



**NATIONAL OPEN UNIVERSITY OF NIGERIA**  
**PLOT 91 CADASTRAL ZONE NNAMDI AZIKIWE EXPRESSWAY JABI**  
**FCT ABUJA**  
**FACULTY OF EDUCATION**  
**2021\_1 EXAMINATION**

**COURSE CODE: EGC 804**

**COURSE TITLE: TECHNIQUES OF COUNSELLING**

**COURSE UNIT: 2**

**TIME ALLOWED: 2 HOURS**

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

**Question 1**

**A. Outline ten of these characteristics of counselling techniques. (10 marks)**

**B. (i). Explain briefly the meaning of counselling interview (5 marks).**

**(ii). Enumerate five (5) goals of a counselling interview (5 marks).**

**(iii). Discuss briefly ten (10) advantages of counselling interview (10 marks).**

**Total =30marks**

**Question 2**

**A. Enumerate ten of purposes for the use of counselling techniques (10 marks).**

**B. Identify and explain five basic characteristics of a professional counselor(10marks)**

**Question 3**

**A. Explain the counselling skills of **encouragement** and **self disclosure** used in counselling.(10marks)**

**B. i)Distinguish between strategies and techniques in counselling(5marks)**

**ii) State five unique characteristic features that distinguish counselling techniques from counselling skills. (5marks)**

**Total=20Marks**

**Question 4**

**A.** Differentiate clearly between cognitive behaviour therapy, and Human Givens approach under the following hints:

- (i) Counseling approach
- (ii) View of man
- (iii) Source of dysfunctional behaviour
- (iv) Focus of counselling
- (v) Counselling techniques

(10 marks)

**B. i)** Discuss the relationship among methods, techniques and strategies in the field of counselling (5 marks)

**ii)** Explain the basic principles of counselling. (5 marks)