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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)