



**NATIONAL OPEN UNIVERSITY OF NIGERIA**  
Plot 91, Cadastral Zone, Nnamdi Azikwe Express Way, Jabi, Abuja  
**Faculty of Education**  
**2020\_1 Semester**

**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)