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MPCE-021

Counseling

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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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

MUST READ for Dec 2018 Exam

Block-1 Introduction	
Unit 1 – Introduction to Counseling and Characteristics of a Counselor	
<ul style="list-style-type: none">• Counseling and Guidance• Counseling and Psychotherapy• Characteristics of a Counselor	
Unit 2 -Process of Counselling	
<ul style="list-style-type: none">• Stages of Counseling Process• Working in a Relationship• Terminating a Relationship• Factors Influencing Counseling Process	
Unit 3 - Theoretical Approaches to Counseling	
<ul style="list-style-type: none">• The Phenomenological (Adlerian) Approach• Person-Centered Approach• Existential Approach• Gestalt Approach• Transactional Analysis	
Unit 4 - Ethics in Counseling	
<ul style="list-style-type: none">• What are the Ethics?• Ethical Principles of Counseling	

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Block-2 Counselling Models and Approaches	
Unit 1 - Psychoanalysis, Psychodynamic and Psychotherapy	
<ul style="list-style-type: none"> • 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	
<ul style="list-style-type: none"> • Behaviour Therapy <ul style="list-style-type: none"> ○ Systematic Desensitisation ○ Aversion Therapy ○ Operant Conditioning Treatments • Goals of CBT • Techniques/ Principles Used in CBT 	
Unit 3 - Drama and Art Therapy in Counseling	
<ul style="list-style-type: none"> • Drama Therapy Techniques • Applications of Drama Therapy • Steps in Art Therapy 	
Unit 4 - Other Therapies (Persons Center Counseling And Solution Focus Counseling)	
<ul style="list-style-type: none"> • Person Centered Counselling <ul style="list-style-type: none"> ○ Basic Assumptions of Person Centered Counselling ○ Core Conditions ○ Process of Therapy ○ Techniques Used In Person Centered Therapy • Therapeutic Process (Solution Focused) 	

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Block-3 Types of Counselling	
Unit 1 - HIV/AIDS Counselling	
<ul style="list-style-type: none">• 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	
<ul style="list-style-type: none">• 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	
<ul style="list-style-type: none">• What are Children's Rights?• What is Child Protection?• Difference between Child Rights and Child Protection• Street Children	
Unit 4 - Addiction/Anxiety Counselling	
<ul style="list-style-type: none">• 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	

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Block-4 Counselling for Mental Disorders	
Unit 1 - Depression	
<ul style="list-style-type: none">• Definition and Description of Depression• Signs and Symptoms of Depression – General Terms• Seasonal Affective Disorder (SAD)• Causes of Depression	
Unit 2 - Personality Disorder	
<ul style="list-style-type: none">• Features of Personality Disorders• Causes of Personality Disorders• Cluster A Personality Disorders• Cluster C Personality Disorders	
Unit 3 - Gender Identity Disorder	
<ul style="list-style-type: none">• 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	
<ul style="list-style-type: none">• Definition and Description of Eating Disorders• Types of Eating Disorders• Diagnosis of Anorexia Nervosa• Bulimia Nervosa• Causes of Eating Disorders• Treatment of Eating Disorders	