23 OCT 2024

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

BSC (HONS) IN PSYCHOLOGY
PLU3309 – INTRODUCTION TO COUNSELLING PSYCHOLOGY – LEVEL 03
FINAL EXAMINATION PAPER
DURATION: 03 HOURS

DATE: 23.10.2024 TIME: 9.30 AM – 12.30 PM

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 Counselling psychology has evolved globally as a profession focused on helping individuals navigate personal and emotional challenges. In Sri Lanka, the development of counselling psychology has been shaped by cultural, historical, and social contexts, which influence its practice today.

a. Describe the historical origins of counselling psychology and its early development as a profession globally. **(5 marks)**
b. Explain how counselling psychology was introduced in Sri Lanka and discuss its adaptation to the local cultural and social context. **(6 marks)**
c. Discuss the implications of global and Sri Lankan historical trends for the current practice of counselling psychology as it exists in Sri Lanka today. **(4 marks)**

2.2 Carl Rogers' client-centred therapy is built on the idea that individuals have the capacity to heal, provided they are in a therapeutic relationship characterised by empathy, congruence, and unconditional positive regard. In Sri Lanka, traditional collectivist values and family dynamics may influence the applicability of Rogerian principles.

a. Describe the core principles of empathy and unconditional positive regard in Rogerian client-centred therapy and explain why it is important to maintain all these principles within the therapeutic process. **(5 marks)**
b. Evaluate the strengths and limitations of applying the Rogerian therapeutic process in the Sri Lankan cultural context, considering factors such as family involvement and collectivism. **(6 marks)**
c. Propose culturally sensitive adaptations that a counsellor in Sri Lanka might make in one's practice of Rogerian therapy to align it with local norms. **(4 marks)**

2.3 Ethical principles in counselling ensure the protection of client rights and the professional integrity of the counsellor. These principles are shaped not only by global standards but also by local legal, cultural, and social frameworks in a specific context.

a. Outline the fundamental ethical principles that guide counselling practice worldwide. **(5 marks)**
b. Discuss three specific ethical challenges that counsellors may face in Sri Lanka. **(6 marks)**
c. Suggest strategies for resolving these ethical challenges in a manner that respects Sri Lankan cultural and social norms. **(4 marks)**

2.4 Active listening, empathy and appropriate use of non-verbal communication are three fundamental counselling skills, whilst self-awareness develops the groundwork for an effective counselling practice.

a. Describe these three counselling skills and explain why these are important to establish a therapeutic relationship. **(6 marks)**
b. Discuss the role of self-awareness in the development and application of these counselling skills. Elaborate this using an example relevant to the Sri Lankan cultural context. particularly within the Sri Lankan cultural context. **(5 marks)**
c. Describe how these skills can be applied effectively in cross-cultural counselling settings in Sri Lanka? **(4 marks)**

2.5 Supervision and ongoing professional development significantly contribute towards an effective counselling practice.

a. Explain why supervision is important for both novice and experienced counsellors. **(6 marks)**
b. Identify and discuss some of the challenges faced in ensuring adequate supervision for counsellors in Sri Lanka. **(5 marks)**
c. Propose potential solutions to overcome challenges for supervision in the Sri Lankan context. **(4 marks)**

2.6 Sri Lanka's rich cultural diversity presents unique challenges for counsellors working with clients from various ethnic, religious, and social backgrounds. Cross-cultural counselling requires counsellors to adapt their approaches to suit the cultural values, beliefs, and practices of their clients.

a. What are the primary challenges of providing counselling in Sri Lanka, especially when working with clients from diverse ethnic or religious backgrounds? **(6 marks)**
b. How can counsellors in Sri Lanka develop cultural competence and adapt their counselling practice to better serve their clients? **(5 marks)**
c. Provide an example of how cultural sensitivity can be applied demonstrated? in a counselling session in Sri Lanka. **(4 marks)**