

UNIVERSITY OF COLOMBO, SRI LANKA

FACULTY OF ARTS

THIRD YEAR EXAMINATION IN ARTS SEMESTER I – 2016/2017

SOC 3159 – Basic Methods in Counselling

Two (02) Hours

**Part I is compulsory. Answer two (02) questions only from Part II.
All questions carry equal marks.**

Part I

1. Ananda has been married for Amila for 20 years. But he has a girlfriend who is much younger than Amila for the past 05 years. He has been kind to Amila and supports her and their teenage children. Amila finds out one day about Ananda's unfaithfulness. She gets very upset and decides to speak to a counsellor.
 1. What are the key issues in the case?
 2. If you were a counsellor, which counselling theory studied in class would you apply for this client? Explain the reasons for your choice.
 3. What further information needs to be explored?
 4. What skills does the client need to develop in order to work through the current problem?
 5. What activities and techniques would be useful to support the development of these skills?

P.T.O.

Part II

2. Explain with examples three instances when a counsellor can cause harm to a client.
3. Can a counsellor help a client who is from a different socio-economic, educational, ethnic and religious background from him/her? Discuss with examples.
4. "Empathy is not something unilaterally offered by the helper; rather it is something that is mutually produced through dialogue". Critically discuss this statement with examples.

5. Explain why it is important that the counsellor does not see the client as a victim.

6. What are the differences between listening and active listening? Discuss with examples.

1.

2.

3.

4.

5.

6.