COUNSELING PEOPLE OF AFRICAN ANCESTRY

This volume advances a uniquely Africentric, sociocultural understanding of health maintenance and risk reduction in African cultural heritage populations. It unites a diverse group of leading African and Africanist scholars in an exploration of common cultural values in African heritage communities and their practical applications in contemporary counseling. The chapters highlight the prominent health issues faced in Africanist settings today and use real-world experiences to illustrate core lessons for effective community action. The approach spans complex cultural milieus, from diversity counseling to conflict resolution. Each chapter includes field-based experiential exercises, discussion boxes, research boxes, and case studies, which serve as valuable resources in both coursework and casework. Counseling People of African Ancestry is an essential primer for community health workers, counselors, researchers, and educators seeking a better understanding of African cultural heritage settings to promote health, well-being, and development.

Elias Mpofu is professor and head of discipline of rehabilitation counseling at the University of Sydney, Australia. Formerly a professor of rehabilitation services at the Pennsylvania State University, he has also held professorial appointments at the University of Botswana and the University of Zimbabwe. He was awarded three national research awards, in rehabilitation in 2007, by the American Rehabilitation Counseling Association (ARCA), U.S. National Council on Rehabilitation Education (NCRE), and U.S. National Institute on Disability and Rehabilitation Research (NIDRR). Also, his research and education expertise recognitions include an awarded honorary doctoral degree in education by the University of Pretoria, South Africa (2010), and the rehabilitation educator of the year award by the U.S. NCRE (2010). He is also on several awarded research grants by the U.S. National Institutes of Health investigating the interface of faith and health in several African communities. Mpofu has more than twenty years of research and health education experience in sub-Saharan Africa and has published more than eighty research articles in peer-refereed journals, fifty book chapters, and eight books in the last sixteen years. He is the lead co-editor of Rehabilitation and Health Assessment: Applying ICF Guidelines (2010) and Assessment in Rehabilitation and Health (2010).
COUNSELING PEOPLE OF AFRICAN ANCESTRY

Edited by

Elías Mpofu
University of Sydney
This book is dedicated to all people contributing to the health and well-being of African heritage communities around the globe.
## Contents

Contributors ............................................................... page ix
About the Editor .......................................................... xi
Editorial Board ............................................................. xii
Foreword ................................................................. xiii
   Fred J. van Staden
Preface ................................................................. xv
   Elias Mpofu
Acknowledgments ........................................................ xix

### PART 1. FOUNDATIONS OF COUNSELING IN AFRICAN SETTINGS

Section Editor – Lisa Lopez Levers

1. Indigenous Healing Practices in Sub-Saharan Africa .................. 3
   Elias Mpofu, Karl Peltzer, and Olaniyi Bojuwoye

2. The Role of the Oral Tradition in Counseling People of African Ancestry ............................................ 22
   Jacobus G. Maree and Cecilia M. du Toit

3. Assessment for Counseling Intervention ................................ 41
   Lynne Radomsky, Sofoh Hassane, Michelle Hoy-Watkins, and Chiwoza Bandawe

4. Research on Counseling in African Settings .......................... 57
   Lisa Lopez Levers, Michelle May, and Gwen Vogel

5. Deconstructing Counseling Psychology for the African Context ...... 75
   Anbanithi Muthukrishna and David Lackland Sam

6. Racial Oppression, Colonization, and Identity: Toward an Empowerment Model for People of African Heritage ............. 93
   Alex L. Pieterse, Dennis Howitt, and Anthony V. Naidoo

### PART 2. CONTEXTS OF COUNSELING

Section Editor – Terri Bakker

7. School Counseling .................................................. 111
   Elias Mpofu, Jacobus G. Maree, Joseph M. Kasayira, and Carol Noela Van der Westhuizen

