



NATIONAL OPEN UNIVERSITY OF NIGERIA

Plot 91, Cadastral Zone, Nnamdi Azikwe Express Way, Jabi, Abuja

Faculty of Education

2022_1 EXAMINATION

COURSE CODE: EGC812

COURSE TITLE: BEHAVIOUR MODIFICATION

CREDIT UNIT: 2

Time Allowed: 2 Hours

Instruction: Answer Question 1 and any other two questions.

- 1a. . Define the concept “behaviour” (5 marks)
- b. Define Behaviour Modification (5 marks)
- c. Identify and Discuss any five (5) steps involved in behaviour modification (10 marks)
- d. Discuss the Psychoanalytic perspectives on Personality. (10 marks).
- 2a. What is Psychotherapy? (5 marks).
 - b. Explain the Humanistic and Social approaches used in Psychotherapy (15 marks).
3. Explain in detail Beck’s Cognitive therapy and his therapeutic Process of Behaviour Modification (20 marks).
- 4a. Discuss the processes involved in Systematic Desensitization (10 marks)
- b. Describe the following techniques of therapy used in Psychoanalysis
 - i. Free Association
 - ii. Catharsis (10 marks)