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COUNSELLING IN NIGERIAN CONTEMPORARY SOCIETY

A LONG ESSAY PRESENTED TO THE DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF NIGERIA, NSUKKA, IN PARTIAL FULFILMENT OF THE REQUIREMENT FOR THE AWARD OF POSTGRADUATE DIPLOMA IN PSYCHOLOGY

BY

OKOYE NGOZI JUSTINA
PG/PCDP/98/24961

PROJECT SUPERVISOR: PROFESSOR J.O.C. OZIOKO

DEPARTMENT OF PSYCHOLOGY
UNIVERSITY OF NIGERIA
NSUKKA
DEDICATION

This work is dedicated to my younger brother Anayo G.A. Okoye.
This work is dedicated to my younger brother Anayo G.A. Okoye.
ACKNOWLEDGEMENT

My first acknowledgement goes to the Almighty God for his mighty guidance and protection and for giving me the strength to triumph in this research production.

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this study a success.

May the Almighty God reward you all immensely in Jesus name. Amen.
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CHAPTER ONE

INTRODUCTION

Counselling has been known to have range of procedures including giving advice, support in time of trouble or needs, encouragement, information given as well as test interpretation. Counselling as a helping situation is an activity that is initiated in one way or the other by a friend, relation or neighbour who suddenly realises a personal problem, stressful condition or other areas that is of personal concern which agonises him. The person may sometimes becomes moody and sometimes crying. Counselling session is concerned with clear listening by the counsellor. At the end of the interacting relationship, the counsellee will be the same again.

According to Bart (1974), a relationship may be termed planned and spontaneous. By this it implies that not every relationship may be referred to as counselling. Mere advice is different from counselling. This is because the rudiment and counselling skills
are absent. Counselling is difficult to define. This is because it seems to be a component of several professions, and not a single activity. The term is muddled by its use by professionals not really engaged in counselling such as rug-counsellors, counselors-at-law, police counselors, pest-control counselors, financial counselors and camp counselors (Pietrofesa, John, and Splete, Harward, 1978).

In contrast, counselling psychology is more of a planned deliberate activity and it's definition of terms spells out the distinction between planned and spontaneous event in the relationship. Bart opined that people become engaged in counselling when a person occupying regularly or temporarily the role of counselor offer time, attention and respect to another person temporarily in the role of client (Bart, 1974).

**Definition and Concept of Counselling:**

The definition of counselling is necessary to provide framework or reference around which further discussion on the nature, range and practice of counselling should be based. According to Perry (1955), counselling is a helping relation where individuals
learn new ways of dealing and adjusting to life situation. It is a process through which people are helped to develop sound decision-making process either in an individual or group setting. Counselling does not attempt to restructure personality but to develop what already exist (p. 15). It is a helping situation under psychological problem. It may be symptomatic, that is, it may be a disturbing social or interpersonal, or it may be symptom free, where only the individual suffering knows where and how or the pains of the problem. In helping the client, Langs (1980) stated that the counsellor is directed in helping client deal with his or her immediate problems and improve his/her life situation and also the attitude of the counsellor is that of the individual interacting with another on more or-less equal footing.

Thomsen & Poppen (1982) see counselling as a person-to-person relationship in which one person helps the other to resolve his problem. The helper in the relationship is by virtue of his training and
experience, a counsellor who attempts to assist the client in becoming an independent person capable of resolving his/her conflicts with self or others. The conflict may be in form of lack of information about self or environment, or lack of skill required for personal achievement, or possibly lack of facts relating to choice, plan or adjustment.

In his own perception, Blocher (1966) defines counselling, as helping an individual become aware of himself and the way in which he is reacting to the behavioural influence of his environment. The relationship results in establishing some personal meaning for his behaviour and to develop ways of becoming independent to be able to handle future difficulties.