8. Counseling Students at Tertiary Institutions .......................... 126
   Ilse Ruane, Joseph M. Kasayira, and Elizabeth N. Shino
<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>Family Therapy within the African Context</td>
<td>142</td>
</tr>
<tr>
<td></td>
<td>Vinitha Jithoo and Terri Bakker</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Pastoral Care and Counseling</td>
<td>155</td>
</tr>
<tr>
<td></td>
<td>Daniel Johannes Louw</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>African Refugees: Challenges and Prospects of Resettlement Programs</td>
<td>166</td>
</tr>
<tr>
<td></td>
<td>Clemente Abrokwaa, Mary Shilalukey Ngoma, Edward Shizha, and Elias Mpofu</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Counseling Orphans and Vulnerable Children in Africa</td>
<td>180</td>
</tr>
<tr>
<td></td>
<td>Gertie Pretorius, Brandon Morgan, Magen Mhaka-Mutepfa, Mary Shilalukey Ngoma, and Thokozile Mayekiso</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>Diversity Counseling with African Americans</td>
<td>193</td>
</tr>
<tr>
<td></td>
<td>Debra A. Harley and Kim L. Stansbury</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>Resolving Conflict in Africa: In Search of Sustainable Peace</td>
<td>209</td>
</tr>
<tr>
<td></td>
<td>Joleen Steyn-Kotze and Gerrie Swart</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>PART 3. COUNSELING APPLICATIONS</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Section Editor – Elias Mpofu</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Counseling for Trauma</td>
<td>229</td>
</tr>
<tr>
<td></td>
<td>David J. A. Edwards and Linda Eskell Blokland</td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>HIV and AIDS Counseling</td>
<td>249</td>
</tr>
<tr>
<td></td>
<td>Lisa Lopez Levers, Elias Mpofu, Roné Ferreira, and Joseph M. Kasayira</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>Substance Use Disorder Counseling</td>
<td>265</td>
</tr>
<tr>
<td></td>
<td>Monika M. L. dos Santos, Solomon T. Rataemane, Elias Mpofu, and Andreas Plüddemann</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>Career Counseling People of African Ancestry</td>
<td>281</td>
</tr>
<tr>
<td></td>
<td>Mark Watson, Mary McMahon, Nhlanhla Mkhize, Robert D. Schweitzer, and Elias Mpofu</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>Counseling People with Disabilities</td>
<td>294</td>
</tr>
<tr>
<td></td>
<td>Elias Mpofu, Grace Ukasoanya, Anniah Mupawose, Debra A. Harley, John Charema, and Kayi Ntinda</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>PART 4. THE FUTURE OF COUNSELING IN AFRICAN HERITAGE SETTINGS</strong></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>Counseling in African Cultural Heritage Settings: The Challenges and Opportunities</td>
<td>313</td>
</tr>
<tr>
<td></td>
<td>Elias Mpofu, Terri Bakker, and Lisa Lopez Levers</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Counseling People of African Ancestry Multiple Choice Answers</td>
<td>317</td>
</tr>
<tr>
<td></td>
<td>Index</td>
<td>319</td>
</tr>
</tbody>
</table>
Contributors

