

# **Assignment**

## **Postgraduate Diploma in Rehabilitation Psychology**

### **Paper I – Disability and Rehabilitation**

- **Models of Disability and Their Impact on Rehabilitation**

Task: Make detailed notes on medical, social, and biopsychosocial models of disability. Explain their relevance in counseling practice.

- **Disability Across the Life Cycle**

Task: Prepare a chart comparing the needs and challenges of persons with disability in different life stages (childhood to old age).

### **Paper II – Psychosocial Issues in Disability**

- **Coping Strategies in Disability**

Task: Write a short report on adaptive and maladaptive coping strategies used by individuals after acquiring a disability.

- **Family Issues and Intervention Approaches**

Task: Make notes on how disability affects families, models of family adaptation, and counseling strategies.

### **Paper III – Rehabilitation Assessment and Counseling**

- **Assessment Tools Used in Rehabilitation Settings**

Task: List common tools used for assessing cognitive, emotional, and behavioral functioning. Describe their purpose in client planning.

- **Counseling Approaches in Rehabilitation**

Task: Explain any two counseling approaches (e.g., person-centered, CBT) and their applicability to clients with disability.

## **Paper IV- Community Based Rehabilitation (CBR)**

- **Key Principles of CBR**

Task: Write notes on equality, integration, social justice, and dignity as core values in CBR implementation.

- **Role of a CBR Professional in Field Work**

Task: Describe the activities and responsibilities of a rehabilitation counselor posted in a rural or community-based setup.

### **Practical Assignments & Group B (To be completed during training)**

#### **5 Counseling Reports**

**Prepare five detailed rehabilitation counseling records, including:**

- Case history and assessment
- Case formulation
- Counseling goals
- Techniques used (e.g., supportive, behavioral, cognitive)
- Session process and outcomes
- Two cases must be child-related, including one with multiple disabilities.

#### **Case Discussion Report**

- Choose any one case handled during clinical practice.
- Submit a structured write-up explaining assessment findings, intervention planning, and ethical concerns addressed.

**Submission Format: Word/PDF**