Tyler (1969) says that the purpose of counselling is to facilitate wise choice and certain kind of decision on which a person's later development depends. Thus, the central message of counselling is to assist an individual to explore and participate
in his own development towards becoming purposefully self-directed in changing society, having full respect for the worth and dignity of self and others, and therefore becoming the person whom he desires to become. Counselling psychology as may be distinguished from other adhoc counselling relation is characterised by five basic indices.

Firstly, it is a professional service offered by a competent counsellor. This implies that counselling denotes professional relationship and not a causal relationship or incident designed to "adjust" or straighten out client (Pietrofesa, John J; Leonard, GE; Van Hoose; William H. 1971).

The Ingredients of Counselling:

The major element of counselling then is that the counsellor has a particular expertise not to be found in ordinary man to man relation, such as in a general social conversations or "a friend lending an ear". Secondly, it is a process in which the counsellor-clie relationship is basic. According to Rogers (1952) "the process by which the structure of the self is relaxed
in the safety of the relationship with the therapist and the previously denied experiences are perceived and integrated into an altered self". (p. 66-74).
Therefore counselling does not take place in a causal relationship where exchange of words are superficial to be meaningful.

Thirdly, counselling is concerned with decision-making skill and problem solving. Counsellor aids his client in decision making by helping the client expand the range of alternatives or options open to him in modifying his behaviour in a desired direction (Wrenn, 1970 p.33). It is a process whereby the counsellor helps the counsellee to make interpretation of fact relating to choice, plan, or adjustment which he needs to make. According to Smith (1955) the client can make and apply skills outside counselling in a situation similar to the solution advanced by counsellor or a situation not discussed with the counsellor. Without the development of decision making tools, the client will be dependent upon the counsellor
indefinitely.

Fourthly, counselling is a mutual enterprise, based on the respect for individual on the part of counselor and client. Because both are involved in the counselling process, goals are selected and refined by both. "It is the person for whom counselling is intended who determine what is more rewarding for him (Delaney & Eisenberg, 1972). As the counselor aids the client, the assistance that the process is able to offer is determined by the counselor. The counselor's expertise does not aim at choosing goal for the client, rather he helps the client to accomplish what ever end that is chosen.

Lastly, counselling is a way of life (Pietrofosso & Splete, H.H.; 1972) write, counselling further becomes a way of life for the counselor and he is not turned on or turned off like kitchen fat. He acts in a facilitative manner, and in contrast what some may think, a manner that is unpredictable since it is authentic and not contrived" (p.26). While it may be unpredictable, it fosters growth.
others.

We have seen that counsellors perform their duties and various activities under various settings.

From the concept and definitions of counselling one understands that a person seeks the assistance of a counsellor in order to deal with a specific problem. The solution to the problem can be immediate, or necessitate a relative long time. As the counselling practices denote and touch various aspects of life, - sociopersonal, educational, vocational etc. It commands wide variety of technique. This necessitates the review of types of counselling.

Types of Counselling:

It is appropriate to give a broad overview of types of counselling, and the situation at which the counsellor and counsellee, are involved in the therapy. The counselling types are discussed under crisis, facilitative, preventive and developmental.

Crisis Counselling:

From Brammer (1973) point of view, crisis is a
state of disorganisation in which the helpee faces frustration of importance in life goal or profound disruption of his life cycle and method of coping with stress" (p.2). This uncomfortable situation calls for the assistance of a counsellor in order to aid the incapacitated helpee. Crisis is of different dimensions. Each one of us at one stage in life or the other witnesses or encounters crisis situations such as loss of beloved one, drug induced crisis, frustration in office, socio-personal problem like marriage/divorce, etc. When crisis reaches the level where it immobilizes the victim and prevents him or her from consciously controlling self, it then becomes the type of crisis that invite the attention of counsellor. Belkin (1973) observes that crisis situation can be related to; suicide attempt, unwarranted pregnancy, hospitalization, job relocation, imprisonment, or financial problems. But regardless of the nature of the crisis the counsellor needs to accept the situation and maintain personal poise and self assurance. This type of confidence
certainly reduce the anxiety and pains of the problem on the part of the client. Belkin (1973) offers suggestions for the counsellor’s behaviour in such crisis situations in what he called “Do’s and Don’ts in crisis intervention counselling. Do’s:

1. Remain calm and stable. Prepare yourself psychologically for the turbulence of emotion which is soon to flow from the client.

