This study is an investigation into the implementation of guidance and counselling in some selected secondary schools in Kiambu District, Central Province. The main problem of this study is that despite the emphasis by the Ministry of Education that guidance and counselling programmes be reinforced in secondary schools, there have been no signs to establish that these programmes have been implemented.

This study was guided by the theory of human development called phenomenological theory developed by Carl Rogers (1964; 1969; 1973). The theory is intended to provide this study with the language of describing views concerning the characteristics of an efficient counsellor and stresses on freedom of choice and values of personal responsibility. It is part of the humanistic, human potential movement that emphasizes self-actualization and the fulfilment of an individual growth potential. A sample population consisting of students, principals, teacher counsellors and teachers were used to investigate causal factors hampering the implementation of guidance and counselling programme in secondary schools. The instruments for data collection included questionnaires which were administered to students, teacher counsellors and teachers. An interview schedule for headteachers and an observation checklist were used to investigate the type of facilities and materials used in the implementation of guidance and counselling programme in secondary schools in Kiambu District.

Stratified random sampling was used to select respondents. The data collected were subjected to qualitative and quantitative analysis. They were analysed by use of descriptive statistics. Data are presented in frequency distribution tables and percentages. Tables and percentages were used because they are easily interpretable. From the analysed data, the findings have revealed that in most of the schools, counselling departments lacked trained teacher counsellors. The study recommends that the Ministry of Education should organise Guidance and Counselling programmes for secondary schools and primary schools too.