

LEAD CITY UNIVERSITY IBADAN

FACULTY OF ARTS & EDUCATION

DEPARTMENT OF ARTS & SOCIAL SCIENCES EDUCATION

2ND SEMESTER 2018/2019 ACADEMIC SESSION



COURSE DETAILS

Course Code:	GCE 211
Course Title:	Theories of Counselling
No. of Units:	2 Units
Status:	Compulsory

LECTURER(S) DETAILS

Name:	Dr Olabisi, T.P.KILLIAN
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Area of Specialization:	Educational/ Developmental Counselling Psychology

COURSE DESCRIPTION

This course provides undergraduate counsellor trainees with theoretical guide to the profession of counselling. It highlights the theoretical foundations of counselling and the processes involved in the practice of counselling. It involves assumptions, postulations, principles, skills and techniques necessary in counselling process. It also provides logical and insightful clarifications for individual differences. It also aims at equipping counsellor trainees on theoretical framework for counselling assessment and work plan for helping clients with specific personal, educational problems and general psychosocial challenges in practical settings.

COURSE OBJECTIVES

At the end of the course student counsellors should achieve:

- ❖ Acquisition of basic understanding of the various theories of counselling
- ❖ To discuss how these theories can assist counsellors in understanding human behaviours and psychological dynamics.
- ❖ Development of counselling assessment framework skills, techniques and methods for helping clients in practical settings.

ASSESSMENT

For a student to qualify to sit for the final examination in this course, he /she is expected to have: minimum attendance of 75% at lectures.

- ✓ Class Attendance -10marks
- ✓ Term Paper /Assignments : Individualized/Group- 20marks
- ✓ Test(s)- 10marks
- ✓ Examination 60 marks



LECTURE PLAN

WEEKS	TOPICS	ACTIVITIES
1&2	Introduction: Meaning of Theory and Its Importance to Counselling. Definition: Counselling, Guidance, Psychotherapy. & Why do people come for counselling?	
3&4	Psychoanalytic theory Freud Counselling Implications In Practical Settings	Presentation (Group I) (Individual Assignment I)
5&6	Adlerian theory Adler Counselling Implications In Practical Settings	Discussion (Group II) (Individual Assignment I)
7&8	Cognitive Theories Ellis Counselling Implications In Practical Settings	Presentation (Group III) (Individual Assignment I)
9&10	Humanistic theories Rogers Counselling Implications In Practical Settings	Discussion (Group IV) (Individual Assignment I)
11	Behavioural Theories Ivan/Skinner Social modelling Bandura	Presentation (Group V) (Individual Assignment I)
12	Evaluation: Test Personal Theory (Due one week after the last Lecture)	
13	Examination	

READING LIST:

- Akinade, E.A. (2012) Introduction to Modern Guidance and Counselling Pgs. 108-144. Bright Ways Publishers. 2 Oni-Adeyemo layout off NNPC pipeline Apata, Ibadan.
- Egbochukwu, E.O (2008) Guidance and Counselling: A Comprehensive Text. Pgs. 113-192. Uniben Press, University of Benin. Ekehan Campus Benin City Nigeria.
- Idowu, A.I. (2001) Guidance and Counselling in Education University of Ilorin, Kwara State, Nigeria.
- Internet Resources:
- See NOUN: National Open University of Nigeria Resource on: Theories of Counselling.
- UNESCO Counselling Module 2 Retrieved on January (2019) Online Resource: Co-ordinator: Winsome, G.; Wilma, G and John, A. et al Printer: Ag2i Communication ED. 99/WS/11 Copyright UNESCO Printed in France



