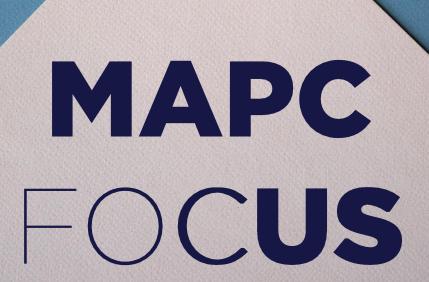
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Please note that these are MUST READ TOPICS and NOT THE ONLY READ Topics

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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COUNSELLING PSYCHOLOGY MPCE - 021

Year	Block 1	Block 2	Block 3	Block 4
June 15	6,6,6,3,3	10,10,3	10,10,6	6
	30%	29%	33%	8%
Dec 15	10,6,6,3,3	10,6,3	6	10,10,6
	35%	24%	8%	33%
June 16	10,3,3	10,6,6	10,6,3	10,6,6
	20%	28%	24%	28%
Dec 16	10,10,6,3,3	10,6,3	6,6	10,6
	41%	24%	15%	20%
June 17	10,6	10,6,6,3	10,6,3,3	10,6
	20%	32%	28%	20%
Dec 17	6,6,3,3,3	10,10,6	10,6,6	10
	26%	33%	28%	12%
June 18	10,10,6,6,3	10,3	10,6	6,3
	52%	17%	20%	11%

1 st Priority			
Block	Unit		
1	3		
2	4		
3	3		
4	2		
48% of Questions			
38 Marks			

2 nd Priority				
Block	Unit			
1	2			
2	1,2			
3	2			
4	1			
28% of Questions				
22 Marks				

3 rd Priority			
Block	Unit		
1	1,4		
2	3		
3	1,4		
4	3,4		
24% of Questions			
19 Marks			

BLOCK 1, UNIT 3 IS THE MOST IMPORTANT as almost 20% questions in the exam are from this only

It has been observed that Block 1 & 2 are the most important as almost 2/3 questions in the exam comes from these only, so you should not miss these Blocks at any cost

Block-1 Introduction

Unit 1 – Introduction to Counseling and Characteristics of a Counselor

- Counseling and Guidance
- Counseling and Psychotherapy
- Characteristics of a Counselor

Unit 2 - Process of Counselling

- Stages of Counseling Process
- Working in a Relationship
- Terminating a Relationship
- Factors Influencing Counseling Process

Unit 3 - Theoretical Approaches to Counseling

- The Phenomenological (Adlerian) Approach
- Person-Centered Approach
- Existential Approach
- Gestalt Approach
- Transactional Analysis

Unit 4 - Ethics in Counseling

- What are the Ethics?
- Ethical Principles of Counseling

Block-2 Counselling Models and Approaches

Unit 1 - Psychoanalysis, Psychodynamic and Psychotherapy

- Psychotherapy
- Essentials of Psychotherapy
- Goals of Psychoanalysis
- Techniques in Psychoanalysis
- Free Association
- Dream Analysis
- Analysis of Transference
- Counter Transference

Unit 2 - Behavioural Therapy, Cognitive Behaviour Therapy and Approaches to Counselling

- Behaviour Therapy
 - o Systematic Desensitisation
 - Aversion Therapy
 - o Operant Conditioning Treatments
- Goals of CBT
- Techniques/ Principles Used in CBT

Unit 3 - Drama and Art Therapy in Counseling

- Drama Therapy Techniques
- Applications of Drama Therapy
- Steps in Art Therapy

Unit 4 - Other Therapies (Persons Center Counseling And Solution Focus Counseling)

- Person Centered Counselling
 - o Basic Assumptions of Person Centered Counselling
 - Core Conditions
 - Process of Therapy
 - o Techniques Used In Person Centered Therapy
- Therapeutic Process (Solution Focused)

Block-3 Types of Counselling

Unit 1 - HIV/AIDS Counselling

- How does it Transmit
- Signs and Symptoms of HIV/AIDS
- Diagnosis of HIV/AIDS
- Aims of HIV/AIDS Counselling

Unit 2 - Educational and Vocational Counselling

- Meaning of Educational and Vocational Counselling
- Need for Educational and Vocational Counselling
- Scope of Educational and Vocational Counselling

Unit 3 - Child Protection and Child Rights Counselling

- What are Children's Rights?
- What is Child Protection?
- Difference between Child Rights and Child Protection
- Street Children

Unit 4 - Addiction/Anxiety Counselling

- Alcohol and Drug Addiction
- Meaning of Substance / Abuse
- Addictive Behaviour
- How Anxiety can Lead to Addiction
- Symptoms of Addiction and Anxiety
- Causes for the Addiction and Anxiety Abuse
- Treatment for Addiction and Anxiety

Block-4 Counselling for Mental Disorders

Unit 1 - Depression

- Definition and Description of Depression
- Signs and Symptoms of Depression General Terms
- Seasonal Affective Disorder (SAD)
- Causes of Depression

Unit 2 - Personality Disorder

- Features of Personality Disorders
- Causes of Personality Disorders
- Cluster A Personality Disorders
- Cluster C Personality Disorders

Unit 3 - Gender Identity Disorder

- Definition and Description of Gender Identity Disorder
- Criteria for Gender Identity Disorder
- Symptoms of Gender Identity Disorder
- Causes of Gender Identity Disorder
- Treatment of Gender Identity Disorder

Unit 4 - Eating Disorder

- Definition and Description of Eating Disorders
- Types of Eating Disorders
- Diagnosis of Anorexia Nervosa
- Bulimia Nervosa
- Causes of Eating Disorders
- Treatment of Eating Disorders