try to develop confidence in his workers and close associates. He should always delegate duties to responsible and hardworking people. He should not work like a machine simply because he does not have confidence in the capabilities of others if he dies in the course of wanting to do everything himself, the establishment will still move and not shut down because he is dead.

(9) **HAVE SUFFICIENT LEAVE:** It is a common observation that most people working either in public, private or ministry do not utilize or go on leave at all. This is a great disservice to the body. It does not make room for effective living. It

is therefore advisable for people either in the ministry, public or private sectors to make adequate use of the period of their leave in order to avoid stress.

CONCLUSION:

This seminar paper has been able to discuss extensively the dimension and management of stress amongst the various psycho-morphological phenotypes (blends)

A reasonable position regarding stress is to recognize that if it normal, an inevitable trait of our lives. We have no choice but to respond with respect to how well we respond to stressors and to stress. Stress is a complex interaction between the specific natures of the demands, the emotional, and mental state of the individual, and the strength of the coping resources that individual can bring together to combat the stressor. What we can benefit from accepting is that we do have to be passive recipients of stress. There is much we can do to reduce its noxious effects and to take advantage of its potentials. We should know that the effects of stress are quiet damaging. These include sleeplessness, migraine, ulcer, high blood pressure, hypertension headaches, sore throats internal heat, weariness and dizziness. Only complete trust in God and the knowledge of His promises in the scriptures coupled with prayers can help us (John 14:1, Mt. 6:25-27, Mt. 6:33-34, John. 14, 27, 16:33 2 Corn 4:8-16).

Our ability to manage can either lengthen or shorten our lives. Medical experts have equally come to the knowledge of faith in God and in handling stressful situations. The following excerpt from a medical journal is quite instructive and educative. Titled "Faith is good medicine. According to the report (proverb 10:29) says the fear of the Lord" can lengthen a person's life well surprise that bit of biblical wisdom is being discovered anew by medical science. A new study by Duke University, U.S.A. shows older people who have an active faith may be healthier than those who don't Researchers studies 4,000 North Carolinians over age 65 and found that those who participated in religious activitiesss were 40 percent less likely to have high blood pressure, which is a warning sign for heart disease."

The study, reported in a recent issue of the international journal of psychiatry in medicine, found that after adjusting for difference in gender, race, age and other factors, there was still a significant difference in diastolic blood pressure reading for those who attended weekly religious service, those who read the Bible regularly and those who pray regularly.

Researchers suggested that in their lives.” From the research findings above, prayers, fellowships, studying the word regularly and worship will help people to reduce the level of stress significantly. Further studies are hereby recommended on this area and others not adequately covered due to obvious limitations.

BIOBLOGARAY

**INTRODUCTORY PAPER SUBMITTED AT
THE 13TH ICASA INTERNATIONAL CONFERENCE ON AIDS & STIs IN
AFRICA (21ST – 26TH SEPT. 2003) IN NAIROBI, KENYA**

TOPIC: HIV/AIDS CRISES COUNSELING AND MANAGEMENT

(PSYCHO-MORPHOLOGICAL OVERVIEW)

**1.0 INTRODUCTION: STILL THE GREATEST THREAT IN HUMAN
HISTORY (HIV/AIDS)**

Since the first case of AIDS was reported, health care personnel worldwide have been engaged in a serious battle against the threat. After a series of denials here and there, it is now apparently clear that anyone, irrespective of ethnic group or social status could become infected if exposed to the virus, and that everyone could avoid infection if educated on how the virus is contracted. Now that the disease is clearly seen to have come out of its closet, there is the urgent need for the populace, industries and Governments (Federal, State and Local) including religious bodies to address this panic stricking disease before things get out of hands.

But it is rather painful to note that so many people till date, do not know how to cope with HIV/AIDS victims because of lack of adequate psycho morphological crises counseling and management knowledge and worse still are the victims themselves who stay battered and bruised and suffer from assorted psychological disorders, such as effective stress disorder, compulsive stress disorder, deficit motivation, Hypochrondriasis, just to mention but a few.

2.0 A THEORY YOU CAN DEPEND ON “PSYCHO-MORPHOLOGICAL OVERVIEW”

The above overview to HIV/AIDS crisis counseling and management is an update of HIPOCRATE’S, CARL JUNG’S AND WILLIAM SHELDON’S concepts of personality (Temperament) theories.

This theory cannot be the final answer to HIV/AIDS crises counseling and management in the world; for this and other reasons it may not prove satisfactory to everyone. But of all behavioral theories known currently, it has been proven to be the most helpful as regards the subject question.

