

11th KAPC Counselling Conference

Major Findings and Recommendations

- The family is a central concept of society and needs to be nurtured, protected and supported by the social organs of society.
- Government departments, institutions and NGO's need to develop policies which identify their role in support of the family.
- Counsellors should offer a range of services that facilitate support for the family and all its members.
- Gender based violence is an urgent problem that needs to be tackled at all societal levels.
- The family is the primary transmitter of cultural values and parents need to take responsibility as significant role models.
- An indicator of a family's strength is the extent to which it can deal with and solve its own problems. Governments, institutions and NGO's have a principal role in helping to strengthen the family.
- Families are the first and most basic social unit; it is essential that all members are guaranteed the full range of basic human rights.
- One of the foundations for the role of the family is the legal system which needs to drive the process to ensure effective legal protection is for every member of the family.

- Counsellors need specialized training on working with couples.
- Gender issues should be given priority in counselor training.
- Alcohol and substance abuse in the family need to be prioritized as a significant health problem and addressed in counselling and family therapy training.
- Sexuality is an essential element in relationships within the family and it is essential that it is acknowledged and understood.
- Evidence based research into the family needs to be conducted to inform policy making.
- The counsellor's primary obligation is to their client. When working with families it can become confusing whether the family or the individual is the primary client. In these cases the counselors should work with the whole family.
- It is vital that counsellors facilitate and support those individuals, communities and social institutions that are trying to improve the position of the family in society.

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Nairobi