2. The client should be given opportunity to speak. Attempt to determine the type of crisis, its precipitating force and its severity. Interrupt only when it is for the client’s benefit.

3. When necessary, ask object-oriented questions. This, if well framed will have calming effects on the client. If it fails, the counsellor should count himself/herself as asking egocentric questions.

4. Deal with immediate situation rather than its unconscious underlying causes that may be left if later. In the crisis period, Brockopp (1973) pointed out, the person is open to change, the sooner we
can work with him the more likely we are able to minimise the possible deterioration of personality and to develop an effective solution which will improve the personality functioning of the individual.

5. Have readily available local resources to assist the counsellor.

Don'ts:

1. Don't try to cheer up the client and tell him that his problem is not as bad as they seem to reassure him unless he specifically requests these type of invention (which is by the way, the exception rather than the rule).

2. Don't ask the suicidal client to abandon his plans. Always make such request a temporary delay.

3. Don't try to solve the total personality adjustment difficulty. Some counsellors try to minimise the crisis itself and attempting to get the client to speak on "fundamental thing."

Facilitative Counselling:

This is the process of helping the client to
clarify a certain, through self understanding and acceptance, and to devise a plan of action to work on the concern and finally to act on it in a self responsible manner (Pietrofesa et al 1978).

This type of counselling is often called "remedial" or adjutive as if one is correcting a fault of undesirable behaviour. Remedial counselling is interpreted to mean aiding an individual to progress from deficient stage to a functional one. The basic procedure is the one-to-one helping relationship.

The counsellor aids the client through cyclical process of exploration, understanding and action (Carkhuff, 1973). The concerns in the facilitative counselling include choosing academic options, planning a career, getting along with family members or classmates, etc. The main focus of this is that the result of such helping relation is gaining of self understanding and change of behaviour through the work of facilitating counselling.

Preventive Counselling:

This is a type of counselling that is primarily programmatic and related only to a specific concern.
This makes it different from other counselling situations. Such counselling should involve primary education programme, with the aim of alleviating future problems of anxiety of sexuality and sexual relationship. It is a way of helping the younger elements understand themselves for better future handling of a similar problem. It is the concern of preventive counselling to develop self awareness as it relates to future career choice. Drug awareness, retirement option and communication skill are other areas that can be systematically approached. In preventive counselling, the counsellor may be presenting information to group or referred individual.

Developmental Counselling:

This is the type of counselling that is an ongoing process which occurs through out an individual's entire life span. This type of counselling focuses on aiding client in achieving positive personal growth in any stage of life. The counsellor aids individual at all age levels and as well support the concept of chi counselling and development.
In the parlance of Dinkmeyer and Caldwell (1970), developmental counselling can be contrasted with adjustment or crisis counselling as problem oriented, in terms of assuming that the child has some difficult problems. The goal is the development of self understanding, awareness of one's potentialities and method of utilizing one's capacity. Developmental counselling aims at helping an individual know, understand and accept self. This type of counselling becomes personalized learning and not individual teaching. The child not only learns how to understand himself but also how to make choice and be responsible for the choice and the resultant action. Dinkmeyer and Caldwell (1970).

