

EXPLORING SEVEN COUNSELING THEORIES AND THE ROLE OF COUNSELOR

HANSON MANUABUCHI UKAEGBU PhD

DEPARTMENT OF GUIDANCE AND COUNSELLING,

UNIVERSITY OF UYO, UYO, AKWA IBOM STATE,
NIGERIA

AND

EDYTH KARIBO AMACHREE PhD

DEPARTMENT OF EDUCATIONAL PSYCHOLOGY, GUIDANCE AND COUNSELING,

IGNATIUS AJURU UNIVERSITY OF EDUCATION, PORT HARCOURT,

RIVERS STATE, NIGERIA.

Abstract

A counselor's approach is a reflection of his/her training and coaching philosophy. For instance, a counselor trained in behaviorism will view a client's behavior as a function of reward and punishment systems. Behavioral counselors primarily focus on how a person's behavior is impacted by environmental factors, as opposed to thoughts or unconscious motivations. More so, counseling approaches are differentiated by how counselors interact with clients in the counseling session. For instance, client-centered counselors tend to focus on a client's innate goodness and use a non-directive style of interaction. Generally speaking, counseling approaches are guided by theories of counseling. Undoubtedly, the effectiveness of counseling depends largely on the application of theories so as to ensure that the right principles and procedures are adopted and followed when engaging in the business of assisting a client. However, the focus of this article was to explore seven theories of counseling, namely: Psychoanalytical Theory by Sigmund Freud, Client-Centered Theory by Carl Rogers, Rational Emotive Behavioral Theory (REBT) otherwise known as ABC of Psychotherapy, developed by Albert Ellis, Theory of Existentialism by Jean-Paul Sartre and others, Gestalt Therapy popularized by Fritz Perls, Behavioral Theory by John O. Krumboltz and others, and Reality Therapy propounded by William Glasser. The role of counselor in each of the seven counseling theories was also highlighted in this article by the authors.

Key Words: Exploring, counseling, theories, role, counselor

Introduction

Various approaches have been propounded by experts to facilitate the working and processes of their postulations in their respective fields. Such approaches are referred to as theories. According to Nwaogu (2002), a theory refers to a body of knowledge, an academic framework on which one's intellectual study will be hung; while Onah (2005) describes theories as sets of models or conventions created by theorists with clusters of relevant

assumptions, systematically related to each other within some sets of empirical definitions. Ukaegbu (2022) state that a theory is a set of principles or beliefs upon which the practice of an activity is hinged.

On the other hand, Ukaegbu (2022) sees counseling as professional services provided by a counselor to an individual who is facing a problem and needs help to overcome the problem. The process of counseling helps an individual to find

solution to a problem which also helps in the overall development of the individual. Counseling is a process that involves two people; one is the counselor and the other is the person expecting help or counseling (client). In fact, counseling is an interpersonal relationship between a counselor and a client in which the client is assisted by the counselor to resolve his/her debilitating challenges by taking more rational decisions. Counseling addresses three major areas of needs, namely, educational, vocational, and personal-social. According to Ukaegbu (2022), the effectiveness of counseling depends largely on the application of theories so as to ensure that the right principles and procedures are adopted and followed when engaging in the business of assisting a client. Based on the foregoing therefore, one would ask, what is a counseling theory? A counseling theory refers to principles upon which counseling is anchored.

According to Onah (2005), counseling theories are intellectual models that provide principles underlying human nature, how it functions, and the origin of maladaptive behavior in a man and how to assist such an individual with maladaptive behavior. Counseling theory is defined by McLeod (2011) as a set of ideas that explains the relationship between clients and counselors. A counseling theory attempts to give a clear explanation and also provides understanding of the activities that go on during a counseling session. Counseling theories are used to understand clients in terms of their personality and behavior. They assist counselors in the assessment of their performance with clients. Counseling becomes effective only when theories are applied. No wonder Essuman and Nweke (1986) posit that a counseling theory guides

the practicing counselor in terms of appropriate attitudes, behavior and skills he/she can adapt, develop or learn to enable the counselor to effectively assist his/her clients resolve their problems.

Achebe (1988) claims that there are over 250 theories of counseling in use, but Corey (1996) only identifies 130 of them. Each counseling theory explains the procedures and techniques with which to assist clients resolve their debilitating problems. In the context of this article, seven theories of counseling were reviewed such as psychoanalytic theory, client-centered theory, and rational emotive behavior theory, theory of existentialism, gestalt therapy, behavioral theory, and reality therapy. Additionally, the author has critically explained the role of the counselor in each of the counseling theories reviewed in this article.

