

# **Emerging Trends in Counselling: Need for Curriculum Review**

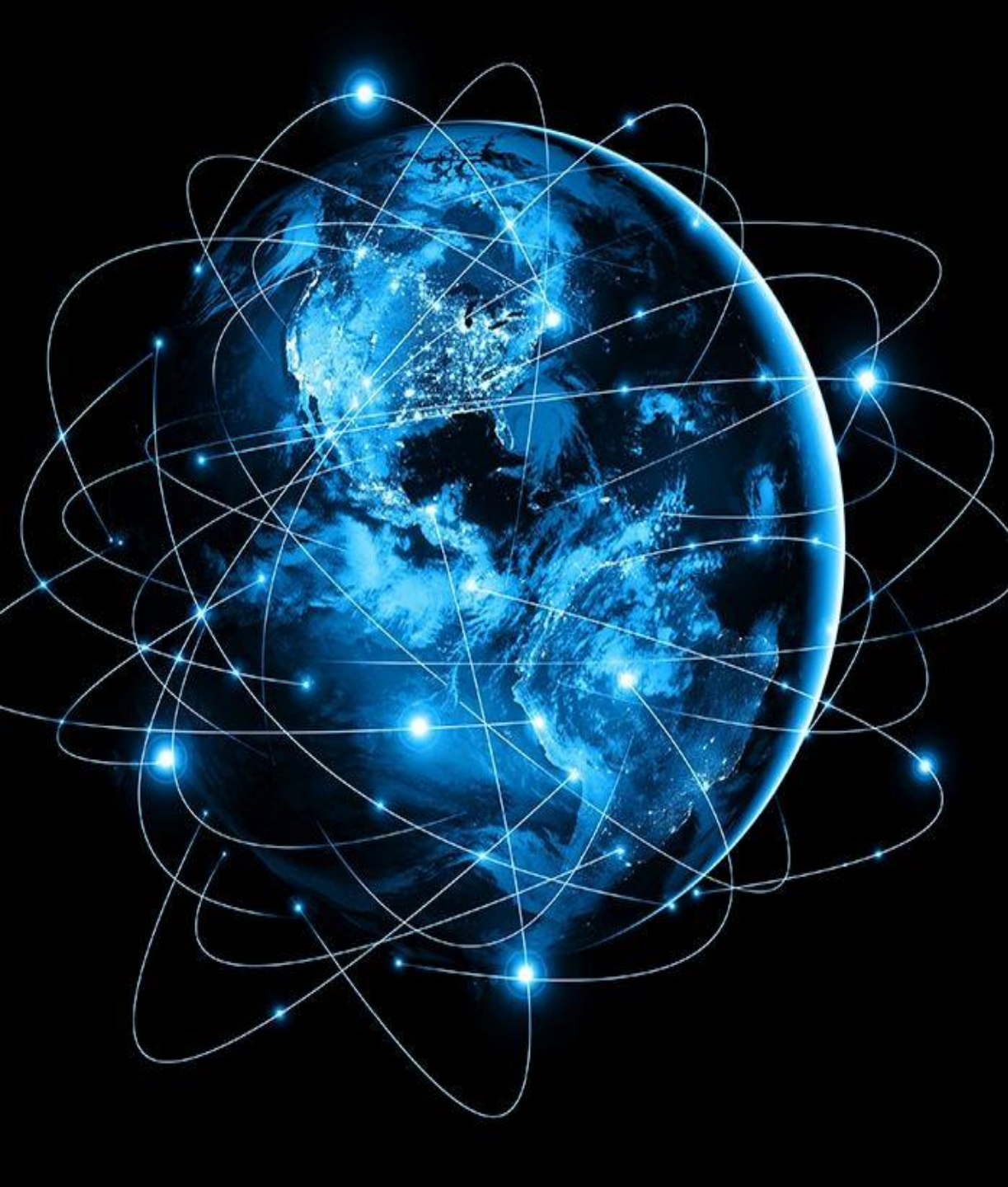
BY

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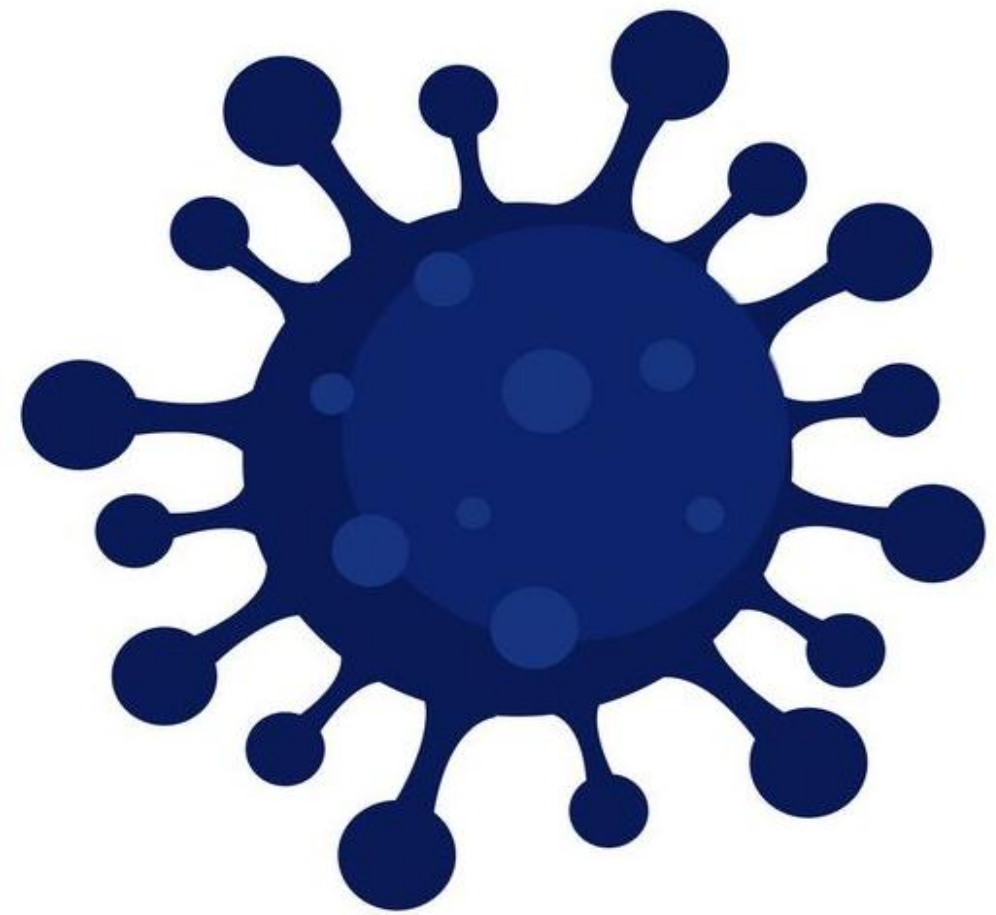


# **Use of Technology (E-counselling)**

- The use of digital platforms such as teletherapy, mobile apps, AI driven chat bots (basically on mental health) are transforming how counselling is delivered.



- The Covid-19 pandemic in year 2020 accelerated the adoption of online counselling. As a result counsellor trainees must be proficient in digital ethics, virtual communication skills, and technology based interventions.



**COVID-19**

- Counselors must now be proficient in using digital tools while maintaining ethical and confidential standards.



# **Trauma- Informed Counselling**



- The present happenings in Nigeria need new approaches to counselling. Examples of such happening are Insecurity (terrorism, kidnapping etc.) and displacement due to national and man made disaster.

- Counselors therefore need to be trained on how to handle trauma cases sensitively and effectively.
- Trauma informed counselling include training on the understanding of how to create safe, empowering and healing environment for clients with trauma histories.
- This approach is now essential in counselling curricula, particularly in schools and conflict prone region



# **Multicultural and Diversity Competence/ Counselling**



Nigeria's ethnic, religions and cultural diversity  
necessitates a counselling practice that is  
inclusive and culturally competent.

- Because counselors work with culturally diverse clients, effective counselling now requires counselors to be culturally sensitive, aware of implicit biases,



and competent in handling cross-cultural issues such as gender identity, race and religious beliefs.





# **Career and Vocational Counselling in Digital World**



The Nigerian job market has shifted from analog to the digital world. It has shifted towards the technological, entrepreneurial and the gig economy.

Career counselling must therefore reflect these realities.

Counselors ought to be equipped to help/guide students and job seekers in exploring unconventional career paths, digital skills and self employment skills.





# **Evidence-Based Practice**

- Modern counselling relies on interventions supported by empirical research. Techniques such as Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT) are being prioritized. These therapies demand proficiency in critical analysis and application of research findings.
