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The Availability and Accessibility of Trauma Counselling Services in Higher Institutions of Learning in Uganda: A Case Study of Uganda Martyrs University Main Campus.

The study was an assessment of the availability and accessibility of trauma counselling services in higher institutions of learning in Uganda. The general objective of the study was to assess the availability of trauma counselling services in higher institutions of learning. The problem of the study was a realisation that trauma is a lived reality among students, and it needed to be addressed considering that its symptoms and effects have a bearing on students' performance and behaviour.

The research used the qualitative approach and research methodologies employed were simple random sampling and research instruments used were the in-depth interviewing the university counsellor, staff and self-administered questionnaires to University students of Nkozi Main Campus. Secondary data mainly the reviewed literature, revealed that trauma symptoms include: lack of sleep, low concentration, body being in alarm most of the time was a reality among Nkozi students. The data collected showed that trauma counselling was indeed needed in higher institutions of learning since students confessed of having traumatic problems. The data in addition showed that trauma symptoms include night mares, flashbacks, lack of concentration and over fantasising affect and influence student behaviours. These behaviours include missing classes, disrespect, addictions to alcohol and illegal drugs. The study came up with recommendations for all higher institutions of learning in as far as the accessibility and availability of trauma counselling is concerned, especially, the implementation process. The recommendations include; establishing counselling centres, employing trauma counsellors, educating students about trauma related issues and training peer counsellors among students.

Key Words: Trauma Counselling Services, Higher Institutions of Learning, Uganda Martyrs University Main Campus.