A client can attain self understanding, improve decision-making and positive, behavioural change through developmental counselling. The focus of developmental counselling include among others, developing and maintaining positive self concept, finding an appropriate life style as it relates to use of working, leisure time, learning decision making
skill, clarifying ones values and interest, understanding and accepting changes, and developing life process from birth to death (Pietrofesa, 1973). The meeting point of crisis and developmental counselling is that in dealing with grief over personal loss, can be considered crisis counselling in the sense that the grief may be over-powering at first, but it fit into the developmental frame work as the client learns to cope and adjust with the bereavement.

A professional who had been conducting developmental counselling is better prepared to work with the concerns that arise in preventive, facilitative and crisis counselling situations.
CHAPTER TWO

COUNSELLING NEEDS IN NIGERIA

In general, counselling psychology to a varying degree is concerned with milder form of neurosis with diagnostic testing. But counselling psychology concentrates on such problems like academic, vocational, marital, social problems and general cultural adjustment (Marx, 1976). Counselling as a helping relationship is carried out by means of interpersonal communication where the counsellor helps the counsellee in achieving adaptive attitude, insight, and behaviour. It is a method of helping the individual (counsellee) to utilize his/her psychological resources by focusing on that individual positive strength by concentrating in the individual's personality, behavioural, and emotional assets that could be mobilized to achieve adaptive attitude (Ipaye, 1983).

The Prospects of Counselling (General):

There are many trends in our society that are of concern to counsellors. According to Pietrofesa
et al (1978) these trends are unavoidable offshoot of modern society. Firstly, our society has become very mobile both in terms of residence and job continuity. In their finding, United States Bureau census in 1975 reported that 37 percent of the nations population change job as well as residence. These move may be rooted in personal dissatisfaction with particular job or residence, job transfer and lack of job opportunities in that area (Wrenn, 1973). Generally people are moving from rural to urban area from Southern to Northern part of the country. These cities with their ever increasing population have implications for counsellors. The counsellor needs to recognise that clients are becoming more and more concerned about the relationship of their residence or employment.

In our society, values are constantly changing and shifting. In modern society the moral values are in the state of flux. They manifest in area associate with drug, sexuality and social development for example women liberation movement has affected males and females alike. As women assume equal status with men, the
traditional family role suffers. Other consequences are crisis and conflicts in family, divorce as well as child abuse. Apart from social disorder at home, quest for material gains or services to other citizens become a problem. Counsellors need to be aware of the changes as well as the value held by client in order to correct any imbalance. There seems to be a growing demand on the part of clients for counselling service regarding marriage, family lifestyle, adaptation to change as well as parental concern.

Counselling services are now more acceptable to the public. In the past people thought that those who go for counselling have something drastically wrong with them and that they are those who were not capable of handling their own problems which tends to be a sign of weakness. But in reality counselling services are utilized by more and more people in helping themselves and their families. Counsellors have become increasingly available to help clients to deal with their own personality problems, actions, educational and career plans, marriages and family
relationship, as well as employment opportunities. Parents, teachers and administrators have recognized the value of counsellors in aiding students from kindergarten through college. Many clients have used public counselling agencies with regards to legal and medical concern. Insurance companies have encouraged clients use of public and private licensed counselling clinics as they provide payment for the counselling services. Moreover, some business firms have established counselling centres for the employees in order to aid them in resolving personal problems which may impair their working effectiveness. Indeed, the more people regard mental health as important to themselves and the society, the more acceptable and valuable counselling becomes.

According to Pietrofesa et al. (1972) counselling is being provided in variety of settings. Many centres for community activities have provided new locations for counsellors. Churches and other religious building are being used to provide many community with group or individual counselling services. Further more, the
community centre which serves the needs of senior citizens and retirees also offer counselling service.

More hospitals are providing counselling services by chaplains, social workers and hospital staff counsellors. The counsellor also offers services to hospital patients. Young adults are offered service in formal youth centre. Public is also offered counselling services both in jail and on probation. Another counselling concern for the modern society is for the death and dying. According to Wrenn (1962) counsellors are working increasingly with terminally ill patients in the hospital and at homes with the families of the clients more involved in counselling both before and after death of a member of the family.

