

National Open University of Nigeria
Plot 91, Cadastral Zone, NnamdiAzikiwe Express Way,
Jabi-Abuja

Faculty of Education

January/February Examination 2018

Course Code: EGC 802

Course Title: COUNSELLING THEORIES

Credit Unit: 2

Time Allowed: 2 Hours.

Instruction: Answer question 1 and any other 2.

1. (a). Write short note on the term *logotherapy* (10 marks).

(b). Compare and contrast the counselling objectives of *Existential* and *Gestalt* view points of counselling as a way of solving the problems of Nigerian students in secondary schools (20 marks).

2. (a). Define the term *theory* (5 marks).

(b) Discuss five (5) ways in which counselling theories can be useful to counsellors in tackling problems among Nigerian students in secondary schools (15 marks).

3. a) Explain the meaning of counselling theories (5 marks). (b)
Differentiate clearly between cognitive and behavioural theories of counselling (15 marks).

4. Discuss any TWO of the following basic concepts of Transactional Analysis:

i. Parent ego state (10 marks)

ii. Adult ego state (10 marks)

iii. Child ego state (10 marks)

5. Discuss Rational Emotive Therapy under the following headings:

a. Basic assumption (5 marks).

b. Counselling objectives (5 marks).

c. Implications for counselling in Nigeria (10 marks).