3.0 A BRIEF ON THE FOUR BASIC PSYCHO-MORPHOLOGICAL OVERVIEW TO HIV/AIDS CRISES COUNSELING AND MANAGEMENT

3.1 MESO-MORPHOLOGICAL OVERVIEW

This overview analyzes the productive, painstaking and tough personality tendencies to cope with HIV/AIDS victims and the victims coping the virus. The theory states that those living with HIV/AIDS victims who are with this type of personality see the infection as an accident and courageously counsel and manage the situation. And those infected with the virus with this type of disposition do well to cope with the situation favourably.

3.2 ENDO-MORPHOLOGICAL OVERVIEW

The overview analyzes the friendly and social personality tendencies to cope with HIV/AIDS victims who are with this type of personality see the infection as an accident but are very likely to betray the confidence vested on them by the victims because of their talkative and exuberant nature.

As per the victims, their nature abhors solitude and so enjoys people, always surrounded by friends. But this reality has made them to be deserted. They have missed the endless repertoire of interesting stories that they dramatically tell, making them appreciated by everyone and mostly the children and they have always accessed the best parties and social gatherings.

3.3 THE AMBI-MORPHOLOGICAL OVERVIEW

This overview analyzes the self-persecuting, pitying and suicide prone personality tendencies to coping with HIV/AIDS victims and the victims coping with virus. The theory states the living with HIV/AIDS victims who are with this type of personality, see it as an act of self-indulgence and therefore suffer from hyper psychological imbalance (DEPRESSION)

A depressed person is never happy. Everything in life is a very dark and uncertain making mountain out of molehills. Depressed are naturally never sought out by people. This makes the ambi-morphological (melancholic) personality victims to be more depressed. This kind of attitude nourishes loneliness, abandonment and (hypochondriasis) – living with aches, numerous difficulties not associated with the infection. Therefore a healthy mental attitude toward issues like this cannot be over emphasized. Depression is a universal experience but it is most experienced by this group of persons. A counselor with this type of disposition would do more harm than good in this profession.,

3.4 ECTO-MORPHOLOGICAL OVERVIEW

This overview analyzes the easy going and tolerance prone personality tendencies to coping with HIV/AIDS victims and the victims coping with the virus.

The theory states that those living with HIV/AIDS victims with this type of personality see the infection as an accident and therefore cope with the situation to a great extent positively. An ecto-morphological personality is naturally calm, cool and collected, well balanced temperament. Never gets ruffled, no matter what the circumstances are, therefore, coping with HIV/AIDS victims or with the virus is not a problem.

These kinds of people are difficult to find.

4.0 CONCLUSION

A WORD TO HIV/AIDS CRISES COUNSELORS AND MANAGER.

The life of a victim is as meaningful as ever before, why would they mourn within their souls?

Why the tears at the hour they should sleep sound?

Why the wounds within the bones?

Why feel defeated and deserted when they are to be warm, lively and optimistic

This concept is discovered to be one of the best.

Ignorance is deadly

Ignorance perpetuates disease, poverty and failure

Small keys unlock Golden Doors

Small changes can create great futures

Any unrecognized knowledge becomes unembraced and uncelebrated

DEAR COUNSELLOR, EDUCATOR AND MANAGER

You cannot do everything. You can do what God designed you to do through your gifts, skills and intelligence. And so embrace this concept, for tresses don't talk, turtles cannot fly, knowledge determines your capability.

HERE ARE SOME HELPFUL FACTS IN OBSERVING THE LIMITATIONS OF HIV/AIDS

The life of a victim is as meaningful as ever before, why they mourn within their souls?

Why the tears at the hour they should sleep sound?

Why the wounds within the bones?

Why feel defeated and deserted when they are to be warm, lively and optimistic?

- 1 Knowing that every human being has limitation, even yourself.
- 2 Avoid a critical spirit when discussing the limitation of HIV/AIDS patients.
- 3 Focus on their strengths and not their personal limitations
- 4 Channel every talk or work expectations towards their strengths
- 5 Do not dismiss any faithful employee because of a flaw you cannot cope with the situation
- 6 You were created to solve a problem (Doctors solve medical problems. Dentists solve dental problems. Counsellors solve emotional problems. Mechanics solve auto problems
- 7 The problem closest to you is your secret code to the throne.
- 8 You will only be remembered for the problem you solve or the one you create.
- 9 Uncommon men often distinguish themselves by the method they sue to solve a problem.
- 10 The problem you solve for others determine the problem God will solve for you.
- 11 The blessings of the Lord will always be proportionate to the problem you have chosen to solve.
- 12 God expects you to observe and recognize the problem nearest you.
- 13 Your assignment determines the kinds of problems you notice and desire to solve.
- 14 You are not assigned to solve the problems of everybody.

