



NATIONAL OPEN UNIVERSITY OF NIGERIA
14-16 AHMADU BELLO WAY, VICTORIA ISLAND LAGOS
MARCH/APRIL 2016 EXAMINATION

SCHOOL OF EDUCATION

COURSE CODE: EGC 802

COURSE TITLE: COUNSELLING THEORIES

TIME ALLOWED: 2HOURS

INSTRUCTION: Answer Question one and two other questions.

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

(b) Discuss five (5) characteristics of a theory (10 marks)

(c) Differentiate clearly between cognitive and behavioural theories of counselling (15 marks).

2 (a) Discuss the meaning of counselling theories (5 marks).

(b) Discuss five (5) uses of counselling theories (15 marks)

3. Discuss Rational Emotional Therapy under the following headings:

a. Basic assumption (5 marks).

b. Counselling objectives (5 marks).

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

4. Discuss the following basic concepts of Transactional Analysis.

i. Parent ego state (5 marks)

ii. Adult ego state (5 marks)

iii. Child ego state (5 marks)

iv. Concept of man (5 marks)