



TAMILNADU COUNCIL FOR OPEN AND DISTANCE LEARNING

Approved by International Council for Open & Distance Education (ICDE), Oslo, Norway

Internationally Accredited Institution Registered under Tamilnadu Govt Act

POST GRADUATE DIPLOMA IN COUNSELLING PSYCHOLOGY

ASSIGNMENT QUESTIONS

FOUNDATIONS OF COUNSELLING PSYCHOLOGY

Answer ALL questions.

1. Define counselling psychology and explain its primary goals within contemporary mental health practice.
2. Trace the historical development of counselling as a profession and discuss key milestones that shaped its evolution.
3. Differentiate between counselling, guidance, psychotherapy and clinical psychology, explaining the scope and focus of each discipline.
4. Discuss the essential characteristics of an effective counsellor and explain how these qualities enhance the counselling relationship.
5. Examine the ethical principles and professional standards that guide responsible counselling practice in today's context.
6. Describe Freud's psychoanalytic approach and evaluate its contributions and limitations in modern counselling.
7. Explain the major principles of behavioural and cognitive-behavioural approaches and assess their effectiveness in promoting client change.
8. Compare the humanistic, existential and Gestalt perspectives in counselling and discuss their shared emphasis on personal growth.
9. Analyse the major theoretical frameworks of counselling and discuss their implications for counselling practice in diverse settings.
10. Examine the stages of the counselling process from initial disclosure to termination, illustrating how progress is achieved at each stage.
11. Distinguish between directive, non-directive and eclectic approaches to counselling, giving suitable examples of when each may be applied.
12. Discuss the applications of counselling psychology in educational, organisational and community contexts, highlighting current challenges and future trends in the profession.



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PSYCHOLOGICAL ASSESSMENT AND TESTING

Answer ALL questions.

1. Define psychological assessment and explain its significance in understanding human behaviour.
2. Discuss the historical evolution of psychological testing and how it has influenced modern assessment practices.
3. Differentiate between testing, assessment, measurement and evaluation, providing suitable examples for each term.
4. Explain the basic principles of psychological testing and their importance in ensuring test accuracy and fairness.
5. Describe the key steps involved in test construction, including item writing, scaling and validation.
6. Explain the concepts of reliability and validity, and discuss how they are established during test standardisation.
7. Compare norm-referenced and criterion-referenced tests and describe the procedures used to establish norms such as grade norms and percentile ranks.
8. Evaluate major theories of intelligence and their implications for designing and interpreting intelligence tests.
9. Discuss the features, use and limitations of commonly used intelligence and aptitude tests such as the Stanford-Binet and Wechsler scales.
10. Describe various personality assessment methods, including self-report inventories and projective techniques, highlighting their strengths and limitations.
11. Examine the ethical and professional issues encountered in psychological testing, including informed consent, confidentiality and test security.
12. Discuss current trends and challenges in psychological assessment, with reference to cultural fairness, technology and the responsibilities of test users.



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THEORIES AND TECHNIQUES OF COUNSELLING

Answer ALL questions.

1. Explain the nature and purpose of counselling theories and discuss their role in guiding counselling practice.
2. Describe the essential functions of a counselling theory and outline the criteria used to evaluate an effective theory.
3. Trace the historical development of major counselling theories and explain the importance of integrative and eclectic approaches in modern practice.
4. Discuss the major concepts of Freud's psychoanalytic theory including the structure of personality, psychosexual stages, and defence mechanisms.
5. Explain key psychodynamic techniques such as free association, dream analysis, and transference interpretation, highlighting their therapeutic value.
6. Compare the contributions of Adler, Jung, and Erikson to psychodynamic counselling and their influence on contemporary approaches.
7. Describe the basic principles of person-centred therapy and analyse the importance of unconditional positive regard, empathy, and congruence.
8. Evaluate Gestalt and existential approaches to counselling, emphasising their focus on awareness, choice, and responsibility.
9. Discuss the behavioural approaches to counselling and explain how principles of conditioning are applied through various techniques.
10. Explain the main ideas of Beck's cognitive therapy and Ellis's Rational Emotive Behaviour Therapy (REBT) and discuss their integration in cognitive-behavioural practice.
11. Analyse the core ideas behind solution-focused and narrative therapies and describe how they represent postmodern perspectives in counselling.
12. Discuss the relevance of multicultural, feminist, and spiritually informed counselling approaches in promoting culturally responsive and socially just practice.



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COUNSELLING ACROSS THE LIFESPAN

Answer ALL questions.

1. Explain the major principles and stages of human development across the lifespan and their relevance to counselling practice.
2. Discuss the physical, cognitive, emotional and social changes from infancy to late adulthood, highlighting their impact on counselling interventions.
3. Analyse the developmental theories of Erikson, Piaget and Levinson, and describe how they guide the planning of age-appropriate counselling.
4. Examine the importance of developmental understanding, ethics and cultural sensitivity in counselling clients at different life stages.
5. Describe common psychological and behavioural problems observed during childhood and early adolescence and suggest suitable counselling techniques.
6. Explain the use and effectiveness of play therapy, storytelling, art-based approaches, and behaviour modification in child counselling.
7. Discuss developmental and psychosocial challenges faced by late adolescents and young adults, including identity crises and career-related stress.
8. Evaluate the application of counselling techniques such as motivational interviewing and cognitive-behavioural strategies in assisting young adults with adjustment concerns.
9. Analyse common life transitions and emotional struggles experienced by middle-aged adults and discuss suitable counselling methods to promote coping and resilience.
10. Examine counselling approaches used for addressing marital conflicts, stress, burnout, and grief in midlife.
11. Discuss psychosocial issues faced by older adults, including loneliness, bereavement, and declining physical health, and explain ways to enhance wellbeing in this group.
12. Evaluate counselling strategies for the ageing population, focusing on active ageing, family involvement, and support for caregivers.



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MENTAL HEALTH AND PSYCHOPATHOLOGY

Answer ALL questions

1. Define mental health and mental illness and explain the key criteria used to distinguish between the two.
2. Trace the historical development of abnormal psychology and discuss how it has shaped modern approaches to mental health.
3. Compare the biological, psychological and socio-cultural models of psychopathology, highlighting their implications for diagnosis and treatment.
4. Describe the DSM and ICD classification systems and evaluate their importance in clinical diagnosis.
5. Discuss anxiety disorders, including their clinical features, causes, and evidence-based treatment methods.
6. Explain the symptoms, causes and management options for major depressive disorder and bipolar disorder.
7. Analyse the nature and treatment of stress-related disorders such as acute stress disorder and post-traumatic stress disorder.
8. Describe key symptoms of schizophrenia spectrum disorders and discuss therapeutic approaches for their management.
9. Examine major personality disorders such as borderline and antisocial types, and outline effective intervention strategies.
10. Discuss dissociative disorders, their underlying causes, and methods for comprehensive treatment and rehabilitation.
11. Explain the characteristics, risk factors, and early interventions for neurodevelopmental and behavioural disorders in children and adolescents.
12. Evaluate strategies for mental health promotion and prevention at individual, family, and community levels, including considerations of ethics, culture, and national policy.