Psychoanalytical Theory

The theory of psychoanalysis was propounded by Sigmund Freud who lived between 1890 - 1939. The theory originated as a method of treating psychoneurotic disorders but later developed to become the foundation of a general theory of psychology and related areas. Psychoanalysis is a procedure for treating neurotic individuals by psychological rather than physical means. The major goal of psychoanalysis is to assist neurotic individuals gain lasting knowledge of their own mechanisms for resolving their problems. Freud believes that an individual's past events determine his/her present behaviour.

View of Human Nature

Freud's view of the nature of man was significantly influenced by his early education and training. They are listed below.

Freud views man as basically evil, uncivilized, irrational, destructive and animalistic. He believes that man's behaviour and tendency towards evil is usually inhibited by the society which prevents him from living the way he wishes. According to Freud, most times, it is the socially acceptable reasons rather than the true reasons that are used to explain the basis of behaviour.

Structure of Man's Personality

Freud explains that man's personality has three parts, namely; the id, the ego, and the superego. The structure of man's personality development is well defined in Freud's theory of the stages of psychosexual development.

- **The Id:** The id is the biological component of man's development. It is present at birth and is part of the unconscious. The id is the site of the pleasure principle; the tendency of an individual to move towards pleasure and away from pain. It is the primitive part of the mind that seeks immediate satisfaction of biological or instinctual needs. The biological needs are the basic physical needs while the instinctual needs are the natural or unlearned needs, such as hunger, thirst, sex, etc. The id does not have a sense of right or wrong. It is impulsive, greedy, blind, selfish, self-centred, self-seeking and irrational. It contains the most basic of human instincts, drives, and genetic endowments. According to Freud, the id is the store house of libido.
- **The Ego:** The ego is the second system to develop and it functions primarily in the conscious mind and in the preconscious mind. The ego is the psychological component of man's

personality. It serves as a moderator between the id and the superego, controlling wishes and desires. This means that the ego balances the demands of the id and superego in the context of real life situations. The ego is governed by the reality principle. It has the ability to interact with the outside world with appropriate goals and activities.

- **The Superego:** The superego sets the ideal standards and morals for the individual. The superego represents the social component of man's personality. Okere (2015) posits that the superego internalizes the ideas and social values that are transmitted to the child by parents and significant others. According to him, through the inner voice, the superego helps man to choose values and set moral standards. The superego operates on the morality principle which rewards the individual for following parental and societal dictates. Guilt is produced when a person violates the ideal ego denying or ignoring the rules of the superego.

The Role of the Counselor

- The counselor encourages the client to talk whatever comes to his/her mind, especially the childhood experiences while he/she (counselor) pays rapt attention to what the client verbalizes. However, the onus is on the counselor to provide a conducive psychological environment for the client to express himself/herself freely in the counseling session.
- The counselor must be patient to enable the client exhaust his/her experiences.

- The counselor assists the client to bring unconscious material into consciousness to enhance the functioning of the ego, helping the individual become less controlled by biological drives or demands of the superego.

Client-Centered Theory

Client-centred theory was propounded by Carl Rogers in the 1940s. This type of therapy diverged from the traditional model of the therapist as expert and moved instead towards a nondirective, empathic approach that empowers and motivates the client in the counselling process. Client-centred otherwise theory is self-directed rather than directive, meaning the onus is on the client to enact change. The therapy is based on Rogers's belief that every human being strives for and has the capacity to fulfil his or her own potential. Client-centred therapy, also known as Rogerian theory, has had a tremendous impact on the field of psychotherapy and many other disciplines.

View of Human Nature

1. Rogers's views human nature as basically good.
2. He believes that if given the appropriate environment of acceptance, warmth and empathy, the individual would move towards self-actualization.
3. Self-actualization is the motivation that makes the individual move towards growth, meaning, and purpose.
4. Person-centred theory is considered a phenomenological psychology whereby the person's perception of reality is accepted as reality for the individual.
5. Person-centred theory is often referred to as self-theory, since Rogers lays

much emphasis on the self being a result of the person's life experiences and the individual's awareness of comparisons to others as the same or different.

6. Rogers believes that most people were provided conditional acceptance as children, which lead them to behave in ways that would assure their acceptance. However, in their need for acceptance, the individual often behaves in ways that are incongruent with the real self. Thus, the greater this incongruence between the real self and the ideal self, the greater isolated and maladjusted the person becomes.

