

# Seeking counselling not taboo: Don

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KOTA KINABALU: Negative views of some parties towards individuals seeking counselling should be eradicated.

Deputy Dean of Academic and International Faculty of Psychology and Education (FPP) at University of Sabah Sabah (UMS), Agnis Sombuling said instead, they should provide moral support so friends or relatives seeking guidance from counselors can deal with any conflicts or problems.

“There is no doubt that, even now in 2019, there is still this stigma that those who meet with counselors are linked to issues related to sanity.

“There are actually a number of factors that make a person come to a counselor, and their actions are necessary in ensuring that any difficulties or internal problems are addressed,” she said at the closing of the FPP UMS 2019 National Counseling Month at the faculty here.

On the programme, Agnis said it would benefit everyone especially FPP students.

She said the National Counseling Month was celebrated in line with its objectives which included enhancing the community's positive perception of counseling services, increasing accessibility of counseling services and promoting



Agnis receiving a memento at the event.

counseling services to the community.

“I wish to congratulate the organisers, FPP lecturers as well as the committee members for implementing the National Counseling Month Program 2019 for their contribution of ideas, energy and commitment in ensuring that this year's counseling programme is successfully

implemented,” she said.

Themed “Bringing Counseling Services to the Community”, the celebration was also filled with various presentations such as lectures, exhibitions, tours, psychometric tests, psychology film screenings, Therapeutic Run, and gotong-royong. - The Star