**Title of Article:** Theories of Counselling.

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**Abstract:**

This book covered various theories of counselling beginning with introduction to the meaning of theory, its qualities, functions and significance to counselling. The theories covered included the Freudian Psychoanalytic theory, Adler's Individual psychology, behavioural counselling and Wolpe's psychotherapy by reciprocal inhibition, the perceptual or experimental phenomenological approaches to counselling with focus on Client centered theory, Gestalt therapy and Existential counselling. Also discussed were Directive counseling, Reality therapy, Rational Emotive Therapy, Transactional Analysis, Eclectic and Indigenous counselling.