



International Association
For Counselling



Malawi Association
for Counselling

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Report of the IAC–MAC International Counselling Conference in Africa 2022 Lilongwe, Malawi

*Theme: The future of
Counselling in Africa*

Date: OCTOBER 24-26, 2022

Venue: Sogecoa Golden Peacock Hotel



Special Word of thanks.....

For your support and Contribution for the Counselling Conference



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IAC Conference Donation in memory of
Dr. Jacqueline Chazema PhD

St. Kizito Parish, Chigoneka, area 47, Lilongwe



IAC-AFRICA CHAPTER: THE PREPARATION PHASE...

The African charter of the IAC is slowly taking shape with its membership from different countries that includes, Zimbabwe, South Africa, Kenya, Botswana, Uganda, Zambia, Liberia, Tanzania, Nigeria and Malawi. Some of the members that constituted the organizing committee are listed below together with their contacts. The committee received reports from the Local Organizing Committee of Malawi and provided the needed technical support. Thank you to the team and in particular the past President, Esnaty Obetile and Jeanette for their valuable technical advice and technical input on the policies and the spirit of the IAC. Not many of the committee members hold IAC Membership.

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WELCOME to Songcoea Golden Peacock Hotel,



Lilongwe, Malawi

To IAC-MAC International

Counselling Conference for Africa


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CONFERENCE PROGRAM

DAY 1: MONDAY 24TH OCT. 2022 -

- 8:00 Registration
- 9:00 Opening Prayer and Introductions- Moderator
- 09:30 Opening address (virtual) by Dr. William Borgen, President of the International Association for Counselling, Professor, Department of Educational and Counselling Psychology, and Special Education, University of British Columbia, Vancouver, Canada 
- 10:15 Address from Guest of Honor Dr. Jonathan Chiwanda Banda, Deputy Director of Curative and Medical rehabilitation Services- NCD & Mental Health, Ministry of Health, Malawi
- 11:00 Tea Break
- 11:30 Welcoming speech by Dominic Nsona, President of Malawi Association for Counselling – MAC
Title Overview of the development and reality of Counselling in Malawi
- 13:00 Lunch Break
- 14:00 Keynote Address by Prof. Chiwoza Bandawe, Psychologist, full Professor in the Department of Psychiatry & Mental Health at the Kamuzu University of Health Sciences, Malawi. 
Title: *A new frontier in counselling: Unpacking and repackaging uMunthu in psychosocial counselling practice.*
- 15:00 Round tables 1: (2 groups) Reactions to the Keynote address and challenges for the Counselling profession.
- 15:45 Plenary: Presentation by representatives of each round table
- 16:30 Closing of the dayTea Break...

DAY 2: TUESDAY 25TH OCT. 2022

- 8:00 Reconvening.... (Rapporteurs report)
- 8:30 Keynote Address by Ndumanene Delvin Silungwe (PsyD), Saint John of God Community Services, Malawi 
Title: *Broadening the Scope of Psychosocial Counselling Practice*
- 9:30 Round tables 2: (2 groups) Reactions to the presentations
- 10:15 Plenary:: Presentation of the reactions to the Keynote addresses and Implications for the development of Counselling as a Profession...
- 11:00 Tea Break
- 11:30 Parallel Panel 1: presentations 1 and 2
Presentation 1 by Njeri Maina, (In person- Kenya)
Title: *“So Who drank My Ogusi Soup?” Story telling. The missing African Perspective in Counselling for Mental Health Disorders*
- 12:15 Presentation 2: Shupikai Zebron, (Virtual)(Zimbabwe)
Title: Influence of Attitudes, prejudice and beliefs in Relationship dynamics within the Zimbabwean community: Issues impacting intermarriage families
- 12:50 Plenary: Reactions, comments, questions, etc. to the presentation 1 and 2
- 13:00 Lunch Break
- 14:00 Dr. Wendi Schweiger, “IN LOVING MEMORY OF Dr. JACQUELINE CHAZEMA, PHD
- 14:30 Dr. Wendi Schweiger, Place and Role of National Board of Certified Counseling



