



**AMBROSE ALLI UNIVERSITY**  
**EKPOMA, NIGERIA**

**137<sup>th</sup>**

# **INAUGURAL LECTURE**

**TITLE OF LECTURE**

**NAVIGATING LIFE CHALLENGES:  
THE ESSENTIAL ROLE OF THE COUNSELLING PSYCHOLOGIST  
IN SUPPORTING MENTAL HEALTH AND WELL-BEING.**

**PROFESSOR JUSTINA EFE. AFEN-AKPAIDA**

*NCE (Benin), BA. Ed (Abraka), M.Ed. (Benin), Ph.D. (Ekpoma)*

**PROFESSOR OF COUNSELLING PSYCHOLOGY**

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