



KIBABII UNIVERSITY
UNIVERSITY EXAMINATIONS
2022/2023 ACADEMIC YEAR
SECOND YEAR 1ST SEMESTER
MAIN EXAMINATION (REGULAR)
FOR BACHELOR OF EDUCATION

COURSE CODE: GAC 211

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

DATE: 21/12/2022

TIME: 2.00PM-4.00PM

INSTRUCTIONS TO CANDIDATES

- 1. Answer Question ONE (Compulsory)**
- 2. Answer any other TWO Questions**

TIME: 2 Hours

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

Kibabii University observes Zero tolerance to examination cheating

QUESTION ONE**30 MARKS**

- (a) Discuss the importance of counselling to students (10 marks)
- (b) Discuss the key concepts of behavioural counselling theory (10marks)
- (c) Describe the role of a counselor in the reality therapy (William Glasser) (10marks)

QUESTION TWO**20 MARKS**

- (a) John is a student at Z- Secondary school. For the last one year, she has not been doing well in examinations. He now feels dejected, unimportant and useless. As a Counselor, discuss how you can raise his- self-worth using Carl Rogers client –centered counseling (14marks)
- (b) Discuss two techniques of behaviour change (6marks)

QUESTION THREE**20 MARKS**

- (a) Examine methods and techniques of behavioural counselling (10 marks)
- (b) Discuss the basic assumptions in solution- focused therapy (10mark)

QUESTION FOUR**20 MARKS**

- (a) According to Ellis, we experience Activating Events. Discuss (10marks)
- (b) Describe Principles of Behaviour Therapeutic Techniques (10 marks)

QUESTION FIVE**20 MARKS**

- (a) Define contact boundaries (2 marks)
- (b) Explain the key concepts of Gestalt therapy. (10 marks)
- (c) Describe briefly the frequently used *counseling models* (8 marks)