School counsellor becomes very important in our modern society. Counselling has become involved to a great degree to school children and their parents. Counselling practices benefit parents as they are equipped with new knowledge of handling their children in school. Apart from parents of school age children, other family sub group that receives increasing amount of counselling attention include those with drug and
alcohol problems. Many public and private clinics have various approaches in working with these groups.

**Specific Counselling Needs in Contemporary Nigerian Society:**

In the contemporary society of ours, counselling services have increased in its volume. This is due to the variety of services being provided to various sub-groups within the society. These services with various areas of needs include:

**Education:** According to Ipaye (1983) the purpose of counselling services in Nigerian education system is to provide those experiences which assist students to understand themselves, develop their potentials and as members of the society. This is in addition that the students have learning experiences about the way of education, world of work and the relationship between the two. Counselling in the school is a programme of services to individuals and groups, based on the needs of the students. Such is designed to help the student adjust to his environment, develop the ability to set realistic goals for himself and to improve his total education programme while in school and to make a
tentative plan for his post school life. The main purpose of counselling in the school is rooted in the assumption that an individual who understands himself/herself and his/her world will become more effective, more productive, and happier human beings. He/she will become a functional member of the society. In Nigerian situation the new policy on education provided for counselling services in secondary schools.

Ipaye (1983) outlined the functions of the school counsellor to include:

(1) Helping the students to develop the skill of self study, self analysis and self understanding.

(2) Developing in students awareness of opportunities in personal, social, educational, and vocational areas by providing them with appropriate, usable and usable information.

(3) Helping the students to develop positive attitude to self, others, and appropriate national issues to work and to learning.

(4) Helping the students who are under-achievers: use their potentials to the maximum.
(v) Assisting students to acquire early in life positive image of self understanding and self direction.

(vi) Helping the students to acquire skill, autonomy, and nurtures motivation for creativity and problem solving.

(vii) Helping the nation through school to identify and nurture human potentialities in various fields of endeavour, thus ensuring adequate manpower development and specialization in various sectors of the economy.

(viii) Lastly, to help build up the individual Nigerian positive attitude to fellow Nigerians and to develop a sense of commitment to the unity of Nigeria.

Career Counselling:

The area of career development and employment placement are serious areas of concern and needs of our society. This has been receiving attention from counselling specialists in Nigeria. People who are enlightened and exposed are seeking for help to rev their children or their aptitude and interest in decision making regarding career opportunities and
Employment realities. In Nigeria career counselling is mostly practiced in the school through what is referred to as career convention, career conference or "career forum" (Ipaye). It is a day organized by career counsellors to parade professionals before the students in order to present alternative choice of professional practice. In the parlance of Ipaye (1983) career forum is a group meeting held with representatives of occupations from communities. A nurse might be invited to discuss nursing, a photographer to discuss photographing, a secretary to speak on office work for those indicating interest in the occupation. The forum broaden the horizon of both students and parents for in-depth study and career comparison.

The counsellor uses the forum to expand the student's knowledge of local, state and national job opportunities. Exposure informs students of the changing role of men and women in the workforce, and thus aid them in appropriate course selection that will be consistent with future careers.
Socio-Personal:

Counselling psychology has a variety of clients based on multifarious problems such as marital, educational, pastoral/religious, psychological/emotional. In a working environment, counselling psychology provides services that ensure harmonious working relationship among staff. Emotional disorder can put one off his working behaviour as a result of one's relational problem or the other. The counsellor provides sociopersonal orientation to individual or group for perfect adaptation in the working place.