5.0 A WORD TO HIV/AIDS PATIENTS (PLAWs)

You have a future, no situation can vandalize you destiny

Some body is assigned to your life. Someone...someone.... feels protective toward you. They are willing to take on our battle. They want to be a wall of protection, a source, a source of nourishment and motivation for your life.

Those assigned to you proudly identify with you publicly.

Those assigned to you gladly adjust their plans to accommodate you during a time of need.

Those assigned to you feel protective toward you.

Those assigned to you will even defend you in your absence.

Those assigned to you warn you of impending psychological danger and traps set by enemies or adversarial people.

Those assigned to you will never enter into a covenant of friendship with anyone plotting your destruction.

Those who are assigned to you will protect you reputation at any cost.

Those assigned to you will never use information to hurt you.

Those assigned to you willingly forfeit the rewards of other relationships to stay by your side.

Those assigned to you will pay any price to please you.

Those who are assigned to you discern your greatness even when your behaviour appears unwise.

Anyone who breaks your confidentiality is not assigned to you.

Those assigned to you have flaws.

Those assigned to you may sometimes experience doubts about your life and future.

Those assigned to you initially dread their assignment to you.

Those assigned to you sometimes disappoint you.

Those assigned to you may sometimes make you impatient.

Those assigned to you may be only for a short season.

Those assigned to you can often endure stress you cannot endure.

Each person assigned to you will solve a different problem for you

NOTE:

Seek help from different counsellors even donors in ICASA conference and elsewhere and also write to me, I will of assistance in the best way possible for we are the ones assigned to you.

This concept is discovered to be one of the best. Further details are in tapes and booklets, you can order for a free and or/leaflet.

Partnership with the Government of Bayelsa State of Nigeria is highly needed in HIV/AIDS Programmes.

6.0 WHO IS DR. PROSPER?

He has Doctorate in philosophy in Counselling and Psychology respectively. He is also the Founder of Vision Family Health Care Project. Dr. Prosper is a well-demanded Conference Speaker; you can invite him for any of such purpose three – six months ahead of time for confirmation.

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TRAITS OF A GOOD COUNSELLOR

1. He listens well
2. He is wise and at the same time humble
3. He is polite and patient
4. He understands
5. He is loving towards him
6. He makes himself available for him
7. He is impartial and objective
8. He does not react quickly.
9. He keeps secrets
10. He refers to the Bible to know that the Bible is the best counselling book
11. He judges himself in the light of the scriptures.
12. He has a close relationship with God.

GOOD COUNSELLING CAN BE DONE

1. When a person can see that he or she is in need.
2. When a person can be helped to solve his or her problem.
3. Within a stipulated period
4. When it is supported by other people who have the same approach
5. Where there is a trust relationship
6. Where there is no judgment attitude.
7. When it is needed.

These qualities are plants that must be watered and cared for. They reflect the deep manner

COMMUNICATION

Communication is an act of sending and receiving messages and giving response. Communication is involved- the sender and the receiver. The sender sends the message while the receiver receives. If a message is wrongly received and misunderstood, it may

cause a great discord. Communication is not to be complete until the receiver has sent a response.

FACTORS AFFECTING COMMUNICATION.

The ways we send or receive information depend on several factors.

VALUES: The things we cherish make us what we are. As it has been said, before, conflicts over values are the most difficult issues to discuss and resolve. The reason is that when we encounter people with different values from ours; we become defensive and take position. As soon as this happens, communication is hindered. Furthermore, we interpret information is also affected by our values.

OBSERVATION: The way we see things depends on our values experiences and aspiration. No two individuals see things the similar way.

NOTION: Notions are preset ideas that we have about things. They also play a large role in the way we send and receive information. We often think deeply about any information sent to us by someone we don't have confidence in and his will affect the way we do receive this information.

COMMUNICATION TECHNIQUE: This includes our verbal and non-verbal signs. There re different interpretations to why people talk. Some people talk in very high tone and this affects communication. It can be interpreted as shouting while others talk in low tone, which is interpreted as not having interest. Our non-verbal cues such as our facial looks, eye contact, dressing style, walking style are not interpreted in one same way. They differ from culture to culture. To remove the obstacle of communication, there will be eagerness, honesty and respect on the part of both the listener and the speaker. Eagerness refers to the interest to listen to the other person and honesty refers to sharing of factual information. Respect to the ability to recognise other people's point of view.

HINDRANCES TO COMMUNICATION

Commanding

Pressurising

Teaching

Giving answers

Criticising

Justifying

Analysis

Asking questions

LISTENING

Listening is the most important skill of a good counsellor. The person speaking to us must be made to believe that we are listening. Good listening is both an active and passive affair. Active listening is done when the counsellor allows the client to express himself very well and when he responds that both have understood.

