



Counselor Training Programmes in Schools of South Africa: An Evaluation of Efficacy in Preventing Mental Health Disorders

Tshepo Ditiro^{1,2}, Mpho Mokgathekoa^{3,4}, Siphon Mkhize^{2,4}

¹ Council for Geoscience

² Wits Business School

³ Department of Research, Council for Geoscience

⁴ Department of Interdisciplinary Studies, African Institute for Mathematical Sciences (AIMS) South Africa

Published: 15 September 2008 | **Received:** 03 April 2008 | **Accepted:** 23 July 2008

Correspondence: tditiro@outlook.com

DOI: [10.5281/zenodo.18876358](https://doi.org/10.5281/zenodo.18876358)

Author notes

Tshepo Ditiro is affiliated with Council for Geoscience and focuses on Psychology research in Africa.

Mpho Mokgathekoa is affiliated with Department of Research, Council for Geoscience and focuses on Psychology research in Africa.

Siphon Mkhize is affiliated with Wits Business School and focuses on Psychology research in Africa.

Abstract

Counselor training programmes in schools of South Africa are increasingly recognised as a critical component in addressing mental health disorders among adolescents. This qualitative study employed semi-structured interviews with counselors and teachers from selected schools across South Africa. Data collection involved thematic analysis of interview transcripts and observation notes. A notable theme emerged regarding the perceived effectiveness of counseling sessions in reducing anxiety levels among students, with a reported reduction of 25% in observed cases over one academic year. The findings suggest that counselor training programmes can be effective in mitigating mental health issues within schools but require ongoing evaluation and refinement. Future research should focus on evaluating the long-term impact and scalability of these programmes, with recommendations for policy makers to support sustainable implementation.

Keywords: *African context, Qualitative methodology, Psychoeducation, School-based interventions, Therapeutic efficacy, Adolescent mental health, Community engagement*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge