



# Adoption of Traditional Healing Practices in Urban Youth Counseling Centers within Nairobi Slums: An Action Research Study

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## Abstract

Urban youth in Nairobi slums often face multiple challenges including poverty, social isolation, and access to formal healthcare services. Traditional healing practices are prevalent among these youths as a supplementary or alternative form of support. The study employed qualitative action research methods, including semi-structured interviews with participants ( $n=20$ ), *focus group discussions*, and *observation at counseling centers*. Data were analysed using thematic content analysis. Traditional healing practices are significantly adopted by urban youth in these centers, with a majority of participants (75%) reporting positive outcomes from their use. Themes identified include cultural integration, community support, and perceived efficacy. The findings suggest that traditional healing practices can be an effective adjunct to formal healthcare services for addressing mental health needs among urban youth in Nairobi slums. Counseling centers should incorporate culturally sensitive traditional healing elements into their therapeutic models while also providing education on the integration of these practices with modern healthcare approaches. Urban Youth, Traditional Healing Practices, Counseling Centers, Mental Health, Nairobi Slums

**Keywords:** Kenyan, Urbanization, Community-Based, Participatory, Ethnography, Intercultural, Empowerment



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