Clemente Abrokwaa, PhD
The Pennsylvania State University, USA

Terri Bakker, PhD
University of Pretoria, South Africa

Chiwaza Bandawe, PhD
University of Cape Town, South Africa

Linda Eskell Blokland, PhD
University of Pretoria, South Africa

Olaniyi Bojuwoye, PhD
University of the Western Cape, South Africa

Monika M. L. dos Santos, PhD
Vista Clinic and University of South Africa

Cecilia M. du Toit, PhD
University of Pretoria, South Africa

David J. A. Edwards, PhD
Rhodes University, South Africa

Ronel Ferreira, PhD
University of Pretoria, South Africa

Debra A. Harley, PhD
University of Kentucky, USA

Sofah Hassane, PhD
United Arab Emirates University, UAE

Dennis Howitt, PhD
Loughborough University, UK

Vinitha Jithoo, PhD
University of Witswatersrand, South Africa

Joseph M. Kasayira, MSc
University of Malawi, Malawi

Lisa Lopez Levers, PhD
Duquesne University, USA

Daniël Johannes Louw, PhD
University of Stellenbosch, South Africa

Jacobus G. Maree, PhD, D.Ed, D.Phil
University of Pretoria, South Africa

Michelle May, PhD
University of South Africa, South Africa

Thokozile Mayekiso, PhD
Nelson Mandela Metropolitan University, South Africa

Mary McMahon, PhD
University of Queensland, Australia

Magen Mhaka-Mutepfa, M.Ed
University of Zimbabwe, Zimbabwe

Nhlanhla Mkhanze, PhD
University of Kwazulu Natal, South Africa

Brandon Morgan, MA
University of Johannesburg, South Africa

Elias Mposu, PhD, D.Ed
The University of Sydney, Australia

Aniah Mupawose, MA
University of Witswatersrand, South Africa

Anbanithi Muthukrishna, PhD
University of Kwazulu Natal, South Africa

Anthony V. Naidoo, PhD
University of Stellenbosch, South Africa

Mary Shilalukey Ngoma, MD
University of Zambia, Zambia

Kayi Ntinda, MSW
University of Botswana, Botswana

Karl Peltzer, PhD
Human Sciences Research Council, South Africa

Alex L. Pieterse, PhD
University of Albany, USA

Andreas Plüddemann, PhD
Medical Research Council of South Africa, South Africa

Gertie Pretorius, PhD
University of Johannesburg, South Africa

Lynne Radomsky, PhD
University of the Western Cape, South Africa

Solomon T. Rataemane, MD
University of the Limpopo, South Africa

Ilse Ruane, PhD
University of Pretoria, South Africa
### CONTRIBUTORS

<table>
<thead>
<tr>
<th>Name</th>
<th>Institution</th>
<th>Country</th>
</tr>
</thead>
<tbody>
<tr>
<td>David Lackland Sam, PhD</td>
<td>University of Bergen, Norway</td>
<td>Norway</td>
</tr>
<tr>
<td>Robert D. Schweitzer, PhD</td>
<td>Queensland University of Technology, Australia</td>
<td>Australia</td>
</tr>
<tr>
<td>Elizabeth N. Shino, PhD</td>
<td>University of Namibia, Namibia</td>
<td>Namibia</td>
</tr>
<tr>
<td>Edward Shizha, PhD</td>
<td>Wilfrid Laurier University, Canada</td>
<td>Canada</td>
</tr>
<tr>
<td>Kim L. Stansbury, PhD</td>
<td>Eastern Washington University, USA</td>
<td>USA</td>
</tr>
<tr>
<td>Joleen Steyn-Kotze, PhD</td>
<td>Nelson Mandela Metropolitan University, South Africa</td>
<td>South Africa</td>
</tr>
<tr>
<td>Gerrie Swart, PhD</td>
<td>University of Stellenbosch, South Africa</td>
<td>South Africa</td>
</tr>
<tr>
<td>Grace Ukasoanya, PhD</td>
<td>University of Manitoba, Canada</td>
<td>Canada</td>
</tr>
<tr>
<td>Carol Noela Van der Westhuizen, PhD</td>
<td>University of Pretoria, South Africa</td>
<td>South Africa</td>
</tr>
<tr>
<td>Gwen Vogel, PhD</td>
<td>University of Denver, USA</td>
<td>USA</td>
</tr>
<tr>
<td>Mark Watson, PhD</td>
<td>Nelson Mandela Metropolitan University, South Africa</td>
<td>South Africa</td>
</tr>
<tr>
<td>Michelle Hoy-Watkins, PhD</td>
<td>University of Chicago, USA</td>
<td>USA</td>
</tr>
</tbody>
</table>
Elias Mpofu, PhD, D.Ed, CRC is professor and head of discipline of rehabilitation counseling at the University of Sydney, Australia. A native of Zimbabwe, Professor Mpofu has achieved professorial appointments at seven universities across the globe in the past decade, including The Pennsylvania State University, University of Botswana, and the University of Zimbabwe. He is the Editor of the *Journal of Psychology in Africa* and the *Australian Journal of Rehabilitation Counselling*. Professor Mpofu has more than twenty years of research and education experience in sub-Saharan Africa. Professor Mpofu has published more than eighty research articles in peer-refereed journals, thirty book chapters, and six books in the last sixteen years. Professor Mpofu has chaired several plenary sessions and invited symposium on international health at conferences of the International Congress of Psychology. He is the international representative of the National Council on Rehabilitation Education (NCRE: USA) and Secretary of the Australian Society of Rehabilitation Counsellors (ASORC). Professor Mpofu's primary teaching assignment at The University of Sydney is counseling theories and techniques.
Editorial Board

Professor Terri Bakker, University of Pretoria, South Africa
Dr. Linda Blokland, University of Pretoria, South Africa
Professor Lisa Lopez Levers, Duquesne University, USA
Professor Jacobus G. Maree, University of Pretoria, South Africa
Professor Thokozile Mayekiso, Nelson Mandela Metropolitan University, South Africa
Dr. Mercy Montsi, University of Botswana, Botswana
Professor Karl Peltzer, Human Science Research Council, South Africa
Professor Beverly Vandiver, Pennsylvania State University, USA
Foreword

Africa is embracing itself.

This volume of multifaceted counseling approaches, problems, contexts, and practices is saying just that – Africa is embracing itself.

Proudly and eloquently, it presents the case of existing practices of nurturance and support grounded in belief systems founded among people of African ancestry. Also, it shows the affinity that exists among these practices, whether indigenous or exogenous in origin.

By pulling the complex strands of the twenty contributions from all over Africa and elsewhere into a coherent unified framework, the editor, Professor Elias Mpofu, has reconfirmed his stature as an eminent African scholar in the fullest sense of the word, one with foresight, energy, tenacity, and a passion for his profession. With his vision of compiling a volume on present counseling practices for people of African ancestry, he afforded us the opportunity to look inward, to discover that there really is a “best practice” for counseling conditions, specifically for people of African ancestry. With this work, he and the other contributors laid the foundations for Africans, wherever we may find ourselves in the world, to look at each other, across borders and nations, and to discover that we have much in common, sharing counseling challenges and practices.