Passive listening: It is the starting point. The counselling session can begin with “open” question like “tell me why you came”. When you seem not satisfied his story, ask him for further explanation with
Be sure you understand and make him know you understand. You may try reframing or paraphrasing all that the client has said.

Sometimes a client may say something that is very important or what is the heart of the matter. At such instance, you may wish to repeat what he has said by summarizing the major points. You give the counsellor the confidence that the counsellor is following everything.

The objectives of listening:

1. To understand what you are asked to do
2. To clarify what the counsellor thinks the problem is.
3. To help the counsellor have a deeper understanding of what the problem is.
4. To identify possible solutions to the problem.

It is important to ask questions during when counselling. Questions are meant to assist in the understanding of the client's problem. Different questions are used on different kind of situations.

For further inquiry, more questions are asked. Example: “Did anything happen after then”?

For understanding and clarification, rephrase questions are asked: “You mean to say”

For ask self-reflection questions ask “leave your present job while you've not gotten another how will you feed”

For knowing attitudes ask “reason” questions

Why did you desert spouse?

What offence did he commit?

To change a way of thinking ask, “reverse” questions “what if” questions

If you don't stay with wife, what will be the fate of the children?

Questions, which threaten people, are “accusation” questions, “How long have been moving around?” “What did you do that made your spouse divorce you?”

Helping a counsellor make an action plan.

After a crisis is explicit, an action must be taken. Changing behaviour is one of the objectives of counselling. In counselling, proper steps must be taken first.

A counsellor always will continue a dangerous act just because he thinks it is too late or will not succeed. The Bible warns us against doing things depending on our feelings. When we do what is God's will, we will have the fruit of the Spirit. Doing God's brings blessing. It is good when the counsellor is involved in making the action plan. When writing the things that can be done complete an action plan, then it is proper to ask how they feel about it. Are there fears or doubts?

Pinpointing a problem and suggesting a solution helps someone to be sure of how he is feeling and reacting to the problem. Clear statements help the counsellor and the counsellor to lay claim on God's promises.

You might try working out a problem yet there is no headway. Find out why you've not made headway. Apply other possible methods. Be sure of the counsels you give. Counselling is not giving instructions out helping them to find solution through God.

In the Old Testament period, people always went to the prophets for advice because they could not read and the word of God was not in book. Even these days, people go for counsels despite the fact that they have Bible. For those that can read, they don't read it not knowing that it can illuminate their paths.

The greatest help a pastoral counsellor can give people is to give them guidelines on how to get direction for their lives in the bible. If a pastoral counsellor is to give God's good counsels then the pastor must be grounded in the Bible.

The crisis that AIDS has caused in our society is the same old problem that humanity has battled with in times past.

GIVING ENCOURAGEMENT.

Encouragement is the best drug needed in trying times.

Encouragement comes in:

When we have hope that a situation will be better.

When we achieve goals that we have set.

When we see physical evidence of change.

There are instances in the bible when people were encouraged. Barnabas was called "the encourager" because he helped others. Thomas would not have been encouraged if he had not seen the nail prints. And for Elijah, he was encouraged after having eaten and heard the still small voices. The counsellor is not the only encourager but other people like:

1. Family members
2. Friends at work
3. Friends at church.
4. People who are helping with various needs.
5. People and families affected by AIDS.

In order for these persons to be encouragers, they will need to know how to help. Asking others to pray for them and help them is good and it binds them to their family and community.

Different situations call for different kinds of encouragement. If you are encouraging someone to change from bad behaviour to good, then look for examples of people with

right living in the Bible. This kind of situation includes the husband who may be used to moving around with different women. He needs to be counselled on what needs to do- not just a prayer meeting that such a person needs.

The second kind of situation that calls for special encouragement is the person doing the right things but does not see good results. He/she may be tempted to stop. He needs to be encouraged.

Building Confidence

To confide is to hope that someone is asked and willing to help. Without confidence in the counsellor, the counselling session will not be successful. If a counsellee does not confide in the counsellor, he will not come out of his problem. As a counsellor, you are expected to build confidence. Confidence is not hard to build but it is easier to break and difficult to repair. If a person has had many experiences of broken confidences, then it is difficult for him to build confidence. Confidence is dependent on experiences, fears and hope.

For the counsellee to trust the counsellor, some elements are needed

1. The counsellee believes what the counsellor tells him.
2. The counsellor must listen to the counsellee
3. The counsellor must have goals
4. He must appreciate the counsellee's situation
5. He must keep secrets
6. He must be ready to help the counsellee

Building A Trust Relationship with a person is not really difficult in a pastoral counselling situation. For someone to come to you for counselling, there is a measure of confidence in you.

For a client to have confidence in you as counsellor is promise to keep every information secret. Knowing that a HIV person can be harmful to others, it will be essential to ask the HIV+ person two questions.