- Counselors are therefore expected to apply empirically validated techniques such as CBT and DBT, and to engage in continuous evaluation of outcomes (Norcross et al., 2021).



# **Holistic and Integrative Therapies**

Modern practice recognised the interconnectedness of mental, physical, and  
spiritual health.

- Therapies such as mindfulness, narrative therapy and expressive arts are becoming more widely adopted, particularly for clients seeking alternative healing modalities (Tan et al., 2021).
- This necessitates broader training.



# **Gaps in Current Counselling Curriculum**

Despite these trends, many counselling programmes in educational institutions, especially in developing nations such as Nigeria, still emphasize traditional theories and models (e.g. Sigmud Freud, Carl Rogers and B.F. Skinner) without integrating recent developments.

# The gaps include:

- Limited exposure to online and digital counselling skills.
- Inadequate training in multicultural counselling and diversity.
- Absence of modules on trauma-informed counselling/care and crisis intervention.
- Lack of emphasis on evidence-based practices and applied research skills.
- Insufficient practical training (more time for practicum, internship, case-based learning).

These gaps hinder the preparedness of graduates and reduce their capacity to respond effectively to modern day clients.

# **Recommendations**

- Incorporate digital counselling courses
- Diversity and multicultural modules
- Include Trauma-informed and crisis counselling (TIC)
- Introduce holistic and contemporary therapies
- Encourage life-long learning

# Conclusion

Counselling in Nigeria stands at a critical juncture where its traditional frameworks must give way to innovation and responsiveness. To meet the mental health, educational and socio-emotional needs of Nigeria's diverse and dynamic population, a comprehensive curriculum review is both timely and necessary. By embracing emerging trends and aligning educational programs with contemporary realities, then, can the counselling profession maintain its relevance in the country, uphold ethical standards and effectively serve the diverse needs of modern clients.

**“In time like this,  
there is therefore  
a need for  
curriculum review  
in Counselling”**