Opening address (virtual) by Dr. William Borgen, President of the International Association for Counselling, Professor, Department of Educational and Counselling Psychology, and Special Education, University of British Columbia, Vancouver, Canada

Dr. Borgen joined the Faculty of Education at the University of British Columbia in the Counselling Psychology program in 1976. Since that time he had taught a range of research, theory and practice based courses in the master's and doctoral programs, has been the research supervisor of numerous master's theses and doctoral dissertations. Dr. Borgen has had a long standing involvement with the International Association for Counselling as he believes that IAC's historic and current contributions are multifaceted and can contribute to the development and enhancement of counselling practice, education, research and policy around the world. Dr. Borgen give us a very special overview of the challenges of "Being a Counsellor". As he explained, we, as counsellors, we touch Individuals but at the same time we impact on the world. What a beautiful profession! Dr. Borgen invited us to be lifelong Learners to more and more fulfilling our professional important role in this world.



Keynote Address by Prof. Chiwoza Bandawe, Psychologist, full Professor in the Department of Psychiatry & Mental Health at the Kamuzu University of Health Sciences, Malawi.

Title: *A new frontier in counselling: Unpacking and repackaging uMunthu in psychosocial counselling practice.*

Dr. Bandawe is a Clinical Psychologist and practices at his clinic: Harmony Mental Wellness Solutions. He has published three mental health education books: Mind Tips: A Psychology of Practical Living Skills for Malawi (2005), Mind Tools to Sharpen Your Mental Health (2006) and Practical uMunthu Psychology (2010). He has a regular column in the Malawi Weekend Nation newspaper which seeks to promote mental health literacy.

In his presentation, Dr. Bandawe opens our eyes to see the uMunthu philosophy as an Integrated reality included any possible forms of interactions be it songs, dancing, poetry, work, and rituals that can allow a person to feel part of a community. In many ways, the youth in Africa, but also all around the world, suffer from loneliness and emotional neglect missing to realize that I am because we are and we are because I am. In many ways, the uMunthu reminds us of the importance of the interconnections basic to the development of Self.



Keynote Address by Ndumanene Delvin Silungwe (PsyD), Saint John of God Community Services, Lilongwe, Mzuzu, Malawi

Title: *Broadening the Scope of Psychosocial Counselling Practice*

Ndumanene D. Silungwe has been working with Saint John of God Community Services for more than 20 years, contributing in many ways through different services. He is now serving as Clinical Psychologist involved in promoting Mental Health in Malawi in participating through associations and Mental Health groups to create awareness about social issues affecting mental

Health. His presentation, Dr. Silungwe review briefly the background of counselling in Africa but he mainly challenges us to open our minds and eyes to refocus and be able to respond to the actual needs of the society and of the people. Counselling is successful in many ways but we are dealing with what is perceived as bottlenecks that we have to tackle quickly and seriously so to move ahead and be able to reach out to those in needs that has to be adapted to the African culture. We may be suffering from self-hate and not fully appreciating the African cultural wisdom that has been teaching and forming the past generations of African people.



Welcoming speech by Dominic Nsona, President of Malawi Association of Counselling (MAC) | Title Overview of the development and reality of

Counselling in Malawi. Dominic presented the historical and social background of the counselling in Malawi from the time of HIV pandemic. He outlined the development of MAC as an association and the actual

situation of counselling training and services in Malawi. MAC has moved forward but still faces many challenges mainly in advocating and promoting mental, psychosocial and emotional professional counselling to be part and parcel of the Mental Health services package. He hinted that this is true for most African counselling associations. Then he went on to cite thriving associations and the need to learn from such. Kenya, was given as an example that has successfully managed to have a counselling ct.