The Role of Counselor

- a. The counselor provides an environment where the client is safe to explore any aspect of the self. The counselor's job is to facilitate the exploration through a special I - Thou relationship of unconditional positive regard, empathy and warmth.
- b. The person-centered counselor uses psychological testing on a limited basis. The Q-sort is sometimes used in assessment by the person-centered counselor. A series of 100 statements are written on cards. The statements are self-descriptive, such as, I am capable, I am dependent, I am worthless. The client is asked to read and sort each of these statements into nine piles from 'most like me' to 'least like me'. Then the stacks are recorded. The client re-sorts the cards into what they would like to be like. The Q sort gives an indication of the incongruence between the perceived real self and ideal self.

- c. The use of diagnostic categories by counselors is discouraged because it is incompatible with the philosophical view of the individual as unique. Diagnosis places the counsellor in a position of authority and imposes a treatment plan.

Rational Emotive Behavior Theory

The Rational Emotive Behavioral Theory (REBT) otherwise known as ABC of Psychotherapy, developed by Albert Ellis in 1955 and originally called Rational Emotive Therapy, laid the foundation for what is now known as cognitive behavioral therapy. Albert Ellis' doctrine of Rational Emotive Therapy was published in his book entitled, 'Reason and Emotion in Psychotherapy'. REBT is built on the idea that how we feel is largely influenced by how we think. As is implied by the name, this form of therapy encourages the development of rational thinking to facilitate healthy emotional expression and behavior.

The ABC of REBT

Based on the notion that human beings are typically unaware of their deeply imbedded irrational thoughts and how they affect them on a day-to-day basis, Ellis establishes three guiding principles of REBT. These are known as the ABCs: Activating event, beliefs, and consequences.

A – Activating Event: An event that happens in the environment.

B – Beliefs: The belief you have about the event that happened.

C – Consequence: the emotional response to your belief.

This model was developed to educate people of how beliefs are the cause of emotional and behavioral responses, and not that events cause our emotional reactions. Look at the example below.

A – Your spouse falsely accuses you of cheating on him/her.

B – You believe "What nonsense! He/she has no right to accuse me of that!"

C – You feel angry/upset.

If you had a different belief (B), the emotional response (C) would be different:

A – Your spouse falsely accuses you of cheating on him/her.

B – You believe, "This cannot end our relationship – that would be too much to bear if we got a divorce."

C – You feel anxious that your relationship might end.

Here again, the ABC theory is illustrating that it is not the event (A) that causes the emotional response, rather, it is the belief (B) about the event that causes the emotional response (C). This is because people interpret and respond differently to events, we do not always have the same emotional response (C) to a given event.

View of Human Nature

- Human beings are rational and irrational, sensible and crazy.
- Human beings are not controlled by instincts but by reasoning.

The Role of Counselor

The counselor's only task is to help the client in identifying and confronting irrational beliefs and replacing them with rational ones. The counselor usually is not even interested in the past events which are the source of the irrational belief; all that matters is getting rid of that belief in the present.

Theory of Existentialism

Existentialism is a form of philosophical inquiry that explores the problem of human existence and centres on the subjective experience of thinking, feeling,

and acting. Existentialist thinkers frequently explore issues related to the meaning, purpose, and value of human existence. Existentialism is associated with several 19th and 20th century European philosophers who shared an emphasis on the human subject, despite often profound differences in thought. Among the earliest figures associated with existentialism are philosophers Soren Kierkegaard (a Danish philosopher) and Friedrich Nietzsche and novelist Fyodor Dostoevsky, all of whom critiqued rationalism and concerned themselves with the problem of meaning. In the 20th century, prominent existentialist thinkers emerged, namely; Jean-Paul Sartre (a French philosopher), Albert Camus, Martin Heidegger, Simone de Beauvoir, Karl Jaspers, Rollo May (a psychoanalyst), Gabriel Marcel, Paul Tillich (a German American theologian) and Frankl Viktor (founder of logo therapy). Thus, existentialism is a blend of philosophy, psychiatry, psychology and theology in an attempt to understand human behavior and emotions.

Rollo May is best known for his work on the human struggles of living in the modern world. He believes that to successfully handle the trials of life, people must come face to face with such issues as anxiety, loneliness, choice, and responsibility. Like other existential theorists, May argued that it is easier to avoid pain, choice, and responsibility in the world than face them. However, when an individual avoids the painful parts of life, he/she becomes alienated from the world, others, and him, and as a consequence of the avoidance, feels pain, anxiety, and depression. Rollo May advocated facing life's challenges with purpose and meaning, which he called having "true religion," as a path to healing and mental health.