Who needs to know that you are HIV+?

Who and how will they be told?

Building confidence while still maintaining the counsellor's responsibility for the safety of others may require giving the counsellee time to think and make decision.

Asking for a need to be informed

Making it obvious that the counsellor's role to help

Setting the boundaries of the counseling relationship

Confidence is built, gained and maintained by actions that support ones' positive expectations.

The traits that a counsellor must show to a person having HIV/AIDS so that he/she can have confidence are:

Competence: because they feel hopeless and they need someone that can really help.

Confidentiality: because they feel ashamed of people's response and reaction.

Respect: because they often feel they will not be given any respect.

RECORD KEEPING

There is a saying that goes thus:

“The faintest pen is better than the sharpest brain” Whatever is put down in black and white cannot easily be forgotten. Even God know the importance of writing that is why He commands us to write in Habakkuk 3:2 “Write the vision and make it plain upon tables that he that readth may run”. Anything that is on record can easily be referred to. The kind of records you keep depends upon the kind of counselling you do.

Below are some simple guidelines for counselling records:

1. Confidentiality is very important. Keep your counseling files far from other files. Keep the file out the reach of people.
2. Use a number code or name code. Each counsellee should have a file that is known by its number.
3. Don't put down the detailed information a counsellee gives you about him/herself during the counselling session.
4. More detailed information can be written after the counseling session is over.
5. Get the consent of the counsellee to share the information with people that he/she agrees to.

When someone comes to you for counselling, it means:

1. He is confused as what to do. The problem is too great too tackle.
2. He needs some encouragement in an action he wishes take

PROBLEM IDENTIFICATION

For a good understanding of a problem, the counsellor will need to identify the following questions.

1. What are the needs of the individual
2. What are the families and community needs?
3. What are his emotional needs?
4. What choices should he make? What should he decide and accomplish?
5. What are the physical needs?
6. What relationship does the person have with Jesus Christ?

HOPE

The major objective in ministerial counselling is to give hope to the counsellee and his family. Their lives have to be reactivated and hope built in them.

Immediately a counsellee comes for counselling you need to give to him or her hope no matter the situation. Don't give false hope but true hope, which is in Jesus Christ. Those with HIV/AIDS need God's reassuring promises more than anyone else.

Some of the things that give hope are:

1. The promises of strength and help in Christ.
2. Purpose for the life that remains
3. Family members and friends

4. Eternal life in Christ Jesus
5. Healthy living

BEREAVEMENT AND ANGUISH

When one supposes that his or her loved one is HIV+ he or she begins to be sorrowful. There is the consciousness that death will soon visit him or her.

Rejection at this level: There is always the tendency to disbelieve what has happened. It will look like dream to him or her. If possible, the person in question will hold his spouse responsible.

Annoyance at this level: The HIV+ person will be annoyed with people around him. He will like to transmit it to others before the time of his death.

Bargaining at this level: The husband may have bargain with the HIV person that he will not move around. He or she becomes religious for God to prolong his or her life.

Misery at this level: The person may not see any reason for living. He or she would prefer dying. Making plans stops believing that they are useless.

Recognition: The person tends to tell more people about his or her problems. He or she begins to do things to improve him or herself.

AIDS: CURSE OR PUNISHMENT

A lot of people think that AIDS is a curse and as a result there is nothing somebody can do to make it happen or avert it. Some Christians think that there is nothing one can do about it. As a good counsellor you need to neutralize such belief, by confronting them with piercing questions. Below is a list of questions. The Bible makes us know that God executes judgment on sin. But He does where a certain punishment is for a certain sin?

1. In John 9, was the blind man suffering for a particular sin committed? No
2. Leprosy was such a dreadful sickness in the Biblical times that lepers were isolated. Does the Bible state that leprosy was a punishment for a specific sin. No
3. Can we presume that a person with a certain sickness is guilty of an identified sin? Consider the woman with an issue of blood for 12 years.
4. If AIDS is the punishment for a certain sin, do we put the person in shame?
5. Does God punishment only the sin of illegal sex.
6. What was Jesus' reaction to the woman caught in adultery?
7. If there is a traditional way for a curse to be removed, why is it not applicable to the HIV/AIDS affliction?
8. Does a traditional curse require that blood or sexual fluid to be passed from one person to another?

SEPARATION

Separation is an attitude that makes a person unimportant, unwanted, or unworthy of relationship or friendship. It makes a person not to associate with friends or group. This happens with people living with HIV and AIDS because of reaction of others. In tribes, where their cultures are highly respected, separation has two consequences.

1. It isolates the victim from family members and friends who might help.
2. It is a sin against God's law of love.

REASONS FOR SEPARATION

1. To avoid been infected with HIV/AIDS
2. So as not to walk in his ways
3. Annoyance with the HIV/AIDS victim for bringing evil on the community.
4. Due to the fear of what people might say or think people tend to separate.

