



INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO
DEGREE OF BACHELOR OF UNANI MEDICINE AND SURGERY
LEVEL IV – FIRST SEMESTER EXAMINATION APRIL - MAY 2021
MJ4104 PSYCHOLOGY AND COUNSELLING

Date: 27.04.2021

Time: 03.15 PM – 04.45 PM

Answer all questions.

Index No

Part I - Structured Questions

1.

1.1 Explain goals and objectives of counseling? (04 Marks)

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1.2 What is person centered counseling? (04 Marks)

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1.3 What are ethics? Write 5 ethical principles (06 Marks)

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1.4 What is mindfulness based cognitive behavior therapy? (03 Marks)

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1.5 Explain I AM OK – YOU ARE OK 3 (03 Marks)

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2.

2.1 Explain classical conditioning with a suitable example (04 Marks)

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2.2 What are the three factors of cognitive model?

(03 Marks)

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2.3 What are the reasons of Stress?

(04 Marks)

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2.4 Briefly describe two of them

(06 Marks)

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2.5 Define the self-concept

(03 Marks)

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Part II – Essay Questions

1. Outline the different characteristics and causes of Obsessive-Compulsive Disorder (20 Marks)
2. Carl Rogers identified three attributes of a counselor that are necessary to promote growth in a client. Using relevant examples, discuss how these attributes promote client growth

(20 Marks)

27.04.2021