View of Human Nature

Existentialism was propounded by people of diverse backgrounds. Existentialists do not have any particular answer to the question of the nature of the human person. The theory contains elements of theism and atheism, hope and despair, empiricism and mysticism. However, May (1958) as cited in Uzoeshi (2013) explains the fundamental basis for existentialism as an attempt to understand the individual as he/she really is, to know him/her in reality, to see his/her world as he/she sees it, to comprehend that he/she moves and has a being which is unique, concrete, and quite different from abstract theory.

The Role of Counselor

- Each client is considered a unique relationship with the counselor focusing on being authentic with the client and entering into a deep personal sharing relationship.
- The counselor models how to be authentic, to realize personal potential, and to make decisions with emphasis on mutuality, wholeness and growth.
- Existential counselors do not diagnosis, nor do they use assessment models like the Diagnostic and Statistical Manual of Mental Disorders IV.

Gestalt Therapy

The word 'Gestalt' is derived from the 1890 German philosophy of Gestaltqualität, meaning "form, whole or shape," which explored the idea of perception. Gestalt therapy is associated with Gestalt psychology, a school of thought that emphasizes upon perception of completeness and wholeness. The approach was popularised by Fritz Perls who lived

between 1893 - 1970. Gestalt psychologists believe that the whole is greater than the parts. According to them, parts derive their meaning from their association with the whole. To Gestalt theory, the emphasis is on all round development of the individual. Gestalt therapy is of the view that whatever affects one part of the body affects all the other parts of the body.

View of Human Nature

1. Gestalt sees man as a composite whole that is made up of interrelated parts. No part (that is, body, thought, emotion, perception and sensation) can be understood outside the context of the whole person.
2. Man is essentially self-regulating and motivated to solve his own problems.
3. Man shapes his own destiny and is responsible for his actions and behaviours.
4. Man lays emphasis on what is being done, thought and felt at the moment rather than on what was, might be, could be or should be done.
5. Man is part of his environment. Man and his environment has influence on each other.
6. It does not matter how people see man, he has the capacity to change.
7. Man is neither essentially good nor bad.
8. Gestalt therapy believes that man cannot experience the past and the present, he can only feel himself in the now.

Some Key Concepts of Gestalt Therapy

- **Present-Centeredness:** Perls was influenced by the existential emphasis on the individual's responsibility for thoughts, feelings and actions and on the immediate experience – the now, the I-Thou relationship, and the - what and how, rather than the why of

experience and behaviour. Gestalt therapy incorporated the process approach of existentialism. This processing explores what underlies the experience of individuals in order for them to become aware of how they live, including how they perceive events in the present moment. Perls encouraged his clients to begin each sentence with the words "here and now." In so doing, he was encouraging them to move towards their internal frame of reference. This is the reason Levin (2010) refers to gestalt therapy as the "here and now" therapy. He goes on to say, "The here part of gestalt therapy refers to its situatedness in the world. During the counselling process, the counsellor can ask questions like 'what is going on now? What are you doing now? What is the situation now? These questions will promote the 'now' awareness.

- **Unfinished Business:** The term "unfinished business" was originally derived by Perls based on the Gestalt psychology principle of closure. This principle holds that anything that is incomplete persists in memory and seeks completion. Such incomplete situations absorb energy. An unfinished business refers to the inhibition of an emotion that was experienced at one or more times during a relationship. Death, divorce, or the termination of a relationship may result in unfinished business. This unfinished business may take the form of unexpressed emotion such as not grieving. Cohn (1972) cited in Ukaegbu (2022) states that unfinished business includes emotions, events, memories, which linger unexpressed in the organismic person; avoidance is the means by which one

keeps away from unfinished business. By avoidance, the person tries to escape from feelings that must be felt in order to release him/her into his/her own custody.

