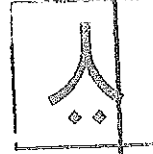


THE OPEN UNIVERSITY OF SRI LANKA  
FACULTY OF HEALTH SCIENCES  
DEPARTMENT OF PSYCHOLOGY & COUNSELLING  
2022/2023 – SEMESTER I—FINAL EXAMINATION PAPER



23 MAR 2023

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EXAMINATION DIVISION

BSC (HONS) IN PSYCHOLOGY  
PLU5306: CLINICAL PSYCHOLOGY-LEVEL 05  
FINAL EXAMINATION PAPER  
DURATION: 03 HOURS

DATE: 23.03.2023

TIME: 9.30 a.m.- 12.30 p.m.

**SECTION 2: STRUCTURED ESSAY QUESTIONS (60 MARKS)**

Choose 04 out of the 06 questions given below and answer using the provided answer sheets

**2.1 Clinical Psychologists are trained in several clinical interview methods that assist them in different situations to gain an understanding regarding a client and their problems.**

- Describe three types of clinical interviews. (6 marks)
- Describe three skills that an interviewer should possess. (3 marks)
- Apart from the communication process, what are three other factors to consider when conducting a clinical interview? (6 marks)

**2.2 Clinical Psychologists training includes an understanding of Psychotherapy from the early ages to modern day theories and techniques that are utilized in clinical practice.**

- Describe the concepts of Id, Ego and Superego. (6 marks)
- Describe “The Unconscious” in Psychodynamic Psychotherapy. (3 marks)
- In Person Centred therapy describe Roger’s triad of “necessary and sufficient conditions”. (6 marks)

**2.3 In Behavior therapy Clinical Psychologists are introduced to the theories of Classical and Operant conditioning. Several, widely used therapeutic approaches stem from these two theories.**

- In Behaviour therapy, describe classical conditioning and two therapeutic approaches based on classical conditioning. (8 marks)
- In Behaviour therapy, describe operant conditioning and one therapeutic approach based on operant conditioning. (7 marks)

**2.4 Cognitive behavioural therapy (CBT) is widely used by Clinical Psychologists all over the world and is demonstrated to be effective for a wide range of problems. Whilst Schema focused therapy was developed as a treatment for personality disorders and emotional difficulties.**

- a) Describe the core features of Cognitive Behavioural Therapy. (5 marks)
- b) What are the two types of intervention strategies in Cognitive Behavioural Therapy? (6 marks)
- c) In schema focused therapy, what is an “Early Maladaptive Schema”? (4 marks)

**2.5 As a Clinical Psychologists it is vital to gain an understanding of the different therapeutic theories and techniques that are available for use with clients. It is important be trained in the evidence based therapeutic approaches and how they apply to different clients.**

- a) Give a brief explanation of Dialectical Behaviour Therapy. (5 marks)
- b) Give a brief explanation of Acceptance Based Therapy. (5 marks)
- c) Give a brief understanding of Integrative Behavioural Couples’ Therapy. (5 marks)

**2.6 Ethics are an important aspect in Psychology as it provides guidance and knowledge for Psychologists to be able to face any moral or ethical dilemma that may present itself in clinical practice or research.**

- a) Describe four ethical principles in clinical psychology practice. (8 marks)
- b) Describe three ways of adhering to ethical principles in clinical practice. (7 marks)

-----END OF QUESTION PAPER-----