



**NATIONAL OPEN UNIVERSITY OF NIGERIA
PLOT 91 CADASTRAL ZONE NNAMDI AZIKIWE EXPRESSWAY JABI
FCT ABUJA
FACULTY OF EDUCATION
2023_1 POP EXAMINATION.**

COURSE CODE: EGC 804

COURSE TITLE: TECHNIQUES OF COUNSELLING

TIME ALLOWED: 2 HOURS

Attempt THREE Questions. Attempt question 1 and any other 2 questions.

1. (A)

Counsellors are specialists in the helping profession who possess characteristics that distinguish them from other professionals. These characteristics increase their effectiveness while discharging their professional duties. Discuss ten of these characteristic features of the counsellor(20mks)

(B) Distinguish clearly the paraphrasing skill from summarization skill(10mrks)

QUESTION 2

Counselling Techniques are seen to be the back bone of any counselling encounter, yet counsellors are still encumbered with some problems and challenges while using them. In your own words discuss these problems and challenges encountered in the use of counselling techniques(20marks)

QUESTION 3

(A)

Identify and describe in your own words a counselling technique that a counselor can use to modify a client's behaviour by examining certain aspects of the client's interpersonal style which provoke constructive challenge for others to examine themselves with greater depth in order to make desirable changes in their lives. (6mrks)

(B) Distinguish between cognitive behaviour therapy and Existential Approach(10mrks)

(C) Identify the different types of counselling available to individual access in Nigeria (4marks)

QUESTION 4

(A)

In your own words, discuss the three main general approaches to counselling. (12 marks)

(B)

Information and Communication technology (ICT) as a technique of counselling can be effectively used to provide counselling services to different categories of clients. Discuss the forms of ICT that can be used in counselling. (8marks)

TOTAL 20 Marks