It is the duty of the counsellor to prevent separation. Often times, the only way to assist the outcast is by the help of a "middle person" "who will associate with the outcast".

The church of God too needs middlemen or women for dynamic spiritual growth. A growing church is a church that extends a hand of fellowship and help to others in problem. Even when a member sins, discipline is required but discipline is not synonymous with separation.

A LIFE OF FOCUS AND DIRECTION

An HIV/AIDS victim needs a life of focus and purpose. When the individual seems defeated, the counsellor comes in with words of hope and encouragement. People who are HIV positive repented from their sins are in good position to positively affect other HIV infected people. It is better to allow people to make reasonable and durable decision knowing that they don't have much time to live. Due to the systematic AIDS process ruins the victim's, the counsellor should have the following in mind.

1. Focus and direction come as the person puts his mind to affecting other lives positively.
2. Try to recommend focused and particular activities.
3. Focus and direction are the most important when one is going into a lasting venture
4. Creating a positive relationship gives focus.

The Christian is sure of his relationship with God and after his death, he knows he is going to be with the Lord in Heaven.

SECRECY

Secrecy means keeping affairs or information about a client confidential divulging it except as requested by the client. This is an important area counsellors have to look into.

THE IMPORTANCE OF KEEPING SECRET

1. The counsellee will not like to come back if he or she finds out that his or her private affairs will not be kept secret.
2. The counsellee may be losing his or her job if his/her secret is divulged.
3. So as not to let information about the client become misconstrued and misinterpreted.

It is important that the followings are informed

- The person infected
- The spouse
- The victim's or client's parents
- The client's or victim's sexual partner.

Danger is the unsafe situation in which we are. Danger is an unavoidable phenomenon. Dangers are greater more than others. In other words, they are in levels and degrees. The fact that you are involved in AIDS counselling, you should understand what is dangerous and what is not.

ACTIVITIES WITH HIGH DANGER

Sexual affair with an HIV person.

- Involvement in polygamy
- Traditional practices: female circumcision, making incisions etc.
- Use of unsterilized injection needle.
- Blood transfusion which has not been tested for HIV

ACTIVITIES WITH SOME DANGER

- Using a condom during sexual intercourse with HIV person.
- Helping to deliver an infected mother during childbirth without gloves.
- Medical practitioners caring for a HIV person victim without talking caution.
- Breast feeding a newly born baby by an HIV mother.

ACTIVITIES THAT HAVE NO DANGER

- Embracing
- Hand shaking
- Sexual intercourse between faithful husband and wife
- Caring for an HIV+ person without blood contact.
- Kissing if there is no mouth sore.

MEASURES TO TAKE TO REDUCE THE LEVEL OF DANGER OF THESE ACTIVITIES

1. Avoid sex outside your matrimony
2. Avoid contact with blood or fluid intercourse
3. Use gloves when caring for HIV patient.
4. Use rubber gloves even treating a person witha

SEXUALITY

The AIDS epidemic has come upon the world majority because humanity strayed away from God's blueprint for sex. This is the duty of the church and the pastors. God created male and female which is different from the creation of the animals.

TEACHING ABOUT SEXUALITY INCLUDES:

The duties of husband/wife, man and woman.

The relationship between the opposite sex

The reflection of Christ and the Church

Human sexuality is a picture of Christ and the Church. The Church has to obey Christ in all things since He gave Himself for the Church. Sexuality should be a type of special relationship. Sexuality acts unite the husband and the wife together. We belong to Christ and so we must be holy and righteous before Him. We should consider others more important than us. Both husband and wife are to play their God given roles. There should be mutual respect and appreciate for the way God created the other person. The society is given to traditional practices like circumcision, which the bible is against and the church has to do something to find replacements.

TALKING ABOUT SEXUAL MATTERS

A place like the Church being a holy place, people like that sex should not be discussed. Man would not have thought of it if not that it is God's own idea. Since it is His idea He is interested in it. He does not want us to misuse sexual relationship and as a result, the church has to be fully and well informed about it.

WHY DON'T WE TALK ABOUT THE THINGS GOD LIKE TALKING ABOUT

1. The sin of sex is rampant and so by talking about it, it is like we will encourage it.
2. We don't make out time to talk about it.
3. We are confused or ashamed as to the use of words in teaching it.

Based on the fact that AIDS emanates from sexual contact, people like talking about it.

POSSIBLE SUGGESTIONS ON HOW A CHURCH CAN TALK ABOUT SEX

1. Make a list of all the words and facts you feel ashamed to use. Ask more spiritual leaders to replace them with more decent words.
2. Plan as to how to have a periodic programme to talk about this subject.