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TUTORIAL QUESTIONS

Course Title: Theories of Counselling Course Code: GCE 211 2Units Compulsory

Instruction: Attempt All Tutorial Questions at Your Study Time

1. Define explain the following concepts:**a.** Fixation **b.** Castration anxiety. Give a brief explanation on Oedipus complex and electal complex.
2. **a.** List the five (5) psychosexual stages of human development as postulated by Freud
b. Discuss the psychosexual stages of human development as viewed in psychoanalytic postulation.
3. Justify the assertion that: "Every human being's thought and emotion are not too entirely different processes, but are significantly overlap in ones conducts.
4. Explain Carl Rogers statements of unconditional positive regards' to every person you meet as a counsellor.
5. **a.** Discuss the influence of early and later experiences in human development.
b. Describe possible factors responsible for regression in the aged.
6. Evaluate the effect of the REBT belief of self-defeating verbalisation on one's life.
7. As a counsellor trainee, **learning** to drive a car, **using** the correct fork or cutlery at a dinner party, or **reacting** appropriately to a new client are often overt expression of **learned behaviour**...
a. state the counselling theory that buttress this argument.
b. Discuss in details practical teaching of the theory in individual and/or group counselling.
8. **a.** List and explain five (5) strategies that will help you succeed in counselling.
b. Define the concept: Theory and state the importance in counselling
9. As a counselor, you have a new client, (A senior secondary school student referred to you by the school principal) He comes late to school. He neither does nor submits assignment at school. He sleeps during class active hours...
a. Discuss the counselling procedures you will establish with the client for smooth professional dialogue to take place.
b. Identify the steps and techniques involved in the analysis of the adolescent's problem behavior.
10. **a.** State your diagnosis of the presenting problems.
b. Explain how you arrived at such psychological conclusion.
11. Describe counselling plans/procedures you will take to assist the client modify the identified problem(s) /deviant behaviour.
12. **a.** Expound your view about rational emotive behaviour therapy
b. Explain the following with vivid examples.**i.** Classical Conditioning **ii** Operant Conditioning

Lecturer: Dr Killian Olabisi T.P.



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MARKING GUIDE

Course Title: Theories of Counselling Course Code: GCE 211 2Units Compulsory

1. Define explain the following concepts:**a.**Fixation (5marks)**b.**Castration anxiety(5marks)**c.** Give a brief explanation on Oedipus complex and electal complex.

Total 15marks

2. **a.** List the five (5) psychosexual stages of human development as postulated by Freud(5marks)
b. Discuss the psychosexual stages of human development as viewed in psychoanalytic postulation. (10marks) **Total 15marks**

3. Justify the assertion that: "Every human being's thought and emotion are not too entirely different processes, but are significantly overlap in ones conducts. (15marks) **Total 15marks**

4. Explain Carl Rogers statements of unconditional positive regards' to every person you meet as a counsellor. (15marks) **Total 15marks**

5. **a.**Discuss the influence of early and later experiences in human development. (10marks)

b. Describe possible factors responsible for regression in the aged. 5marks **Total 15marks**

6. Evaluate the effect of the REBT belief of self-defeating verbalisation on one's life. (10marks) **Total 10marks**

7. As a counsellor trainee, **learning** to drive a car, **using** the correct fork or cutlery at a dinner party, or **reacting** appropriately to a new client are often overt expression of **learned behaviour**...

a. state the counselling theory that buttress this argument.(5marks)

b. Discuss in details practical teaching of the theory in individual and/or group counselling. (10marks) **Total 15marks**

8 **a.** List and explain five (5) strategies that will help you succeed in counselling. (2x5marks)

b. Define the concept: Theory and state the importance in counselling (5 marks) **Total 15marks**

9. As a counselor, you have a new client, (A senior secondary school student referred to you by the school principal) He comes late to school. He neither does nor submits assignment at school. He sleeps during class active hours...

a. Discuss the counselling procedures you will establish with the client for smooth professional dialogue to take place. (10marks)

b. Identify the steps and techniques involved in the analysis of the adolescent's problem behavior. (5marks) **Total 15marks**

10. **a.** State your diagnosis of the presenting problems. (7marks)

b. Explain how you arrived at such psychological conclusion. (8 marks) **Total 15marks**

11. Describe counselling plans/procedures you will take to assist the client modify the identified problem(s) /deviant behaviour. **(15marks)**

12. **a.** Expound your view about rational emotive behaviour therapy (5marks)

b. Explain the following with vivid examples **i.** Classical Conditioning (5marks)

ii Operant Conditioning(5marks) **Total 15marks**

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