SEREIN EDCATION CENTRE

ADVANCED DIPLOMA IN COUSELLING PSYCHOLOGY

MODULE CODE; PSY 202

THEORIES OF COUNSELLING

ASSIGNMENT

DATE 14/12/2020

INSTRUCTIONS

1. Discuss the various theories of counselling by highlighting the historical background of each theory stating the key concepts, basic assumptions the techniques of each counselling theory and their limitations.
2. Explain how each of theories dealt with can be used in a counselling process. As much as possible, give practical example.
3. Which of the theories would you sue most in your counselling practice, and why?

(Use not less than 2000 words with relevant references)

**NB:**

1. **Communication Skills and Theories in Counselling will be bound in one booklet**
2. **Ethics in Counselling and Practice in Counselling will be bound in one booklet.**