REPENTANCE AND FORGIVENESS

For effective counselling, repentance and forgiveness have to be talked about. These are the basis for breakthrough. Families with HIV normally feel guilty but the counsellor should not make them feel more than necessary. At a time like this, the families have to anchor their faith in God. For the problem of sin, there is a solution. He promises to forgive when there is confession of sin and repentance.

RECONCILIATION

Reconciliation is the act of settling differences between two parties for co-existence of peace and harmony. Man-to man reconciliation is picture of God-to-man reconciliation. AIDS counselling must promote reconciliation.

DIRECTIONS FOR RECONCILIATION

1. Both the offender and the offended have responsibility to mention it and deal with the offence.
2. If reconciliation is not successful at the crucial attempt, let a mediator come in at the second attempt.
3. Reconciliation should be prompt.
4. The words we sue should be words of peace.

CHILDREN

Children with AIDS parents need to be specially taken of. They need than food to eat. The counsellor should find time to comfort them and counsel them. Children need:

1. Sense of security
2. Attention
3. Fellowship
4. Future planning
5. Understanding of HIV/AIDS

The counsellor should give attention to them:

To be sure that they are cared for.

To be sure they are denied or depressed due to their parents feel.

To be sure that they are not infected.

COMMUNICATION WITH CHILDREN MEANS:

Helping them express their feelings and doubts

Assuring them of the future

Talking to them about the disease, its effects, prevention and care.

FUTURE PLANNING FOR CHILDREN INCLUDES:

Deciding who will be their future guardians

Planning with the future guardians for the finances etc.

Protecting inheritance and law rights

CHILDREN NEED TO UNDERSTAND ABOUT AIDS

To have a knowledge of their parents' situation

To be prepared for the death of their parents

To avoid the mistakes of their parents

To know that the death of their parents is not their fault.

To know that the counsellor help for during the difficulties.

DEATH

A popular playwright in the 19th century by name William Shakespeare once said:

“Death is a necessary end that will come when it will come”

But for the AIDS infected people, it can be sooner than ever. Before death eventually comes, it is necessary a family prepares for in the following ways:

1. Reconciliation with God
2. Reconciliation with family members and others
3. Writing will
4. Increased sickness
5. Financial stress
6. Bank account

The issue of reconciliation is the most important putting eternity in consideration. Such an issue has been discussed at a time when the counsellor knows that the patient is somehow happy. There has to be preparation for his death and planning of the burial among family members. The Christian counsellor's duty is to give the hope of eternal life that Christ promises.

BIBLE READING

It is important counsellors counsel their clients to have Bible, read it and understand it. It is the duty of the pastor to guide the clients to know how to read the Bible. They should be made to understand that the Holy Spirit gives the right interpretation to any passage of the Bible. No passage of the Bible should be preferred above the other.

GUIDELINES ON HOW TO USE THE BIBLE FOR COUNSELLING

1. You should know passages of the Bible that talk about a subject.
2. Prayerfully understand what the passage means to the writer.
3. Understand the universal truth that is in the passage.
4. Understand how the principles apply to the people who first heard it and then decide how it applies to you.

When applying the Bible to our lives, know that one passage in the Bible helps to explain another.

The Bible does not contradict itself.

Simple passages help to explain difficult passages.

Understand history books as history, poetic books as poetic and letters as letters.

Understand the Bible from the level of explaining a general truth.

PRAYING

Prayer is talking to God and God talking to you. It is an understandable communication with an understanding God that makes prayer what it is. In prayer we seek God to help us do what He commands us to do in the Bible or reveals to us personally. A counselor needs to spend some time in prayer talking to God about the problems and the needs of a counsellee.

Prayer should include the following:

Confession of sins

Confession of need for God

Worship Him for who He is.

Praise Him for what He has done.
Praise Him for what He has promised
Request for wisdom/the action plan
Request for grace to be honest and open.

Before the counselling session, midway the counselling (when difficult issues are discussed) and at the end of the counselling session, it is needful to pray. When there is need to confess and repent, the counsellee should not hesitate.

ASSIGNMENTS

Giving the counsellee assignment or homework is part of effective counselling. Some occasions may require that counsellee is given work to do at home based on the counselling he or she receives.

THE IMPORTANCE OF HOMEWORK

1. It helps the counsellee expect and see changes.
2. When he sees these changes, he becomes hopeful.
3. It helps the counsellor do more counselling.
4. It helps both the counsellor and the counsellee to understand the problem better.
5. It makes the counsellee to be accountable so that he can easily be helped.

