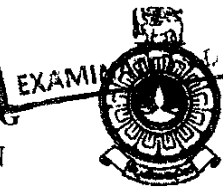


THE OPEN UNIVERSITY OF SRI LANKA  
FACULTY OF HEALTH SCIENCES  
DEPARTMENT OF PSYCHOLOGY & COUNSELLING  
2023/2024 – SEMESTER II —FINAL EXAMINATION



**BSC (HONS) IN PSYCHOLOGY**  
**PLU6304 – ADVANCED COUNSELLING PRACTICE – LEVEL 06**  
**FINAL EXAMINATION PAPER**  
**DURATION: 03 HOURS**

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DATE: 11.10.2024

TIME: 2.00 PM – 5.00 PM

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

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

- 2.1 Cultural competence is vital when providing counselling services as cultural and social norms influence client behaviour. In multicultural contexts such Sri Lanka, cultural competence of practitioners is a must.
- a) Discuss the role of cultural sensitivity in counselling. (5 marks)
  - b) Explain how a counsellor can navigate cultural conflicts between one's personal values and the client's needs. Provide an example relevant to the Sri Lankan context. (5 marks)
  - c) Evaluate the importance of integrating cultural values into therapeutic techniques, with an example relevant to the Sri Lankan context. (5 marks)
- 2.2 Doing a risk assessment of a client is critical for counsellors and counselling psychologists to identify warning signs of mental health issues.
- a) Describe the key principles of risk assessment. (5 marks)
  - b) Discuss how risk assessment tools can be adapted for the Sri Lankan context. (5 marks)
  - c) Evaluate the role of the counsellor in managing suicide risk in Sri Lanka. (5 marks)
- 2.3 Cognitive Behavioural Therapy (CBT) is a widely used therapeutic approach, but its application may vary based on cultural considerations.
- a) Briefly explain the key components of CBT. (3 marks)
  - b) Describe two ways by which CBT techniques can be culturally adapted for Sri Lankan clients. (3 marks)
  - c) Provide an example of how two CBT techniques could be used with a Sri Lankan client, in a culturally appropriate manner. (9 marks)

- 2.4 Family therapy plays a crucial role in addressing collective family issues. However, cultural dynamics can present challenges within this process.
- a) Explain the importance of building relationships in family therapy among client and therapist, and among family members. **(5 marks)**
  - b) Describe two common challenges of administering family therapy in Sri Lanka **(5 marks)**
  - c) Briefly describe two ways in which family therapy can incorporate the Sri Lankan cultural norms. **(5 marks)**
- 2.5 With technological advancements, counselling is increasingly moving online, presenting both opportunities and challenges for practitioners.
- a) Discuss the benefits of using technology in counselling. **(5 marks)**
  - b) Briefly propose solutions for ethical issues counsellors face when using technology. **(10 marks)**
- 2.6 Counsellors are often at risk of burnout due to the emotional nature of their work and require a continuous practice of self-care.
- a) Briefly describe the signs of burnout among counsellors, and strategies of self-care that counsellors can use to overcome burnout. **(10 marks)**
  - b) Briefly describe how organisations can support counsellors in maintaining their well-being. **(5 marks)**

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