**Title of Article:** Group Counselling.

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**Outlet:** In Uba, A. (Ed.), *Introduction to Counselling*. Ile-Ife, University of Ife Press. pp.47-61.

**Date of Publication:** 1983

**Abstract:**

This chapter discusses the nature and definition of group counselling. The significance of group counselling was discussed in relation to serving a larger number of clients compared to individual counselling. The characteristics of group counselling approach was discussed in terms of group dynamics. The need for group members to know the purpose of the group, the selection of members with reference to homogeneity for cohesion and also heterogeneity to stimulate discussion were highlighted. The size of counselling groups, length of each group session and the role and significance of leadership behavior, ground rules for members and expected members' behavior were discussed.