

THE OPEN UNIVERSITY OF SRI LANKA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PSYCHOLOGY & COUNSELLING
2023/2024 – SEMESTER I —FINAL EXAMINATION



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

DATE: 05.04.2024

TIME: 9.30 AM – 12.30 Noon

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 Cognitive Behavioral Therapy (CBT) is a widely practiced and evidence-based approach in clinical psychology, emphasizing the interconnectedness between thoughts, emotions, and behaviors. Developed in the 1960s by Aaron Beck and further refined by Albert Ellis, CBT has become one of the most effective treatments for various psychological disorders.**
- a) Describe two (02) principles of CBT. *(5 marks)*
 - b) Describe two (02) techniques of CBT. *(5 marks)*
 - c) Discuss two (02) reasons for the efficacy of CBT. *(5 marks)*
- 2.2 Acceptance and Commitment Therapy (ACT) and Dialectical Behavior Therapy (DBT) are two prominent therapeutic approaches that have gained recognition for their effectiveness in treating various psychological disorders.**
- a) Describe the principles of ACT. *(8 marks)*
 - b) Discuss applications of DBT. *(7 marks)*

2.3 Ethics, professionalism, and codes of conduct form the cornerstone of clinical psychology practice, ensuring client welfare, confidentiality, and adherence to high standards of integrity and competence.

- a) What ethical principles guide clinical psychologists in maintaining confidentiality and privacy in their practice, and how can they balance these principles with the need for collaboration and information-sharing in multidisciplinary settings? *(6 marks)*
- b) How do clinical psychologists address conflicts of interest and maintain objectivity in their professional relationships with clients, particularly when faced with dual roles or competing obligations? *(6 marks)*
- c) What ethical considerations should clinical psychologists keep in mind when utilizing technology and digital platforms in their practice, and how do they safeguard client confidentiality and data security? *(3 marks)*

2.4 Research in clinical psychology encompasses a broad spectrum of studies focused on understanding and improving mental health, treatment outcomes, assessment techniques, and the effectiveness of therapeutic interventions, contributing to evidence-based practices and advancements in the field.

- a) What are some key considerations for designing ethical research studies in clinical psychology, and how do researchers ensure the protection of participants' rights and well-being? *(5 marks)*
- b) How do researchers in clinical psychology ensure the validity and reliability of their research findings, and what methods are employed to enhance the rigor and credibility of research studies, ultimately contributing to the advancement of evidence-based practices in the field? *(10 marks)*

2.5 Clinical supervision plays a pivotal role in the professional development and oversight of mental health professionals across various work settings, including community mental health centers, private practice, and university counseling centers. Clinical psychologists serving as supervisors provide guidance, mentorship, and feedback tailored to the unique challenges and demands of each setting, fostering the growth and competency of supervisees while upholding ethical and professional standards.

- a) What are the key responsibilities of a clinical psychologist in providing clinical supervision, and how do these responsibilities vary across different work settings? *(5 marks)*
- b) How does clinical supervision contribute to the professional development and competency of mental health professionals in various work settings, such as community mental health centers, private practice, and university counseling centers? *(5 marks)*
- c) What ethical considerations should clinical psychologists keep in mind when providing supervision to trainees and junior colleagues in different work settings, and how do these considerations influence the supervisory relationship and process? *(5 marks)*

2.6 Continuing Professional Development is integral to the practice of Clinical Psychology in Sri Lanka, ensuring practitioners stay updated with the latest research, techniques, and ethical standards to provide effective and culturally sensitive care.

- a) How does Continuing Professional Development contribute to the practice of clinical psychology in Sri Lanka, and what specific initiatives or programs are available to enhance practitioners' skills and knowledge in the field? *(6 marks)*
- b) Evaluate the challenges and opportunities for Continuing Professional Development in the practice of clinical psychology in Sri Lanka, considering factors such as access to resources, cultural considerations, and emerging trends in mental health care. *(9 marks)*

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

