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*(Knowledge for Development)*

**KIBABII UNIVERSITY**

**UNIVERSITY EXAMINATIONS**

**2021/2022 ACADEMIC YEAR**

**SECOND YEAR FIRST SEMESTER**

**FOR THE DEGREE OF BACHELOR EDUCATION**

**SUPPLEMENTARY EXAMINATION**

**COURSE CODE: GAC 211 REGULAR**

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

**DATE: 19/7/2022**

**TIME: 11:00-1:00PM**

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**INSTRUCTIONS TO CANDIDATES**

Answer Question One and Any other TWO (2) Questions



This Paper Consists of 2 Printed Pages. Please Turn Over.

- Q1a) Give five justifications for training teacher counsellors 10mks
- Q1b) Explain five importance of counselling to students 10mks
- Q1c) Explain the following levels of communication in counselling:
- i) Emotions 5mks
  - ii) Intimacy 5mks
- Q2a) Discuss three counselling techniques based on the client centered theory 12mks
- Q2b) Explain four principles that guide behavioural therapists when working with clients. 8mks
- Q3a) Discuss the ABC concept within Albert ELLIS' Rational Emotive theory 10mks
- Q3b) Explain strategies of disputing irrational thoughts according to Albert Ellis. 10mks
- Q4a) Explain the seven major modalities that individuals use to experience themselves and their world according to Lazarus' multimodal approach. 14mks
- Q4b) Explain conditions that may necessitate use of the following techniques in a counselling session
- i) Experiments 3mks
  - ii) The Empty Chair 3mks
- Q5a) Explain the meaning of Direct Intervention Models 6mks
- Q5b) Highlight the 7 central components within Johnson's Model of intervention in counselling 14mks