BLUEPRINTS FOR GIVING HOMEWORK/ASSIGNMENTS

1. Include Bible portions to be studied and applied
2. Let the homework focus on a particular problem
3. It should help the counsellee think more about their own action /responses
4. It should help the counsellee take few steps to solve a problem.
5. Always check the homework at the next meeting. Commend his/her efforts and correct mistakes.

PRE-MARITAL COUNSELLING

Before any couple can get married, it is vital they go for counselling. Counsel received from parents, elders, friends and mostly pastors will help to build the new marriage. The pronouncement of the man and the woman as husband and wife is the beginning of the marriage. Before a pastor agrees to perform a wedding ceremony, let him be sure that:

1. The man and the woman are genuine Christians
2. They are marriageable
3. They both have the consent of their parents
4. They have regular source of income
5. They are HIV free.
6. They have shelter of their own.

PRE-MARITAL COUNSELLING INCLUDE

1. Communication
 - a. Listening

- b. Verbal and non-verbal
- c. Feedback

- 2. Marriage duties
 - a. Spiritual headship
 - b. Submission to each other
 - c. Helping each other.

- 3. Finance
 - a. Agreeing on the goals and plan for and spending money
 - b. How to plan for future expenses
 - c. What happens when you choose a higher standard of living.

- 4. Extended Family
 - a. Responsibilities to be taken

- 5. Sexuality
 - a. Determine past sexual experience
 - b. Understand biblical place and purpose of sex
 - c. Helping you family resist temptation

- 6 Family Planning
 - a. Planning to have children and how to train them up

CONCLUSION

3.1 HIV/AIDS STIGMATIZATION

It has taken over two decades since the battle of HIV/AIDS but discrimination and stigmatization against victims are well known. Man by nature is a social being and longs for acceptance from other people. This need for acceptance has however been banished for some that have been forsaken by friends and relatives because of their HIV+ status. Indeed, they have gone into deep melancholy, thinking many times of suicide.

As statistics show, over 70% of HIV/AIDS victims are from Sub-Sahara Africa, and this is responsible for the death of about 1/3 of the victims within this part of Africa. As ominous as this information is there is something almost as sad as this, and it is what the

late Jonathan Mann, former WHO's Global Program on AIDS identified as the **third epidemic** in the early days of HIV; the first two being HIV and the visible rise of AIDS cases.

According to Mann, stigma, discrimination, blame and collective denial were recognized as potentially the most difficult aspects of the HIV and AIDS epidemic to address, and that addressing them was key to overcoming it.

Despite his profound insight in the *third epidemic*, stigma has increased HIV vulnerability and still worsens the impact of infection.

For fear of being identified as HIV+, people have learnt not to get their serostatus known. This fear has also kept people from changing their behaviour, which could prevent the possibility of infecting others, kept them from caring for HIV/AIDS victims and not going to places where HIV/AIDS services can be got.

Consequently, stigma related with HIV/AIDS in a developing country such as ours is poorly comprehended. This is where this material becomes inevitable so that victims can still have well-meaningful living. This stigma has made some victims, in anger, to willfully spread the virus.

3.2 PSYCHO-MORPHOLOGY AND STIGMATIZATION

As earlier stated, the psycho-morphological behavioral theory reveals that there are four basic behavioral patterns (temperaments) in all humans. These are the friendly and social

ENDOMORPH, the willful and aggressive **MESOMORPH**, the self-persecuting and depressive **AMBIMORPH** and the simple and easy-going **ECTOMORPH**.

Although no one individual is totally of one basic behavioral pattern (temperament) but a combination of two or more of these, each individual behaves based on the greater amount of temperament present within him.

3.2.1 THE ENDO-MORPHOLOGICAL PERSONALITY

This type of individual is always full of life. He loves being around friends and has endless things to tell them, though much of his tales may be incorrect. He can easily sympathize with HIV/AIDS victims but can also stigmatize them without realizing it.

3.2.2 THE MESO-MORPHOLOGICAL PERSONALITY

This is the task-oriented and born leader. He likes activities that produce results and does not easily give in to the world of emotions. Although useful in pain-staking tasks this person has the ability to quickly terminate the remaining lives of HIV/AIDS victims without knowing because his desire to finish a task successfully.

3.2.3 THE AMBI-MORPHIC PERSONALITY

A person of this personality is altruistic and does more acute mental and intellectual work. The person knows much about sorrow and depression but hard to please because of high standards set. Although compassionate these can easily pass their depression to everyone and depression is not what HIV/AIDS victims want.

3.2.4 THE ECTO-MORPHOLOGICAL PERSONALITY

A person with this personality trait is simple and easy-going, would not easily cause offence and keeps to himself. This person although witty, very dependable and efficient can be slow and undecided when it comes to reducing the stigma of HIV/AIDS victims caused by someone else because he does not want to be seen as an offender.

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(Une Vue Psycho-morpholigue)

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