Marriage and divorce are in recent times too rampant. Counselling services remain the option to the solution of the problem. Apart from the above, the need for counselling psychologist cannot be over- emphasised. It is very difficult to brake a personal habit. That must be in the absence of counselling psychologist. Counsellor provides service that help in braking habits such as smoking drinking and excessive eating or promiscuity. Counselling as a helping skill trains the clients on the methods of acquisition of certain training/practice in braking habits.
Health as wealth may hamper the effective adaptation of the individuals. Ill-health causes emotional imbalance. In our society counsellors need training to acquire skills that will enable them understand peoples feelings (Pietrofesa et al (1973). In the case of overweight, the counsellor provides training to design diet that will make one lose weight. In the case of stress and tension, the counselling psychologist constructs and teaches a client how to apply deep muscle relaxation and need for leisure. The power of positive thinking is necessary for good health of the client. These are unavoidably important in our society especially this period of dwindling economy and low purchasing power of naira that lead to stress and tension.

Adolescent Developmental Problems:
Early marriage, teenage pregnancy, delinquency, drug and alcohol abuse etc. are the central problems of growing persons. Gene and Ronald (1976) opined that the use of alcohol and hard drugs excessively are phenomena among adolescents. The use of alcohol is associated with other anti-social activities like s
violence, robbery and rape. About 2-6 percent of adolescents are problem drinkers (Maddox, 1970). Apart from drug and alcohol which is predominantly male affair, early marriage and teenage pregnancy are above all among female adolescents. The offshoot of the early marriage is financial insecurity, poor job prospect, thwarted education, school dropout. Marriage and pregnancies lead the youth to disappointment and disillusion (Laberre, 1968).

These adolescent problems are developmental problems. Counselling psychologist is in a better position to handle the cases professionally. First of all, as the teenagers are children of school age, it is the duty of school counsellor to handle the situation through referral and voluntary clientele. By this, the counsellor will develop test and non-test instruments for use in the assessment and counselling of students and school staff. This conduct makes for updating students over all needs. It also helps the school in identifying students special ability as well as identification of various stages of abnormal behavior among students (Odo, 1997).
On the other problems of adolescent like deviance, early marriage and drug addiction, a counselling psychologist is needed also. The predominant teenage pregnancy is a concern to a counsellor. The counsellor should through the group public clinics educate the parents on the need for sex education. Adolescents tend not to possess accurate and adequate information concerning many aspects of sexuality (Gene & Ronald, 1976).
CHAPTER THREE
THE PROBLEMS OF COUNSELLING

Counselling like other professions is not without problems. The problems of practising counselling are both exogenous and endogenous. This is because some of the counselling problems are inherent in counselling service. A case in point is the range of behaviours between the client and the therapist which may be regarded as breaking interpersonal boundary. Sometimes it may be external to the point of finance, awareness, and social value.

In this chapter, the various problems encountered by the practising therapist and the ethical problems of counselling will be discussed. The problems will be grouped into endogenous and exogenous factors.

Endogenous Factors:
They are problems endemic in counselling practice. These problems include:

Cultural Issues:
In the opinion of Kleinman (1976) health, illness, and health-care related aspects of the society are...
expressed as cultural system, He believes that health care system should be viewed as cultural symbolic system, such as kingship and religion which are built out of meanings, values and behavioural norms. In the same vein, counselling services should be perceived from the cultural point of view. The components of psychological make-up of the individuals are culture bound. Therapists should recognise these during counselling service.

For instance, emotional behaviour of individuals need to be understood in the client's cultural context with less of Eurocentric view. The medical anthropological idea that the patient, the family, and their culture as well as that of the practitioner, need to be explained and understood. Each is equally important ingredient of the cultural construction of illness and treatment of the individual (Gaines, 1982). Professional practice can only make sense not from the professor evaluation of behaviour but from cultural criteria which are used to make sense of it.

In Nigerian context, an example of interpretation of behaviour in therapeutic relationship is the eye
contact between the therapist and the client. In many Western relationship between the counsellor and the client, this contact is considered essential but avoidance of such eye contact is considered as avoidance of relationship. But in Nigeria such eye contact traditionally is considered disrespectful to the older person. In the case of women, such contact is deemed immodest. In some Nigerian cultural context it may be considered as attempt to seduce the other, more especially where such therapeutic relationship demands privacy and isolation.

