



UNIVERSITY OF PERADENIYA
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CENTRE FOR DISTANCE AND CONTINUING EDUCATION
දුරස්ථ හා අඛණ්ඩ අධ්‍යාපන කේන්ද්‍රය



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2018 දෙසැම්බර්

FIRST YEAR (100 LEVEL) EXAMINATION IN BACHELOR OF ARTS
(EXTERNAL - NEW SYLLABUS) DECEMBER 2018

SUPE 006: BUDDHIST COUNSELLING PSYCHOLOGY

Answer **FIVE** questions only,

(The total number of questions in this paper is 10)

(Three Hours)

1. Examine the manner by which the necessary guidance for resolving social problems could be achieved by the study of counselling psychology.
2. Introduce the nature of youth problems and explain the importance of using the Buddhist Counselling methods to resolve these problems.
3. "Cordial husband-wife relationship focuses the foundation of a successful family life." Substantiate this view by resorting to Buddhist Counselling Psychology.
4. What steps should be followed in gainfully using the Buddhist counselling Psychology in resolving current social issues?
5. What qualities should a counsellor possess according to Counselling Psychology?

PTO ...

6. Analyse an individual based problem and show how Buddhist Counselling could be used in such a situation.

7. What is stress? Explain the Buddhist Counselling methods that could be used to manage the issues of frustration.

8. Examine the Psychological therapies that could be performed by using meditation practises.

9. Show how Buddhist Environmental Psychological Counselling could be used in Environmental protection.

10. Explain on the basis of Psychological Counselling **two** of the following topics:
 - (a) Motivation
 - (b) Empathy
 - (c) Anxiety
 - (d) Issues of late adolescence
 - (e) Social awareness of mental disorders