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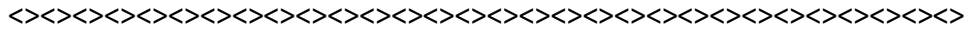
It is with deep regret that Mrs. Esnaty Obetile, from Botswana, Who could not present due to her own engagements.

We are grateful for her interest to participate in the conference and wish her all the best.



SPECIAL PRESENTATIONS

Dr. Jonathan Chiwanda Banda, Deputy Director of Curative and Medical Rehabilitation Service, NCD & Mental Health, Ministry of Health, Malawi. Malawi ministry of Health has a mental health directorate that is focusing on the mental health, including counselling. The LoC engaged the directorate to officially open the conference. In his remarks, he cited challenges and successes registered as a country and stressed the need to team up and lobby for available resources to support mental health services. Suicide cases have increased over the years, and in particular, 2022 and that the need for stakeholder involvement, that includes MAC, cannot be overemphasized. He went on to officially open the conference and requested the need to support one another and hinted that their doors are always opened for continued engagement.



“IN LOVING MEMORY OF Dr. JACQUELINE CHAZEMA, PHD (1968-2022)



The National Board of Certified Counsellors (NBCC) though Dr. Wendi Schweiger offered sponsorship for the conference in Honor of Dr. Jacqueline who dedicated and committed her life to serving others through knowledge sharing and ability to facilitate positive change. She was a hard working resilient champion of Guidance and Counselling in Malawi, and National Board for Certified Counsellor (USA) Mental Health Facilitation Program for Africa as Master Trainer.

It is with great sadness but with a deep souvenir of the presence and the life of Jacqueline among us that we gather this morning in loving remembrance of who she has been for so many persons and in a special way for those of us who had known her. She has left us too early but her remembrance will live on in our hearts and minds.

In HONOR of
Jacqueline Chazema, PhD, FGC
(1968 - 2022)



The best way to find yourself is to lose yourself
in the service of others
"Mahatma Gandhi"

PERSONAL VISION
She dedicated and committed her life to serving others through knowledge sharing and ability to facilitate positive change.
ACHIEVEMENTS
A hard working, resilient champion of Guidance and Counselling in Malawi and National Board for Certified Counsellors (USA) Master Trainer in Mental Health Facilitation program for Africa and Executive Director for Education Expertise Development Foundation (EEDF)
Rest well Dr. Jacqueline Chazema
Ours is a loss that truly leaves a huge gap within the Education sector especially on Guidance and Counselling.



NBCC PRESENTATION by Dr. Wendi Schweiger, PhD., Director



Dr. Wendi Schweiger PhD) as Director of National Board of Certified Counseling (NBCC) presented virtually from the USA about the Role and the work that NBCC is doing for the advancement of Counselling in the world but in a special way for Africa.....

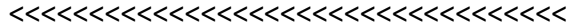
NBCC is working in many countries in Africa and in Malawi since some years. They are offered us different possible services, both as an organization and to us as counsellors. We are invited us to participate in this global partnership for the enhancement of Counselling gin Africa.

IAC PRESENTATION by Naoise Kelly, CEO



Naoise Kelly, CEO of International Association for Counselling. Mr. Kelly presented virtually from Ireland about the place and role of IAC in the world of Counselling.

IAC vision is: A world where counselling is available to all. And its mission is to serve as an international leader and catalyst for counsellors and counselling associations by advancing culturally relevant counselling practice, research and policy to promote wellbeing, respect, social justice and peace worldwide.



CONFERENCE PRESENTATIONS

This IAC-MAC International Counselling Conference has attracted the interest of a number of Presenters from Africa and Internationally. However, due to different reasons, some failed to present neither in person nor virtually. We want to recognize and thank sincerely those who have been able to present or to contribute to our Conference.



