

A Synchronic Hermeneutic Phenomenological approach to Counselling Psychology in Contemporary Traditional Societies

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Abstract

There are divergent though rational perspectives of Psychology. An understanding of our human psychology can only be found in the concept of all of our philosophies, including traditional societies. This is because traditional societies such as the African, Asian and other indigenous communities have a deep founded customary philosophy that is embedded in both the traditions and religion. This paper examines the philosophical underpinnings of African Psychology. African traditional philosophy is founded in traditions and religion that includes guidance and counselling, psychopathology, coaching, teaching and mentorship. This paper demonstrates that the philosophical nature and foundations of traditions and religion must be re-evaluated in order to benefit from improved counselling psychological services, and hence the interconnectedness between counselling psychology, traditions and religion. This requires an overhaul to a philosophy psychology perspective and advanced therapeutic services.

Key words: African Psychology, African Traditional Philosophy, Counselling Psychology

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