

LABELLING: MEANINGS FOR COUNSELLING PSYCHOLOGY PRACTICE IN CONTEMPORARY TRADITIONAL SOCIETIES

Abstract

Practitioners in counselling psychology and related services will constantly research more on their own professional practice and implications on therapy in the treatment of clients. Various labelling and categorizations in contemporary society, their meaning and implications on emotional disturbance are important variables that must be linked with our lives and in helping. Labelling and categorization also forms a part of stigma and discrimination that eventually connotes a hierarchical structure because this is the way someone is recognized, understood and differentiated from others albeit biased often at times. Modern living too has experienced a period of change and societal positioning as the world steadily evolves. There are wider democratic changes, health issues are more diversified and people more firmly seek their human rights. These broad policy positioning impact on our lives and counselling profession as modern society undergoes greater transformation. This paper discusses labelling and categorisation and their inference in counselling psychological services in contemporary traditional societies.

Keywords: Labelling, categorization, traditional society, counselling psychology.

© Wango, G. M. (2012). *Labelling: Meanings for Counselling Psychology Practice in Contemporary Traditional Societies*. Nairobi: University of Nairobi.