Njeri Maina, Presentation (Virtually, Kenya). Title: *“So who drank My Ogusi Soup?” Story telling. The missing African Perspective in Counselling for Mental Health Disorders*

She is a qualified Substance Use Disorder Counselor, Facilitator and Trainer. She continues to decipher strengths and challenges of the Counselling strategies we apply in our professional outreach to support a substance-free lifestyle. She counsels and trains in Addiction Counselling by using African resources, styles, and wisdom, as in the use of Folklore and Wise sayings, so as to cement understanding and acceptance in the space of Counselling.

Shupikai Zebron, (Virtual - (Zimbabwe)

Title: Influence of Attitudes, prejudice and beliefs in Relationship dynamics within the Zimbabwean community: Issues impacting intermarriage families This study explored through the lenses of Cross’s Nigrescence theory, the influence of attitudes, prejudice and beliefs in relationship dynamics of intermarriages within the Zimbabwean society and how they impact the lives of the offspring from such unions. The study was qualitative in nature, and adopted the phenomenological methodology. The researcher recommends development of multicultural counselling skills and ethics that would help close the gap of misunderstanding between people of different cultures. The researcher recommends development of multicultural counselling skills and ethics that would help close the gap of misunderstanding between people of different cultures.

Willie Borkai, MPH and Michelle K. Crossley, PHD, LMHC, NCC. (Virtual-USA)

Title: *Afrocentric Ethics and Practice in Mental Health Counselling: Decolonizing Mental Health Practice in Africa.* Borkai is a recent graduate of the clinical mental health counseling program at Rhode Island College. He previously obtained a master's in public health in urban studies from North-eastern University. He is interested in the integration of public health and mental health. As a clinician, Borkai is interested in trauma, depression, anxiety, and bipolar. Dr. Crossley is an Assistant Professor of Clinician Mental Health Counseling at Rhode Island College. She primarily teaches field-based seminar courses that provide students with the

opportunity to develop their counseling skills. Dr. Crossley has a small private practice where she provides counseling services to gender-diverse individuals. Her professional and research interests are around advocacy through education and legislation for marginalized populations, gender-affirming care, and pet loss and bereavement

Fr. Emmanuel Nyong Edet (PhD. Student, Nigeria – Virtual, Universidad Empresarial Costa Rica) Presented by Waste D. Kayira) Title: *Managing job Stress as a practitioner.* Fr. Emmanuel, due to connection failure, could not present his research. However, he gave us the permission to present it and we are grateful for Waste Kayira who accepted to present it.

The commonly reported sources of job-related stress were determined by the context of practice. Exposure to trauma, high workload, poor remuneration, job pressure, Coronavirus, and lack of organizational support were the significant stressors in practitioners. Stress levels in practitioners ranged from moderate to high depending on the context of practice. The main stressors identified were structural stress, professional expectation, job-related worries/anxieties, and workload. The common coping strategies utilized by practitioners included personal resilience, work-life balance, identification with the profession, assertive action, social joining, and ongoing supervisory support.

SPECIAL PARTICIPANT

Dr. Helena Boersma, (Helena.N.Boersma@medaille.edu) Dr. Boersma is the program director for the Clinical Mental Health Counseling Graduate Program at Medaille College, based in Buffalo, NY. **Dr. Boersma** is an integrative health and wellness counselor. She had been visiting Malawi a few years ago in connection with NBCC and upon hearing that there will be an International Counselling Conference in Lilongwe, Malawi, she decided to join us. She invited us to collaborate in her research about Family

Parallel sessions and Round Tables....

PARALLEL SESSION: A few parallel sessions were foreseen due to the number of presenters who were interested to participate but due to different difficulties, some could not make it.

ROUND TABLES: For the first two days, we had two groups gathering for sharing and discussing after the presentations and on the last day, the two groups were invited to discuss and present suggestions for the development of Counselling in Africa. We had the **1st Round tables** after the presentation of Dr. Chiwoza Bandawe: *A new frontier in Counselling: Unpacking and*

