



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

**COURSE CODE: EGC804 (2 CREDIT UNITS)**

**COURSE TITLE: TECHNIQUES OF COUNSELLING**

**TIME ALLOWED: 2 HOURS**

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

**Question 1**

A. There are characteristic features that distinguish counselling techniques from counselling skills. Outline ten of these characteristics of counselling techniques. (10 marks)

B Differentiate clearly between cognitive behaviour therapy, and Human Givens approach stating maing counselling approach where they can be classified, their view of man, source of dysfunctional behaviour, focus of counselling and counselling techniques used by each. (10 marks)

C. i) Explain the relationship among methods, techniques and strategies in the field of counselling (5 marks)

ii) Discuss the basic principles of counselling. (5marks)

**Total =30marks**

**Question 2**

A. Enumerate ten merits of techniques in counselling (10Marks)

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

**Question 3**

A. Identify and explain counselling situations where each of these counselling skills of **encouragement** and **self disclosure** can be used in counselling a client.(10marks)

- B. i) Distinguish between strategies and techniques in counselling(5marks)
- ii) With examples, discuss how counseling techniques are derived. (5marks)

**Total=20Marks**

**Question 4**

- A. Interviewing skill is the most important skill in counseling .Discuss **(10marks)**
- B. In your own opinion, choose and explain what you consider to be the last stage of a counselling process **10marks**

**Total = (20marks)**