



*(Knowledge for Development)*

**KIBABII UNIVERSITY**  
**UNIVERSITY EXAMINATIONS**  
**2020/2021 ACADEMIC YEAR**  
**SECOND YEAR FIRST SEMESTER**  
**FOR THE DEGREE OF BACHELOR OF EDUCATION**  
**MAIN EXAMINATION**

**COURSE CODE:** GAC 211 PARTTIME

**COURSE TITLE:** COUNSELLING THEORIES, MODELS AND TECHNIQUES

**DATE:** 19/7/21

**TIME:** 9.00-11.00 a.m

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**INSTRUCTIONS TO CANDIDATES**

Answer Question One and Any other TWO (2) Questions



- Q1a) Give four importance of counseling theories (8 marks)
- b) Discuss Albert Ellis theory under the following :
- i) The A-B-C concept of irrational behaviour (8marks)
  - ii) Rational emotive behaviour Therapy (8 marks)
- c) Describe the following defense mechanisms
- i) Displacement (3marks)
  - ii) Projection (3 marks)

Q2 Explain five techniques used in the Gestalt therapy (20marks)

- Q3 a) Using relevant examples, explain any four techniques employed in the person centred therapy (12 marks)
- b) State four core conditions in Person Centred Therapy (8 marks)
- Q4 a) Describe four cognitive distortions according to Beck's cognitive therapy (12 marks)
- b) Explain four ways a counsellor can help a client using Beck's cognitive therapy (6marks)

- Q5 (i) Give three levels of the mind according to Sigmund Freud (6marks)
- (ii) State three structural models of personality according Sigmund Freud (6marks)
- iii) Explain two techniques a counsellor can use to treat phobia in a client(8marks)