

ASSESSMENT# 8

Total Marks: 30

1. What is counselling? How does counselling differ from psychiatry? Provide examples of why a person may seek counselling.
2. Describe in detail how counselling is different from guidance. Under which instances would counselling be a more suitable choice than guidance?
3. Use the information in the course materials to provide five examples of viable goals that could be defined during the counselling process. Explain how each of these goals could be tracked and measured.
4. Explain in detail why consulting with a friend or family member is not the same as consulting with counsellor.