Apart from ethical principles in the relational context, there are many cultural taboos that deter practitioners. A moslem female will not be religiously available for such intimate relationship especially when it involves opposite gender. Also as counselling requires case history which may involve numeration of children in the family, history of family crisis some of which may be encored in sexual relation, the female partner may not be open for such conversations.
Confidentiality:

Confidentiality is a crucial area for exploration in counselling relations. According to Palmer (1996) the foundation of this relational ethics is based on the common law duty of confidence which obliges an individual to keep secret all information imparted to them in a trusted relationship. Legally such breach of confidentiality can be met by a restraining injunction or a claim for damages (Harris, 1990).

In a situation where law demands for the disclosure of such confidentiality there is bound to be a problem where the law requires disclosure to assist in

the investigation, or prosecution of serious crime.... or to prevent threat to health... where disclosure is necessary in the performance of statutory duty, where it is necessary in the public interest (d'Eca, 1990).

Legal provision is made in the case of groups such as doctors, and social workers (Health complaint procedure Act, 1985; children Act, 1989) (Rowe, 1996). But in Nigeria, non statutory provision for counsellor reflects in the lack of redress other than profession sanctions for misconduct.
Religious Belief and Ethics:

Counselling as a helping relations deals with issues that touches the mind and soul of the clients. Client bares his/her mind in confidence to the therapist. The solution of clients problems lie in the ability of the therapist to touch the heart of the client through case history. Within this therapeutic relation, the religious belief of the client is bound to be touched by the counsellor. According to Rowe (1996) every person has a set of religious metaphysical or philosophical belief which explicitly or implicitly guide his/her decision and action. This implies that the solution to one's problem (psychological, economic or social) lies on his approach to it from his religious point of view. A counsellor in his application of counselling theories on his client's problem might have encroached on his client's belief.

The current economic, and social (marriage, divorce, spiritual) problems in Nigeria lead some of citizens into some fanatical religious congregations. An encounter with such adherence by counsellors will
create conflicts and sometimes crisis to the client. This is because, some of the applicable psychological or counselling theories may not go well with the recipient. By this extra problem has been added to a solution-seeking client. A case in point is the problem centred approach which may contradict the religious theory of total surrender of all to God. To what extent can some counselling theories find place in the heart of some fanatical religious adherents?

**The Exogenous Factors:**

These are factors that may be regarded as external (to certain extent) to the counselling relationship. In order words, they are those factors that come into play during the relationship. These factors include social values, finance, facilities, attitudes of authorities, peer and parental influence. Few of these will be discussed below:

**Fund and Adequate Facilities:**

In Nigeria, counselling is predominantly a school affair. As a new social policy, only school couns
is popular in the country compared with advanced
country's practices. Therefore emphasis is laid on
teachers counsellor and his students clients. The
clamour for school counselling in Nigeria is hampered
by lack of fund and facilities for counselling.
Counselling requires privacy for intimacy and rapport.
In order to achieve this, there must be fund to
provide accommodation for counselling. Also fund should
be provided for the purchase of necessary materials
for the documentation of students academic records.
Alaekwe (1984); Onwuegbuna (1976)., Ikeme (1980) all
agreed that there is lack of fund for accommodation
and facilities in school counselling.

Peer and Parental Influence:

Career counselling dominates school counselling
services. It is mean to direct the students on course
leading to certain profession. It is the counsellors
functional responsibility to identify a child of a
particular talent for specific career after aptitude
and attitude test. But in Nigerian schools, the peer
influence has been known to be a contending factor in
the choice of subjects in preference to others even when they don't perform well in those subjects. Some of the students who aspire for peer approval go for subjects that carry prestige and can be emotionally frustrated if they are stopped from entering for the subjects. Conflicts arise if they persist to go on against the advice of the counsellor. In his observation, Achebe (1983) opined:

> Because of prestige which such combination win a given student, others without the aptitude may be ill advised to enter for similar subject.... This is often contrary to the advice of the teacher. Such students are of course sure failure from the start.

