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

BSC (HONS) IN PSYCHOLOGY
PLU 3309- INTRODUCTION TO COUNSELLING PSYCHOLOGY- LEVEL 03
FINAL EXAMINATION PAPER
DURATION: 03 HOURS

DATE: 14.09.2023 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 **In Carl Rogers' person-centered approach to counselling, he stressed the importance of three therapist attributes (also known as core conditions of counselling) that create a growth promoting environment.**

Identify and describe these three therapist attributes with relevant examples.(15 marks)

2.2 **By using basic counselling skills, we are able to practice the core conditions of counseling. We learned that these skills can be divided into two subsections that is Verbal and Nonverbal communication skills.**

a) Identify and describe three "Verbal" communications skills (9 marks)

b) Identify and describe two "Nonverbal" communication skills (6 marks)

2.3 **Ethical codes and standards provide a guideline to ensure that the counsellor operates for the good of the client and not for oneself**

a) Describe three common ethical guidelines in counselling (9 marks)

b) Describe the concepts of "Transference" and "Countertransference" (6 marks)

2.4 **Several foundational principles are described as the underpinnings of best ethical practice and are viewed as central to the process of ethical decision making.**
Describe five principles of ethical reasoning. *(15 marks)*

2.5 Part of becoming an effective counsellor lies in being able to learn how to recognize diversity issues among people.

a) As a counsellor, why is it important to be cross culturally competent? *(8 marks)*

b) Describe two characteristics of a fully functioning person". *(4 marks)*

c) Describe the concept of "self-awareness". *(3 marks)*

2.6 The therapeutic setting has shown to have an influence on the emotional states of patients.

a) Describe the ideal counselling setting. *(8 marks)*

b) Describe the concept of "Conditions of worth" and give an example each for conditional and unconditional positive regard. *(7 marks)*

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