

DATE: 23rd OCTOBER 2025

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 You are a counsellor working in a private practice in Sri Lanka. A long-term client reveals she is self-harming again but strongly requests confidentiality in all contexts. You have regular supervision sessions, but you feel unsure whether to bring up this issue with your supervisor without breaching the trust of the client.**
- a) Critically evaluate the ethical tensions present in this scenario. (5 marks)
 - b) Explain how clinical supervision can support your decision-making in this case. (5 marks)
 - c) Discuss how cultural norms around shame and secrecy in Sri Lanka may influence both the client's disclosure and your ethical response. (5 marks)
- 2.2 A client presents with overlapping concerns: academic burnout, recent grief due to a parent's death, and pressure to marry against his will. He describes feeling numb and directionless yet rejects medication and religious support.**
- a) Propose an integrative intervention plan combining two counselling approaches. (8 marks)
 - b) Justify your selection based on the client needs. (7 marks)
- 2.3 You work at a non-government organizations (NGO) counselling centre. Your funders request quantifiable outcomes for your grief support programme targeting families of disappeared persons from the war-affected North.**
- a) Evaluate the strengths and limitations of using standardised Western outcome tools in this setting. (8 marks)
 - b) Propose a mixed-method evaluation strategy suitable for this context to obtain the outcomes of the grief support programme. Justify the use of such an evaluation strategy. (7 marks).

- 2.4 A teenage client referred by his school for behavioural issues is often late to sessions, avoids eye contact, and gives short, defensive answers. He claims that he was forced to attend counselling.
- a) Analyse the potential sources of resistance in this case. Include both intrapersonal and systemic factors. (5 marks)
 - b) Briefly describe two culturally sensitive strategies that you could use to reduce resistance and foster rapport during therapy. (5 marks)
 - c) Critique how your own assumptions or expectations might influence the therapeutic alliance in this case. (5 marks)
- 2.5 You are counselling a Sinhala-Buddhist woman in her 50s, referred for depression. She mentions dissatisfaction with her son's marriage to a Muslim woman and resists exploring her emotional reactions in depth.
- a) Identify and analyse potential cultural biases that the client and you may hold and how these may influence the counselling process. (8 marks)
 - b) How would you use supervision and reflective practice to navigate your role ethically in this cross-cultural encounter? (7 marks)
- 2.6 A male client in his late 30s begins idealising you as "the only one who understands him,". He frequently contacts you outside of scheduled sessions and asks to meet socially after termination. You start to feel uncertain about how to respond.
- a) Identify and critically examine the therapeutic dynamics at play, including transference and boundary concerns. (5 marks)
 - b) Suggest evidence-informed strategies to manage these dynamics without rupturing the therapeutic alliance. (5 marks)
 - c) Briefly discuss how cultural values about hierarchy and emotional intimacy in Sri Lanka may complicate boundary-setting in this scenario. (5 marks)

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