

PSYCHO-SOCIAL THERAPY FOR ADULTS WITH HIV/AIDS IN NIGERIA: THE ROLE OF PSYCHOLOGISTS

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ABSTRACT

The existence and rapid spread of HIV/AIDS poses a serious challenge to every nation across the globe. The global experiences and recent studies revealed that HIV/AIDS is a life-threatening disease and a respecter of nobody and therefore, people react to it in strong ways. This paper looked at the role of psychologists in addressing adults with HIV/AIDS using psychosocial therapy. The concept of psychosocial therapy, adult and HIV/AIDS were examined. The paper went further to discuss the various ways of HIV/AIDS transmission and the traumatic expression of adults with HIV/AIDS. Some of the psychosocial methods psychologists could adopt in addressing HIV/AIDS were also discussed. Conclusion was drawn and recommendations proffered as a way forward. Among them, is that adults should be given access to quality education as education contributes to reducing HIV/AIDS transmission.

Key words: Psychosocial, Therapy. Adult, HIV/AIDS, Psychologists.