

OBAFEMI AWOLOWO UNIVERSITY

FACULTY OF EDUCATION

DEPARTMENT OF EDUCATIONAL FOUNDATIONS AND COUNSELLING

EFC 405 TECHNIQUES IN COUNSELLING

HARMATTAN SEMESTER, 2011/2012 SESSION

INSTRUCTION: Attempt all the questions in the two sections

Time: 2hrs.


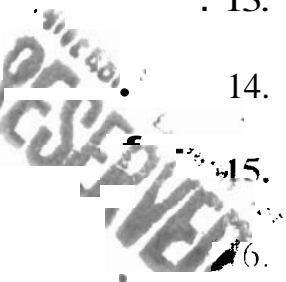
TYPE 'A'

Section A (objectives)

1. Example of non-directive therapy is (1mk)
2. The gateway to the seat of the ideal is (1mk)
3. Listening to a client entails some skills, identify 6 things that are involved (3mks)
4. 'Paraphrasing' is applied to many contexts, define what it is in counselling (1mk)
5. The acronym – id, stands for what? (1mk)
6. Which of the theorists deliberately used the term 'client' rather than 'patient' (1mk)
7. According to Sigmund Freud, man is motivated to act by 3 drives. Mention them (3mks)
8. What are the peculiar counselling techniques of psychoanalysis process? (3mks)
9. Identify just 4 clinical cases that Rational Emotive Therapy can be applied (2mks)
10. Specify the stages involved in counselling process according to Brammer (1973) (4mks)
11. The ideal number of people in a group counselling is between ---- and ----- (2mks)
13. Victor Frankl is known for----- (1mk)

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13. Id is processed in 2 ways, mention them (2mrks)
 14. A conditioned association in a person means ----- (1 mrk)
 15. Mention the types of communication in counselling (2mrks)
 16. Carl Rogers identified 3 key elements in his theory, identify them (3mrks)
 17. Mention one way to begin counselling interview (1mrk)
 18. The 'ABC' model of Ellis' approach stands for (3mrks)
 19. ----- is the small portion of human thoughts, sensations and memories that exist per time (1mrk)
 20. Mention 4 strategies that can be employed using behavioural approach (2mrks)
 21. Identify 2 non-clinical applications of REBT (2mrks)
 22. Personal characteristics of a professional counsellor are essential to the profession, mention 2 of such characteristics in establishing rapport (2mrks)
 23. Reality therapy is identified with whom? (1mrk)
 24. Mention 4 elements of attending skill (2mrks)
 25. At the first stage in counselling, itemize 5 steps expected of the counsellor to take (5mrks)

(50mrks).

Section B (theory)

Experiential counselling involves practical counselling cases as discussed in the class. simply present a case and apply the appropriate therapy in a systematic manner (10mrks).



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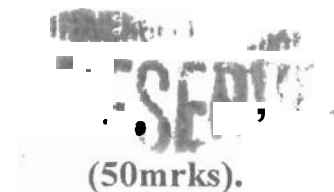
TYPE 'B'

Section A (objectives)

- 
1. Reality therapy is identified with whom? (1mrk)
 2. The 'ABC' model of Ellis' approach stands for (3mrks)
 3. Victor Frankly is known for----- (1mrk)
 4. According to Sigmund Freud, man is motivated to act by 3 drives. Mention them (3mrks)
 5. Example of non-directive therapy is (1mrk)
 6. Identify 2 non-clinical applications of REBT (2mrks)
 7. Id is processed in 2 ways, mention them (2mrks)
 8. Mention 4 strategies that can be employed using behavioural approach (2mrks)
 9. At the first stage in counselling, itemize 5 steps expected of the counsellor to take (5 mrks)
 10. 'Paraphrasing' is applied to many context, define what it is in counselling (1mrk)
 11. The gate way to the seat of the ideal is (1mrk)
 12. A conditioned association in a person means ----- (1mrk)
 13. Specify the stages involved in counselling process according to Brammer (1973) (4mrks)
- 
- 



14. Listening to a client entails some skills, identify 6 things that are involved
(3mrks)
15. What are the peculiar counselling techniques of psychoanalysis process?
(3mrks)
16. ----- is the small portion of human thoughts, sensations and memories that exist per time (1mrk)
17. Which of the theorists deliberately used the term 'client' rather than 'patient'
(1mrk)
18. The acronym – id, stands for what? (1mrk)
19. The ideal number of people in a group counselling is between ---- and -----
(2mrks)
20. Mention the types of communication in counselling (2mrks)
21. Mention one way to begin counselling interview (1mrk)
22. Personal characteristics of a professional counsellor are essential to the profession, mention 2 of such characteristics in establishing rapport (2mrks)
23. Carl Rogers identified 3 key elements to his theory, identify them (3mrks)
24. Identify just 4 clinical cases that Rational Emotive Therapy can be applied
(2mrks)
25. Mention 4 elements of attending skill (2mrks)



Section B (theory)

Experiential counselling involves practical counselling cases as discussed in the class, simply present a case and apply the appropriate therapy in a systematic manner (10mrks).





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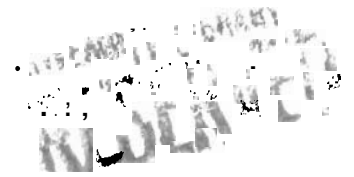
INSTRUCTION: Attempt all the questions in the two sections

Time: 2hrs.

TYPE 'C'

Section A (objectives)

1. Identify just 4 clinical cases that Rational Emotive Therapy can be applied (2marks)
2. Mention one way to begin counselling interview (1mrk)
3. The acronym – id, stands for what? (1mrk)
4. ----- is the small portion of human thoughts, sensations and memories that exist per time (1mrk)
5. The ideal number of people in a group counselling is between ---- and ----- (2marks)
6. Listening to a client entails some skills, identify 6 things that are involved (3marks)
7. A conditioned association in a person means ----- (1mrk)
8. The gate way to the seat of the ideal is (1mrk)
9. Reality therapy is identified with whom? (1mrk)
10. Victor Frankly is known for----- (1mrk)
- 11.1 xample of non-directive therapy is (1mrk)



12. Id, is processed in 2 ways, mention them (2mrks)
13. At the first stage in counselling, itemize 5 steps expected of the counsellor to take (5mrks)
14. Mention 4 elements of attending skill (2mrks)
15. Carl Rogers identified 3 key elements to his theory, identify them (3mrks)
16. Personal characteristics of a professional counsellor are essential to the profession, mention 2 of such characteristics in establishing rapport (2mrks)
17. Mention the types of communication in counselling (2mrks)
18. Which of the theorists deliberately used the term 'client' rather than 'patient' (1mrk)
19. What are the peculiar counselling techniques of psychoanalysis process? (3mrks)
20. Specify the stages involved in counselling process according to Brammer (1973) (4mrks)
21. 'Paraphrasing' is applied to many contexts, define what it is in counselling (1mrk)
22. Mention 4 strategies that can be employed using behavioural approach (2mrks)
23. Identify 2 non-clinical applications of REBT (2mrks)
24. According to Sigmund Freud, man is motivated to act by 3 drives. Mention them (3mrks)
25. The 'ABC' model of Ellis' approach stands for (3mrks)

(50mrks).

Section B (theory)

Experiential counselling involves practical counselling cases as discussed in the class, simply present a case and apply the appropriate therapy in a systematic manner (10mrks).