

UNIVERSITY OF COLOMBO, SRI LANKA
FACULTY OF GRADUATE STUDIES
Postgraduate Diploma in Counselling & Psychosocial Support – 2023/2024
Semester – 1 Examination – December, 2023

PgDCP 5201 – Theories and Approaches in Counseling
Two (02) Hours
Answer only four (04) Questions

1. According to Sigmund Freud 'the unconscious mind of a person always leads to psycho-social problems in the life' Critically discuss this statement by using suitable examples. (15 marks)
2. Briefly explain what cognitive behavior therapy is and discuss the major steps of Rational Emotive Behaviour Therapy (REBT) introduced by Albert Ellis by using a specific case. (15 marks)
3. Carl Rogers emphasizes the importance of self and self-actualization in understanding the healthy person and their personality. Examine the person centered theory of Carl Rogers on the basis of concept of unconditional positive regard. (15 marks)
4. Explain the Ivan Pavlov's' classical conditioning and B.F. Skinners' operant conditioning theory. (15 marks)
5. "Humanistic and existential psychotherapies use a wide range of approaches to case conceptualization, therapeutic goals, intervention strategies, and research methodologies". Describe view of human nature, key concept, goals, and role of counsellor in application of existential theory. (15 marks)
6. Write short note on any four (04) of the following counseling theories or Therapies.
 - (a) Gestalt Theory
 - (b) Arts Therapy
 - (c) School counseling
 - (d) Career Counseling
 - (e) Dialectical Behavior Therapy
 - (f) Solution Focused Therapy(15 marks)