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MPCE-013

Psychotherapeutic
Methods

MAPC FOCUS

MUST READ for Dec 2018 Exam

Please note that these are

MUST READ TOPICS

and

NOT THE ONLY READ Topics

Also, the Guesses are

not expected to be exact

I used my logic of analysis

and you can

follow it at your discretion

**Just one request....kindly don't ask for
any clarification regarding this document**

Please use it as per your understanding

Thank you!!

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PSYCHOTHERAPEUTIC METHODS

MPCE - 013

Year	Block 1	Block 2	Block 3	Block 4
June 15	10,6,3	10,6,6,6,3	10,6	10,3
	24%	39%	20%	17%
Dec 15	10,6,6,3	10,6,6,3	10	10,6,3
	32%	32%	12%	24%
June 16	10,6,3	10,6,6,3	10,6,3	10,6
	24%	32%	24%	20%
Dec 16	10,6,6	10,6,3	10	10,6,6,3,3
	28%	24%	13%	35%
Dec 16(s)	10,6,3,3	10,10,6,3	6,6	10,6
	28%	37%	15%	20%
June 17	10,6,6,3	10,6,3	10,3	10,6,6
	32%	24%	16%	28%
Dec 17	10,6,6	10,6,3,3	10	6,6,3
	28%	40%	12%	19%
June 18	10,6,6,3,3	10,10,6,3	10,6	6
	35%	37%	20%	8%

1 st Priority	
Block	Unit
1	1,2
2	1,2,4
3	**
4	**
54% of Questions	
43 Marks	

2 nd Priority	
Block	Unit
1	3
2	3
3	2
4	1
26% of Questions	
20 Marks	

3 rd Priority	
Block	Unit
1	4
2	**
3	1,3,4
4	2,3,4
20% of Questions	
16 Marks	

It has been observed that **Block 1 and 2 are the most important** as almost 70% questions in the exam comes from these only, so you should not miss these Blocks at any cost

You can skip Block 3 & 4 totally

MUST READ for Dec 2018 Exam

Block-1 Psychological Treatment of Mental Disorders Major Modalities	
Unit 1 – Psychoanalysis, Psychoanalytic/Psychodynamic Therapy	
<ul style="list-style-type: none">• Object Relations Theory• Structural and Topographical Models of Personality• Stages of Psychosexual Development• Psychoanalytic/ Psychodynamic Therapy<ul style="list-style-type: none">○ Basic Tenets and Concepts of Psychoanalytic Therapy○ Components of Psychoanalytic and Psychodynamic Psychotherapy○ Distinctive Features of Psychodynamic Technique	
Unit 2 -Insight Psychotherapy, Interpersonal Psychotherapy	
<ul style="list-style-type: none">• Analytical Psychology• Existential Therapy• Gestalt Therapy	
Unit 3 - Short Term Psychotherapies	
<ul style="list-style-type: none">• David Malan and the Triangle of Insight• Cognitive Behaviour Therapy and Cognitive Therapy• Motivational Interviewing	
Unit 4 - Methods of Child Psychotherapy	
<ul style="list-style-type: none">• Psychoanalytic Approaches	

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Block-2 Cognitive and Behaviour Therapies	
Unit 1 - Behaviour Modification Techniques	
<ul style="list-style-type: none">• Behaviour Modification• Operant Conditioning<ul style="list-style-type: none">○ Reinforcement and Punishment○ Operant Conditioning Procedures• Contingency Contracting• Decreasing Undesirable Behaviours• Areas of Application	
Unit 2 - Cognitive Behaviour Therapies	
<ul style="list-style-type: none">• History of Cognitive Behaviour Therapy• ABC Model• Dysfunctional Thinking• The Treatment Principles of CBT• Cognitive Behavioural Techniques	
Unit 3 - Solution Focused Therapy	
<ul style="list-style-type: none">• Solution focused• Ingredients of Solution Focused Therapy• Treatment Principles• Interventions	
Unit 4 - Integrative and Multimodal Therapies	
<ul style="list-style-type: none">• Definition of Integrative Psychotherapy• Variables Responsible for Growth of Psychotherapy Integration• Different Ways to Psychotherapy Integration• Multimodal Therapy• Goals of Multimodal Therapy	

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Block-3 Other Therapies for Psychological Interventions	
Unit 1 - Roger's Client Centered Therapy	
<ul style="list-style-type: none">• Goals of Client Centred Therapy• The Counselling Process• Self Disclosure• Cultural Awareness in Client Centred Counselling	
Unit 2 - Family and Group Psychotherapy	
<ul style="list-style-type: none">• Nature and Definition of Family Therapy• Techniques of Family Therapy• Values and Ethics in Family Therapy• Group Psychotherapy	
Unit 3 - Psychodynamic Couple Therapy	
<ul style="list-style-type: none">• Nature and Definition of Couples Therapy• Approaches to Couples Therapy	
Unit 4 - Psychotherapy Integration	
<ul style="list-style-type: none">• Definition of Integrative Psychotherapy• Different Ways to Psychotherapy Integration	

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Block-4 Psychotherapy across Life Cycle	
Unit 1 - Psychotherapy with Children and Adults	
<ul style="list-style-type: none">• Psychotherapy with Children• Narrative Therapy• Psychotherapy with Adolescents	
Unit 2 - Psychotherapy with Adults and Middle Aged Persons	
<ul style="list-style-type: none">• Psychotherapy with People in Middle Adulthood	
Unit 3 - Psychotherapy with Older Adults	
<ul style="list-style-type: none">• Reminiscence/ Life Review Therapy• Psychotherapy in Dementia	
Unit 4 - Psychotherapy in Terminal Illnesses	
<ul style="list-style-type: none">• Terminal Illness and Psychotherapy• Family Approach• Major Therapy Issues• Specific Illnesses and Psychotherapy	