

**THE ASSESSMENT ON THE ACCESSIBILITY  
AND AVAILABILITY OF PSYCHOLOGICAL  
COUNSELLING SERVICES IN THIKA  
MUNICIPALITY-THIKA DISTRICT IN  
KIAMBUCOUNTY**

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**A RESEARCH PROJECT SUBMITTED TO THE  
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## ABSTRACT

The assessment of accessibility and availability of psychological counseling services in Thika municipality-Thika district in Kiambu County. This research investigate the factors that affects the accessibility and availability of psychological counseling services however, the case study will be the in Thika municipality. The research is aimed at finding the factors affecting the accessibility and availability of psychological counseling services and how the factors are related to each other. The study will identify the effect of counseling to the residents in Thika County and the perception of people in the region. The significance of this study, it is very crucial to the private practitioners and the government of Kenya to help understand the level of needs of people in the region and help professionals and the administration to provide adequate and quality services in the region. The research also encouraged more people to join the profession and in the service delivery. The study was guided by the Adlerian theory, which was developed by Alfred Adler. Adler developed the first holistic approach to therapy. "According to Adler, when we feel encouraged, we feel capable and appreciated and will generally act in a connected and cooperative way. When we are discouraged, we may act in unhealthy ways by competing, withdrawing, or giving up." (Adler Graduate School, 2007). Encouragement is a significant aspect of the Adlerian theory. "Adler and subsequent Adlerians consider encouragement a crucial aspect of human growth and development." (Watts and Pietrzak, 2000). The literature review tries to capture the genesis of counseling in the world, how it spread from the western countries to Africa and to Kenya. The design of the study will be descriptive survey research design since it will describe the factors affecting the accessibility and availability of psychological counseling services in the Thika County. The data will be collected using questionnaires; this will involve the clients and therapists in the selected institutions. The data will be tabulated in tables and charts, calculations done and the various percentages got. The data will be analyzed in tables, graphs, and interpretation done.