



NATIONAL OPEN UNIVERSITY OF NIGERIA
Plot 91, Cadastral Zone, Nnamdi Azikiwe Way, Jabi, Abuja
Faculty of Education

2019_2 Examination

Programme: M.ED.
Course code: EGC802
Course title: Counselling Theories
Credit unit: 2 Credit units
Time allowed: 2 hours
Instructions: Answer Question No. 1 (one) and any other 2 (two) Questions

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- 1a. Explain the theory of personality development according to:
- i. Sigmund Freud,
 - ii. Alfred Adler, **20 marks**
- b. There are several benefits of counselling theories depending on the nature of the problem presented and the strategies needed to solve the problem. Mention five (5) benefits of counselling theories to the client and the counselling profession **10 marks**
2. Discuss Beck's theory of cognitive development **10marks**
- b. List five (5) objectives of the Beck's theory **10 marks**
- 3a. Explain your understanding of Transactional Analysis Theory **15marks**
- b. What are the objectives of counselling as propounded by Eric Berne **5marks**
- 4a. Discuss Gestalt theory of personality development with special reference to the view of human nature **12.5marks**
- b. List any five (5) counselling objectives of Gestalt theory **7.5marks**

