

**ASSIGNMENT QUESTION PAPER FOR
P.G. DIPLOMA IN FAMILY AND HEALTH COUNSELLING
PDFHD1.01 – COUNSELLING, PRINCIPLES AND PRACTICE**

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

3 x 10 = 30

1. Define case work and explain the similarities and difference between casework and counseling.
2. What is guidance therapy? Explain its uses.
3. Explain Egan's three stage model of counseling with related skills and techniques in each stage.
4. Examine the importance of pinch crunch model of marital counseling.
5. Discuss the various skills and techniques of counseling.
6. Examine the use and relevance of eclectic approach to counseling.
7. Trace the historical development of family counseling.
8. Explain the importance of pre-marital counseling.
9. Explain the essential qualities of a successful counselor.
10. Write about transference and counter transference. How does a counselor handle resistance.

**ASSIGNMENT QUESTION PAPER FOR
P.G. DIPLOMA IN FAMILY AND HEALTH COUNSELLING
PDFHD1.02 – COUNSELLING AS A PROFESSION**

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

3 x 10 = 30

1. Explain the characteristics of a profession.
2. Examine the integration of theory to practice.
3. Counselling is an empowering profession – Justify.
4. Discuss the various phases of counseling practice.
5. What is communication? Explain its principles.
6. Explain the importance of interviewing in counseling.
7. Discuss the need and importance of assessment in counseling.
8. What are the uses of Eco map in counseling.
9. Examine the uses of social support system in counseling.
10. Write about the importance of client focused intervention.

**ASSIGNMENT QUESTION PAPER FOR
P.G. DIPLOMA IN FAMILY AND HEALTH COUNSELLING
PDFHD1.03 – FAMILY CENTERED COUNSELLING**

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

3 x 10 = 30

1. Define Family? Write the characteristics of Nuclear and Joint Families? Explain the importance of family in social system.
2. Explain briefly the different theories of family?
3. Write about the functions of modern family across the life cycle?
4. Define Family Dynamics? Write about stress from family Dynamics? Write the role of counselor in reducing stress in family.
5. Define family enrichment? Write about the factors influencing family enrichment at individual and family level?
6. Write about enrichment programmes for emotional, social and vocational development of an individual?
7. What do you mean by marital conflict? Write about causes for marital conflict? Explain about counsellor's role in resolving marital conflicts?
8. Write about counseling techniques used for families suffered with cyclones?
9. Define family counseling? Write the process of family counseling?
10. Define Counselling? Write about various approaches in Counselling?

**ASSIGNMENT QUESTION PAPER FOR
P.G. DIPLOMA IN FAMILY AND HEALTH COUNSELLING
PDFHD1.04 – HEALTH COUNSELLING**

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

3 x 10 = 30

1. Write the concept of Health? Discuss about factors influencing health?
2. Define Health? Write about various dimensions of health?
3. Write about clinical conditions and management of cancer and AIDS?
4. Write about Psycho social needs of Diabetic and Hypertension patients? Write about the counseling techniques used for Diabetic and Hyperactive patient?
5. Write about Mental Health concept? Write about normality and abnormality continuum?
6. Define Mental Health? Write about the characteristics of mentally healthy person?
7. Define Anxiety? Write about clinical picture of anxiety? Discuss about the counseling techniques used to reduce anxiety?
8. Write the characteristics of child with mental retardation? Explain about psycho social needs of family counseling?
9. Define Health Counselling? Write about different forms of health counseling?
10. Write about various forms of Health Counselling techniques in detail?
