

*The metaphysical views on causation among Batswana: Implications for case conceptualization, diagnoses, and treatment in counseling by Dan-Bush Bhusumane*

Abstract: This study focused on how counselors in Botswana handle belief systems, spiritual, and religious orientations of clients. It explored common beliefs clients up-held about what causes distress. It explored ways in which counselors addressed clients' indigenous cultural beliefs and perceptions about the origins of illness, misfortune, and other forms of distress. In-depth interviews were the main data collection tool while content analysis was used in data analysis. Thirty counselors from different parts of Botswana participated in the study. The study revealed that clients uphold metaphysical views on causation namely, transcendental forces, malevolent forces, witchcraft and sorcery, and disconnection from one's social and spiritual environment are causes of their misfortune and distress. It showed that most counselors had limited knowledge and skills on how to handle indigenous cultural beliefs of clients. It highlighted deficiencies in counsellor training to prepare counselors on how to respond to culturally-grounded behaviors and manifestations.