

**UNIVERSITY OF COLOMBO, SRI LANKA**

**FACULTY OF ARTS**

**THIRD YEAR EXAMINATION IN ARTS SEMESTER I – 2017/2018**

**SOC 3159 – Basic Methods in Counselling**

**Two (02) Hours**

**Answer THREE (03) questions only**

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1. What is meant by counselling? Briefly discuss the nature and scope of counselling.
2. What is the importance of communication skills in the counselling process?  
Discuss.
3. Briefly compare psychoanalysis and behavioural therapy using suitable examples.
4. Discuss the methods used in family systems therapy.
5. 'Empathy is not unilaterally offered by the helper, rather it is mutually produced through dialogue.' Critically discuss this statement with examples.
6. Discuss the principle of justice as an ethical principle in counselling.

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