



**Institute of Human Resource Advancement**

**University of Colombo, Sri Lanka**

**Diploma in Counseling Psychology  
1<sup>st</sup> Semester Examination**

(Held in June, 2019)

**DCP 03 – Special Areas of Counseling**

**Instructions to the Candidates**

- (1) Answer any five (05) questions.
- (2) Time allocated for the examination is three (03) hours.
- (3) This paper consists of six (06) questions and one (01) page.
- (4) Write your index Number on all pages of answer scripts.
- (5) If a page or a part of this question paper is not printed properly, please inform the Supervisor immediately.

1.
  - 1.1. What is counseling. (05 Marks)
  - 1.2. Describe three (03) goals of counseling with examples. (09 Marks)
2.
  - 2.1. Explain downward spiral of addiction with examples. (06 Marks)
  - 2.2. Name six (06) symptoms of withdrawal (03 Marks)
  - 2.3. Nimal is a 27-year-old who wants to give up his habit of smoking a packet of cigarettes a day. Identify his current stage in cycle of change of prochaska and DiClement Describe the challenges of that stage. (05 Marks)
3.
  - 3.1. Explain four (04) functions of a family. (04 Marks)
  - 3.2. What are some of the impact of domestic violence on children? (05 Marks)
  - 3.3. Explain the role of a family counselor (05 Marks)
4.
  - 4.1. What are objectives of school counseling? (04 Marks)
  - 4.2. Identify different ways of which children can be abused. (02 Marks)
  - 4.3. Explain emotional abuse of children with examples. (08 Marks)
5.
  - 5.1. What are different stages of grief? (05 Marks)
  - 5.2. What is ambiguous loss. (05 Marks)
  - 5.3. What are two types of ambiguous loss? Describe with examples. (04 Marks)
6.
  - 6.1. What is career counseling? (04 Marks)
  - 6.2. Give five (05) reasons for employee counseling. (04 Marks)
  - 6.3. Briefly describe how an intervention can be planned for managing stress. (06 Marks)

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