



(Knowledge for Development)

KIBABII UNIVERSITY
UNIVERSITY EXAMINATIONS
2022/2023 ACADEMIC YEAR
SECOND YEAR FIRST SEMESTER
MAIN EXAMINATION PART TIME
FOR THE DEGREE OF BACHELOR OF EDUCATION

COURSE CODE: GAC 211 PART TIME

COURSE TITLE: COUNSELLING THEORIES, MODELS AND TECHNIQUES

DATE: 21/12/2022

TIME: 2.00PM-4.00PM

INSTRUCTIONS TO CANDIDATES

Answer Question One and Any other TWO (2) Questions

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

- Q1 a) Describe what entails the following techniques in counselling
- i) Directive counselling (10mks)
 - ii) Non-directive counselling (10mks)
- b) Explain each of the the following strategies as used in behavioral therapy
- i) Flooding (5mks)
 - ii) Aversion therapy (5mks)
- Q2 (i) Discuss three goals of Solution focused therapy (12 mks)
- (iv) Discuss four techniques used by the therapist in a solution focused therapy (8mks)
- Q3 (i) Explain four therapeutic environmental requirements in Gestalt's therapy (12mks)
- (ii) Describe four counseling techniques in the Gestalt's therapy (8mks)
- Q4 Describe five core irrational beliefs of Rational emotive behaviour therapy (20 mks)
- Q 5 (i) Explain four basic assumptions of the Carl Rogers' client centred theory (10mks)
- (ii) Discuss two techniques employed in Albert Ellis' Rational emotive theory (10mks)