- **Personal Responsibility:** An individual being responsible for oneself is highlighted by Perls as “responsibility”, which is the ability to respond. People become responsible in two ways. Firstly, people are responsible when they are aware of what is happening to them. Secondly, people own up to their acts, impulses, and feelings. At the outset of therapy, clients do not internalize feelings, emotions, and problems. They shift responsibility for their actions to others, excuse their own behaviour and are only aware of their own immediate needs. They let their past dominate, rather than take responsibility for the present. When individuals focus on the past, they can excuse themselves from any responsibility in the present. Such people never allow themselves the opportunity to engage in new possibilities or to alter lifelong patterns. This attitude obstructs their development as responsible adults. By becoming responsible for them, clients come to realize that they can do many things for themselves.
- **Awareness:** Awareness featured prominently in gestalt therapy. Awareness is both the goal and the methodology of gestalt therapy. According to Perls, awareness refers to the spontaneous sensing of what arises in a person – of what he/she is doing, feeling, planning. Awareness is the process of being in vigilant contact with

the most important event in the individual/environmental field with full sensorimotor, emotional, cognitive and energetic support. Awareness entails dropping the barriers in one’s behavior that would stop him/her from expressing himself/herself. Perls believes that it is possible for all people to become fully aware of and act upon their needs. Awareness is the only basis of knowledge and communication.

The Role of Counselor

The role of the counselor is to create an atmosphere that promotes clients’ exploration of what is needed in order to grow as it is believed that the clients ultimately change through their own activities. The counselor works towards restoring the personality to its gestalt, its organized whole by being honest and personally and intensely involved with the clients. The counselor tries to help the client better understand the relationship between himself or herself and his/her environment. That is, awareness of now.

Behavioral Theory

Proponents of behavioral counseling are John O. Krumboltz, Carl E. Thoresen, Ivan Pavlov, E.L Thorndike, Albert Bandura, Jack Michael, B.F. Skinner, J.B. Watson and Joseph Wolpe. The basic assumption of behavioral theory is that most human behavior is learned and therefore can be unlearned. The theory believes that all behavior is learned whether adaptive or maladaptive. According to the proponents of behavioral theory, a maladjusted person is one who has (a) failed to acquire competencies required for coping with the problems of living or; (b) learned faulty reactions or coping patterns that are being maintained by some kind of reinforcement.

Behavioral counseling theory is a teaching process where the counselor/teacher uses various behavior modification techniques to help individuals to learn desirable behaviors. To Ogbonnaya, et al (2009), behavioral counseling theory is an attempt to study, change and predict behavior using learning principles and experimentation enunciated by learning and experimental psychologists. The authors believe that observation, learning and reinforcement are the key weapons of the behavioral counselor.

View of Human Nature

Essuman's (1988) views of behavioral theorists about human nature are highlighted as thus:

- a. At birth, the human infant has a neutral character. They are born neither good nor bad.
- b. As a person interacts with his environment, be it physical or social, he influences his environment and the environment equally influences him. This means that the individual is not a rubber stamp.
- c. Most of the behaviors of a person are learned as a result of his interaction with the environment, except those behaviors due to innate characteristics of the person and maturation.
- d. The interaction with the environment is as a result of the interplay of heredity and experiences the individual is faced with.
- e. Human behavior is subject to change. For example, a chronic cigarette smoker today, can become a hater of cigarette tomorrow.

The Role of Counselor

The behavioral counselor is actively involved in the counseling session and involves the client in every phase of counseling. The

client learns, unlearns, or relearns specific ways of behavior. In that process, the counselor functions as a consultant, teacher, adviser, reinforce and facilitator.

Reality Therapy

Reality therapy was propounded by William Glasser in 1965. It was founded on the principles of choice theory. Reality theory emphasizes that it is through the choices individuals make that change happens either for the better or worse.

According to Glasser, the key is to remain aware of what a person wants and make choices that will help to achieve that goal. This type of therapy encourages problem solving and is based on the premise that people experience mental distress when their basic psychological needs have not been satisfied. These needs are:

- **Power:** A sense of winning, achieving, or self-worth.
- **Love and belonging:** To family, community, or to other loved ones.
- **Freedom:** To be independent; maintain personal space; autonomy.
- **Fun:** To achieve satisfaction, enjoyment, and a sense of pleasure.
- **Survival:** Basic needs of shelter, survival, food, and sexual fulfillment.

The fact that everyone is constantly striving to meet these basic needs is at the heart of reality therapy. When a person feels bad, reality counselors maintain it is because one of the five needs has not been met. Clients participating in reality therapy might learn ways to be more aware of any negative thoughts and actions possibly preventing them from meeting their needs, as according to the tenets of reality therapy, changing one's actions may have a positive effect on the way that individual feels and on his/her ability to attain the individual's desires.

These changes ideally take place through the use of Glasser's choice theory, which uses questions such as "What are you doing/what can you do to achieve your goals?"

Glasser believes that when an individual chooses to change his/her own behavior rather than making effort to change the behavior of someone else, the individual will be more successful at fulfilling his/her own goals and desires. Reality therapy neither concerns itself with a client's past nor deals with unconscious mental processes which make it distinct from Freud's psychoanalytic theory.

