

Professional counseling/ mental health services refer to the interventions given by a professional mental health worker to individuals or a group of people facing adjustment /psychological/ mental health problems in order to restore effective functioning (McLeod, 2003).

Historical trends in mental health have indicated that every culture has described its people's mental problems with its own definition to reflect its general social and logical concerns. Among these are the Greeks, the Egyptians, medieval England and the present day states. African societies likewise, have also described people suffering from psychological disorders in their own views which were closely associated with their environment and philosophy of life (Sedgwick, 1973; Nsereko, 2014).

A number of factors have shaped the prevailing attitudes, understanding of causes and treatment of mental health problems. These included: ignorance, fear, cultural contexts, superstition, religion and now science. These have caused mental health to be characterized as being either a forward or backward enterprise depending on the given moment of time (Carson, Butcher, & Mineka, 1996; Nsereko, 2014).

In Uganda the predominant understanding of the etiology and intervention in mental health was mainly rooted in the concepts of the spirit world, supernatural possession, and the role of the living dead,

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Makerere University started a formal training for guidance counsellors in 1994 at Masters' degree level with the purpose of creating resource people for schools. Those who were recruited for the program were teachers in secondary schools. The program was scrapped shortly afterwards in favour of the clinical psychology program.

With the opening of private universities from 1988, the guidance and counselling program was started to be taught in some public and private universities. Among these universities included, Kyambogo University, Nkumba University, Mbarara University of Science and Technology etc. Other post-secondary institutions have since then started training programs in counselling.

Counselling services or mental health intervention are highly

counselling services training and intervention are being compromised for monetary aspects diverting away from a service- oriented drive for the most vulnerable members of society.

Regulation of Services

In order for the coun

Intervention in Schools

Given the mental health vulnerability incidents among the student population (Nsereko, Musisi, Nakigudde & Holtzman, 2014; Nsereko, 1997) and the paucity of available interventions, there is an

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