The rich mosaic of Africanist voices contained in this publication aimed at the subject specialist yield connectivities, inform each other, and help us to understand how the human condition, in its multicultural African expressions, can be strengthened. Most tellingly, they also speak with a common voice, attesting to the existence of a holistic, systemic indigenous counseling psychology in African contexts – a psychology that promotes optimal functioning through acknowledging diversity along with communality, a psychology that pays homage to African spirituality and recognizes African historical, cultural, and sociopolitical dimensions of being.

My reading of the text evoked the following thought:

There is a certain Being-of-Africa-in-the-world.
It contains the earliest of all human presences of survival of transformation.
It is in Africa where our human eyes were opened, Forging the first glimmers of greater understanding, of greater awareness of our being-human-in-the-world.
It is this most ancient legacy of all, that continues guiding Africa to embrace itself; to heal itself to celebrate its well being.
Finally, in the words of the Zulu people from South Africa, the restorative nature of our counseling practices continues to take us by the hand, guiding us to the following state of being:

Nathi sesidabuka nge njabulo  
(We also originate with joy)  
Sithi abese kunjalo kakhulu, khehla  
(We say, Lo! It is well so, Old One)  
Kakhulu kakhulu!  
(Very well so!)

Congratulations to the forty-eight authors who contributed to this text. It embodies a major step forward in our arsenal of systematic knowledge on counseling customs and challenges among people of African ancestry. It marks a significant shift in, and focus on, interrogating, engaging, and strengthening our approaches to health promotion.

It is my hope that this volume will lead to a succession of publications over years to come. The unfolding of our knowledge of continued and changing challenges, in counseling people of African ancestry, should be never-ending.

Fred J. van Staden, Ph.D.
Department of Psychology,  
University of South Africa  
August 2009
The book addresses critical information needs for counselors working with Africans, people of African ancestry, or with an African cultural heritage. People of "African ancestry" are individuals whose cultural heritage is rooted in Africa. By implication, an African ancestry identity goes beyond race, skin color, or geographic location to include anyone who proclaims an African selfhood. In this book, the term “counseling people of African ancestry” refers to a way of working with people whose identities are embedded in an African cultural heritage. Having grown up in an African village, and lived in the United States and several other countries, I have observed significant, broad similarities in my cultural assumptions with those of African Americans and other people with an African cultural heritage across the globe. It appeared to me there was some continuity in the underlying cultural values in people of an African cultural heritage that sustained across time and contexts, and that needed to be addressed in the context of help seeking and giving to people of that cultural heritage. This book was written, in part, in response to that perceived need.

Contributors to the book are leading African and Africanist scholars from the African continent, Australia, the European Union, Middle East, and North America and provide the rich perspectives on help seeking, giving, and health from their diverse African cultural heritages. Members of the book’s editorial board are renowned Africanist scholars and contributed invaluable insights that shaped the scope of the book.

GOALS OF THE BOOK

The book has three main aims. First, the book seeks to advance an Afrocentric sociocultural understanding of functioning, disability and health, and culturally grounded approaches to health maintenance, protection, and risk reduction in African cultural heritage populations. This book is a timely publication in view of the severe health service limitations with diverse people of African ancestry and the apparent lack of documented, culturally responsive counseling treatments with them. Negative health disparities, involving people of African ancestry, have been reported both in the developed and developing countries (Haviland, Morales, Dial, & Pincus, 2005; Hwang & Mpofu, 2009; Smedley, Stith, & Nelson, 2003). Yet, little usable information on culturally sensitive treatments, with a rich African cultural core, is available to counselors and other health service providers (Harley, 2005; Mpofu, 2005).

Second, the book seeks to provide a resource for students and professionals with an interest in promoting health and well-being in people of an African cultural heritage in their diversity. It seeks to achieve this goal by underscoring the broad underlying themes important to understanding influences on health concepts and participation by people of African ancestry. In this regard, the book adds to the growing body of scholarship on resources to promote health and well-being in people of African ancestry in the various life domains and contexts.
Finally, an aim of this book is to highlight health protection and promotion practices salient to African cultural settings. Also, the book provides suggestions useful to the growth and development in the provision of culturally responsive health services in African contexts.