View of Human Nature

1. Reality therapy believes that all needs are present at birth.
2. Human beings act on the world purposefully to satisfy their needs and wants. This implies that man operates on a conscious level; he is not driven by unconscious forces or instincts.
3. The theory believes that humans can make their own decision and are responsible for the choices they make.
4. Glaser believes that people experience mental distress when their basic psychological needs have not been satisfied and when this happens, people act irresponsibly.
5. Reality therapy sees man as one who has the capacity to change his destiny.

Role of the Counselor

- The counselor is expected to lay emphasis on choice – that is, what the client chooses to do.
- The counselor focus is on the areas of change and making desires of the client a reality.
- He/she emphasizes positive constructive actions in bringing about change. However, the counselor has to

provide a trusting relationship between himself/herself and the client. This will make the client feel relaxed to verbalize freely on his/her problem.

Conclusion/Summary

Theories are designed by experts in different fields of study. A theory comprises principles, assumptions, empirical conclusions, models, observations and conventions about phenomena in human life. Counseling as a field of study, benefits immensely from the postulations and application of relevant theories. With the knowledge of the nature of man, his predicaments as a result of his nature and nurture, personality disposition and peculiarities in behavior, counseling theories enable experts in counseling to unravel man's problems which hinder him from living his life maximally.

Thus, the effectiveness of counseling depends largely on the application of theories so as to ensure that the right principles and procedures are adopted and followed when engaging in the business of assisting a client. In the context of this article, the authors explored seven theories of counseling, namely: Psychoanalytical Theory by Sigmund Freud, Client-Centered Theory by Carl Rogers, Rational Emotive Behavioral Theory (REBT) otherwise known as ABC of Psychotherapy, developed by Albert Ellis, Theory of Existentialism by Jean-Paul Sartre and others, Gestalt Therapy popularized by Fritz Perls, Behavioral Theory by John O. Krumboltz and others, and Reality Therapy propounded by William Glasser. The role of counselor in each of the seven counseling theories was also highlighted in this article by the authors.

References

- Achebe, C.C. (1986). *Theories of individual counselling: Relevance to the Nigerian situation*. Snaap Press Ltd.
- Cohn, R. (1972). *Therapy in groups: Psychoanalytic, experiential and gestalt*. In J. Fagan & I.L. Shepherd (Ed), *Gestalt therapy now: Theory, techniques and application*. Penguin Books.
- Enyi, D. (2004). *Theories in educational administration*. In T.O. Mgbodile (Ed), *Fundamentals in educational administration and planning*. Magnet Business Enterprises.
- Essuman, J.K. (1988). *Behavioural approaches to counselling*. In C.C. Achebe (Ed). *Theories of individual counselling: Relevance to the Nigerian situation*. Five College Black Studies Press.
- Ezeuwa, L. (2010). *Educational administration theories*. In I. Odoemenam & L. Ezeuwa (Eds). *Fundamentals of educational management*. End-Point Publishers.
- Lannap, J. (2001). *Anges and the rocking chair*. In L. Shepherd (Eds). *Gestalt therapy now*. Palo: Science and behaviour books.
- McLeod, J. (2011). *An introduction to counselling*. New York: McGraw Hill.
- Nwaogu, P.O. (2002). *Counselling theories: Tools for effective counselling enterprise*. Pumark Nigeria Ltd.
- Ogbonnaya, N.O., Okere, A.U. & Onyechi, K.C. (2009). Counselling pupils with psychological problems in classroom. *African Research Review. An International Multi-disciplinary Journal, Ethiopia*, 3(5), 333 – 342. www.ajol.info.
- Okeke, B.A. (1997). *Techniques and practicum in guidance and counselling*. CPA and Gold Publisher.
- Okere, A.U. (2015). *Fundamentals in theories of counselling*. Great AP Express Publishers.
- Onah, P.C. (2005). *The school guidance programme: Theory and practice*. Chuka Educational Publishers.
- Onwuasoanya, P.N. (2006). *Behaviour modification techniques in counselling*. Great AP Express Publishers Ltd.
- Seligman, L. (2006). *Theories of counselling and psychotherapy: Systems, strategies, and skills (2nd ed)*. Pearson Education, Ltd.
- Ukaegbu, H.M. (2022). *Guidance and counselling: A holistic approach*. Johnrightman & coy.
- Wilkins, P. (2016). *Person-centred therapy: 100 key points and techniques (2nd ed)*. Routledge.