



Counseling Services within Cape Town's Slums: A Psychological Healing and Relationship Restoration Framework for Domestic Violence Survivors in South Africa

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Abstract

Cape Town's slum communities are faced with high rates of domestic violence, which not only affects individuals' mental health but also disrupts social structures and economic opportunities. The methodology will draw on existing literature, qualitative research insights from South African contexts, and the principles of psychology and sociology to construct a robust theoretical framework. This theoretical framework underscores the critical role of tailored counseling services in supporting domestic violence survivors and highlights their potential to mitigate long-term societal impacts. Policy makers should prioritise funding and resource allocation towards establishing more accessible and culturally sensitive counseling programmes within Cape Town's slum communities.

Keywords: *African geography, community psychology, therapeutic intervention, gender studies, resilience theory, empowerment approaches, social work methodologies*

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