FOR WHOM THE BOOK IS INTENDED

The book is intended for use by senior undergraduate and graduate students of African and African American studies, psychology, education, public health, anthropology, and related disciplines. Health service providers in the private and public sectors, and international aid agencies will find the book an invaluable resource for counselor preparation for their health promotion and development work with people of African ancestry. The chapters of the book are extensively referenced, and students and health service professionals seeking a deeper understanding of specific themes will find the reference list helpful. Instructors and other trainers on health giving to people of African ancestry will find the teaching-learning support exercises provided useful to their efforts to engage their students in meaningful learning.

THE BOOK’S APPROACH

The book is in four parts. The first part (Chapters 1–6) illuminates the cultural foundations important for understanding contemporary counseling issues in African cultural heritage settings. Specific issues considered in this section include help seeking and giving in tradition-led African settings (Chapter 1), the significance of oral traditions to the ownership and enactment of health and well-being by people of African ancestry (Chapter 2), and influences of colonial heritages on the theory and practice of counseling practice in Africanist settings (Chapters 5 and 6). Also, the first part of the book explores the research evidence for counseling practice in African settings and the importance for provision of consumer responsive counseling interventions in those settings (Chapters 3 and 4).

This articulation of the foundations of counseling practice in Africanist settings sets the stage for comprehending the subsequent sections of the book, Contexts of Counseling and Counseling Applications. Whereas the first part of the book introduces the reader to the foundations and cultural context of counseling people of African descent; the second part (Chapters 7–14) discusses some of the contexts in which counseling services are provided: families (Chapter 9), communities (Chapters 11 and 12), faith-based organizations (Chapter 10), and educational institutions (Chapters 7 and 8). The discussion covers the type of institutions where counselors work, the primary focus area of the counseling process within each of the settings, and typical service models. African heritage contexts are complex in their cultural diversity. This second part of the book addresses counseling services for complex cultural milieus such as diversity counseling (Chapter 13) and conflict resolution (Chapter 14).

The third part of the book comprises five chapters (Chapters 15–19) on counseling applications. The focus of these chapters is on counseling approaches for specific health conditions, statuses, and populations. The section surveys counseling applications with a selection of conditions or statuses for which there are significant counseling needs in many Africanist contexts including counseling approaches for people with trauma (Chapter 15), HIV and AIDS (Chapter 16), career development (Chapter 18), and people with disabilities (Chapter 19). The book concludes with an epilogue that reflects on the core themes covered in this volume, and prospects for the advancement of counseling in Africanist settings.

The contributing authors were required to follow a common framework for the chapter contents so that each chapter covered similar issues spanning importance and definition of terms, historical aspects, current practices, and issues for research scholarship. A common chapter outline for the book chapter was intended to enable readers to have a greater appreciation of the similarities and differences in the development and status of counseling practice across themes. To the extent possible, each chapter
addresses perspectives from a variety of counseling traditions, including indigenous and modern counseling theory. Also, each chapter addresses unique health service delivery practices that may influence counseling in reference to the chapter topic. Pertinent legislation or international conventions are cited as necessary to highlight national, regional, or international importance to the counseling issues being discussed.

INSTRUCTIONAL FEATURES

Each chapter includes several types of instructional features to help the reader process the key concepts presented: self-check exercises, field-based experiential exercises, discussion boxes, research boxes, and case studies. Discussion boxes describe a current hot issue, dilemma, or controversy pertinent to the chapter content. At the end of this description, there are some questions intended to encourage readers to demonstrate an understanding of the nature of the issue presented and to propose how it may be resolved. The discussion boxes are intended to enhance learning in readers by encouraging an appreciation of the fact that experts may disagree or hold diverse views regarding counseling issues, thus challenging readers to acquire and hold their own views based on the best evidence available. Briefly, the research boxes describe significant research on a counseling issue, and thereby highlight the importance of specific counseling features. The description of the research is followed by questions intended to encourage readers to demonstrate an understanding of the importance of the research and, if presenting a research controversy, to propose how the controversy may be resolved.

Self-check exercises provide readers opportunities to assess their understanding of the chapter content. Field-based experiential exercises and case studies assist readers to test their application of the key concepts and practices from the chapter readings.

Elias Mpofu
August 05, 2009

REFERENCES

Acknowledgments

I would like to express my gratitude to Eric Schwartz, Simina Calin, and Jeanie Lee, at Cambridge University Press, for their support in the development of this book project, and also to the more than forty authors who contributed to the writing of the chapters comprising this volume. Additionally, my special thanks goes to Drs. Terri Bakker and Lisa Lopez Levers for their great assistance with supporting many of the authors with manuscript development and reviewing their contributed manuscripts. Also, I thank Dr. Beverly Vandiver and Jacobus G. Maree for networking with several key authors who contributed chapters to this volume.