



**NATIONAL OPEN UNIVERSITY OF NIGERIA**  
**PLOT 91 CADASTRAL ZONE NNAMDI AZIKIWE EXPRESSWAY JABI**  
**FCT ABUJA**  
**FACULTY OF EDUTION**

**POP EXAMINATION 2022\_2**

**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**

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)