

Post Graduate Diploma in Social Work Counselling (PGDCOUN)

Assignment: 2025-2026

Course Titles

MSW-001	: Origin and Development of Social Work
MSW-012	: Introduction to Life Characteristics and Challenges
MSW-013	: Introduction to Psychological Basis of Counselling
MSW-014	: Relevance of Social Case Work in Counselling
MSW-015	: Basics of Counselling
MSW-016	: Fields of Counselling

Last Date of Submission of Assignments to the Study Centre

July, 2025 Session – March 31, 2026

January, 2026 Session – September 30, 2026



**School of Social Work
Indira Gandhi National Open University
Maidan Garhi, New Delhi – 110 068**

Dear Learner,

Welcome to the PGDCOUN programme of IGNOU. You have purposefully chosen to become a post graduate in Social Work Counselling to contribute towards improving the social conditions of people. To successfully complete your PGDCOUN program, kindly follow the following tips:

- Read the programme guide before you begin your studies. It will clarify most of your doubts regarding how to go about doing the PGDCOUN Program from IGNOU.
- Submit your assignments to the Study Centre on time.
- Be in touch with your Study Centre and Regional Centre
- Meet your Field Work Supervisor (FWS) at the Study Centre for Fieldwork Supervision
- Fill up the examination form on time.

Assignments are open book examination and we at IGNOU assign 30 per cent weightage to the assignment while calculating the overall grade for each course. **Assignments are to be handwritten and duly signed before its submission in the Study Centre.** In order to prepare a good set of assignment responses, you must first of all read the units) from which a particular question has been framed. Discuss with your peer-group and academic counselors who teach you. Prepare a draft, do the necessary correction on it and then, prepare the final version for submission to the Study Centre.

Make sure that each answer starts on a new page. For long and medium answers, ensure that there is an introduction, sub-titles, body and a conclusion. One line should be left between each paragraph. Make sure your answers are specific and in your own words and do not copy from books. Your answers will be exclusively based on the IGNOU materials only. Preparation of assignments is preparation for your term-end examination. Therefore take the assignments seriously.

(Dr.N.Ramya)
Programme Coordinator

Basics of Counselling

ASSIGNMENT

Course Code: MSW-015

Total marks: 100

Note: (i) Answer all the **five** questions.

(ii) **All** questions carry **equal** marks.

(iii) Answers to question no. **1** and **2** should not exceed **600** words each.

1. Define counselling and explain its characteristics with suitable examples. 20
Or
Illustrate the qualities and skills of a counsellor with suitable examples. 20
2. Discuss different current trends in counselling.. 20
Or
Enlist the essentials of counselling? 20
3. Answer any two of the following questions in about 300 words each:
 - a) Explain one of the dimensional models of counselling 10
 - b) What are the four sources that can influence ethical and legal aspects of counselling? 10
 - c) Enlist the techniques of supportive therapy. 10
 - d) Describe the role of a family therapist with suitable examples. 10
4. Attempt any four of the following in about 150 words each:
 - a) Write a short note on relapse prevention. 5
 - b) Discuss law and counselling. 5
 - c) Describe cognitive behavior therapy. 5
 - d) Enlist components and techniques of supportive psychotherapy. 5
 - e) What are the qualities described by Patterson for a good counselor? 5
 - f) Enlist the models of counselling. 5
5. Write short notes on any five of the following in about 100 words each:
 - a) Confidentiality 4
 - b) The Family Assessment 4
 - c) Existential counselling 4
 - d) Individualization 4
 - e) Steps in Marital Therapy or Family Counselling 4
 - f) Counselling Process 4
 - g) Challenges in Supportive Therapy 4
 - h) Components in Counselling 4