

**ASSIGNMENT TOPICS**  
**P.G. DIPLOMA IN FAMILY AND HEALTH COUNSELLING**

**PDFHD 1.01 COUNSELLING, PRINCIPLES AND PRACTICE**

*Answer any THREE questions*  
*All questions carry equal marks*

3 x 10 = 30

1. Define Counselling and explain similarities and differences in counselling and Guidance.
2. Discuss the meaning and concept of Guidance and write the uses of Counselling and guidance therapy.
3. Explain Egan's three stages model of counselling.
4. Write a note on the principles underlying in counselling process.
5. Bring out the concept, principle and techniques in Problem solving approach of Counselling
6. Explain the origin and development of Family counselling.
7. Elucidate the importance and process of group counselling.
8. Discuss the qualities and characteristics of a successful counsellor.

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**PDFHD 1.02 COUNSELLING AS A PROFESSION**

*Answer any THREE questions*  
*All questions carry equal marks*

3 x 10 = 30

1. Discuss the importance of counselling as a profession.
2. Explain the various components of counselling applied in empowering individuals.
3. Describe the principles of communication for effective counselling.
4. Narrate the importance of communication skills for professional counsellors.
5. Explain various tools for assessments in counselling.
6. Discuss the benefit of using -Eco Mapø or -Genorgamø during identification of clientø problems.
7. Illustrate the effective ways of facilitating social support system in problems solving.
8. øCounselling is an effective treatment in handling emotional problemsö. Write your opinion.

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**PDFHD 1.03 FAMILY CENTERED COUNSELLING**

*Answer any THREE questions*  
*All questions carry equal marks*

3 x 10 = 30

1. Write a note on the conceptual frame work for understanding family.
2. Explain the changing functions of family and its impact on family roles and Responsibilities.
3. Discuss the significance of dynamics and family like this decision making, adaptability and stability.
4. Elaborate the importance of family enrichment at various levels.
5. Discuss the need of Counselling in handling difficult situation in the family.
6. Explain the role of counselling in Families with chronically, physically and Mentally ill.
7. Elaborate the nature and process of family counselling.
8. Write a note on use of various approaches in counselling.

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**PDFHD 1.04 HEALTH COUNSELLING**

*Answer any THREE questions*  
*All questions carry equal marks*

3 x 10 = 30

1. Explain the concept of Health and factors influencing Health.
2. Health is an Individual Responsibility ó Discuss.
3. Examine the psycho-social needs of persons suffering from STDs and issues for counselling.
4. Discuss the issues for counselling the persons affected by Stroke and Epilepsy.
5. Define Mental Health and explain the Normality - Abnormality continuum in human beings.
6. Explain the psycho-social needs of Children with Mental Disability and issues for Individual and Family Counselling.
7. Analyse the role of family and illness cycle in Health Counseling.
8. Describe the skills and techniques required for a Social Worker in Health Counselling.

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