Apart from peer influence in the choice of subject, parents are also guilty of ill-advice to children in a matter of choice of subject for a particular career training. This also makes the work of a counsellor very difficult. In obedience to paren the child may face frustration from such advice. "Parents who are unable to realize their life ambition attempt to relieve it through their children" Achebe (1983). Unwukwe (1984) pointed out that parents project their own ambition into career choice of their child.
Anumba (1978) also discovered that what is sometimes called children's choice is really an imposition by parents.

**Social Value and Demand:**

Social value and social demand run counter to the efforts of counsellor. In Nigerian society, people attach importance to certain courses than others. As a result, students who are not talented in such courses are bound to be frustrated. Most of the time, they go contrary to the advise of the counsellor and insist on following his choice in order to live up to societal expectations. Among the problems of Nigerian counsellors include social demand which based on material needs. Engineers, medical doctors, lawyers are highly regarded as important professional practitioner. Hence, students opt for those courses that will lead to such professions. This contribute problem to counsellors.
CHAPTER FOUR
CONCLUSIONS AND RECOMMENDATIONS

This chapter treats the concluding aspect of the essay. It also makes some recommendations, that is, the suggestions of the writing after studies:

Conclusion:

Counselling psychology is out to correct the imbalance in human covert and overt behaviour. The therapeutic relation may be out to solve problems of past mental construct, example; traumatic experience. It may be out to solve present biting problem like phobias or out to prevent behavioural maladjustment example one who is to undergo surgical operation. In modern society counselling psychologists have various duties as it concerns psychotherapeutic approach to human problem. But the case of Nigerian counsellors are different as the field is undeveloped, unexploited and unexposed to public knowledge. Hence, Counselling in Nigeria is school based with few exception.

The socio-economic situation in the country calls for an expansion of programme beyond schools. Most o
the time, the congestion of patients in hospitals, criminals in the prisons, and hooligans in schools and street could have been abated if counselling psychology is expanded and developed in Nigeria. Apart from this, the present economic condition in Nigeria which has some negative effects on individuals like high blood pressure and "stroke", suicide and child abuse are areas of counsellors concern through preventive counselling. This therefore calls for suggestion for improvement and development of counselling in Nigeria.

Recommendations:

For effective implementation and expansion of counselling psychology programmes in Nigeria, the state and federal government should fund the programme. The government should show commitment to the training of counsellors and providing facilities to counselling programmes, rather than huge amount on resettling displaced group during inter ethnic clashes, establish of psychiatric and mental homes. Such amount could have saved the fund if it was directed to counselling psychology programmes.
Parents and general public should be made to understand the needs for counselling in the modern society. The onus of direction lies with career counsellor on the choice of subjects, courses and professional training of the children rather than parents who project their own ambition into career choice of their children. The need for awareness on the part of parents points to the fact that some parents may consider counselling service as invasion of family privacy or snooping into family affairs. But it is believed that if they are well informed about the programme, implication for their ward, and the benefit to the family and society, they are bound to comply.

Thirdly, there should be legal recognition of counselling like other professional practices - medicine, law and engineering. While the counsellor is self employed like other professionals, he/she has the opportunity of professional abuse. The inter-personal relationship between the counsellor and client in the interaction is set by the law of contract. The non-statutory position of counsellors is reflected in the...
lack of redress other than professional sanction for professional misconduct, or resource to legal procedure. One possible way of recognition of counselling is for it to acquire the trait of profession that is, legal recognition for its unique expertise through registration process as a profession body. This will not only enlighten the public about counselling but will also minimise behavioural misconduct in Nigeria.
REFERENCES


