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MPCE-023

INTERVENTIONS
IN COUNSELLING

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!!

MUST READ for Dec 2018 Exam

INTERVENTIONS IN COUNSELLING

MPCE - 023

Year	Block 1	Block 2	Block 3	Block 4
June 15	10,6,3,3	10,6	10,6,6,3	10,6
	28%	20%	32%	20%
Dec 15	10,6,6,3,3	10,6	10,6,6,3	10
	35%	20%	32%	13%
June 16	10,6,6,3	10	10,10,6,6,3	6,3
	32%	13%	44%	11%
Dec 16	10,6,6,6	10,6,3	10,10,3,3	6
	35%	24%	33%	8%
Dec 16(s)	10,6,3	10,6,6,3	10,6	10,6,3
	24%	32%	20%	24%
June 17	6,6,6,3	10,10,3	10,6,3	10,6
	27%	29%	24%	20%
Dec 17	10,10,6,3	6,3,3	10,6,6	10,6
	37%	15%	28%	20%
June 18	10,10,6,3	10,10,6,3	6,6,6,3	**
	37%	37%	27%	**

1 st Priority	
Block	Unit/
1	4
2	1,3
3	2,3,4
4	1
57% of Questions	
45 Marks	

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

3 rd Priority	
Block	Unit
1	**
2	2
3	1
4	2,3,4
15% of Questions	
12 Marks	

It has been observed that **Block 1 & 3 are the most important** as more than 3/5 questions in the exam comes from these only, so you should not miss these Blocks at any cost

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Block-1 Psychological Interventions Major Modalities	
Unit 1 – Psychodynamic / Psychoanalysis Counseling	
<ul style="list-style-type: none">• Psychodynamic / Psychoanalysis• Counseling and Psychotherapy• The Situation in Which Counseling is Required	
Unit 2 - Insight and Short Term Counseling	
<ul style="list-style-type: none">• Adlerian Psychology• Short Term Counseling• Meaning and Definition of Brief Therapy• Developments that Influenced Brief Therapies	
Unit 3 - Interpersonal Counseling	
<ul style="list-style-type: none">• Identification of Problem Areas• Factors Affecting Interpersonal Counseling• Important Features for Interpersonal Counseling for Counsellor• IPT/IPC in Special Populations	
Unit 4 - Counseling Children	
<ul style="list-style-type: none">• Nature and Characteristic of Learning Disorder• Attention – Deficit Hyperactive Disorder (ADHD)• Anxiety Disorder• Behavioural Disorders of Childhood and Adolescence• General Counseling Techniques	

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Block-2 Cognitive Behavioural Counseling	
Unit 1 - Introduction to Behaviour Modification and Cognitive Approach in Counseling	
<ul style="list-style-type: none">• Introduction to Behaviour Modification• Steps/Procedure in the Cognitive Therapy• Techniques of Cognitive Therapy	
Unit 2 - Application of Cognitive Therapies in Counseling	
<ul style="list-style-type: none">• Application in Different Settings	
Unit 3 - Cognitive Behaviour Modification	
<ul style="list-style-type: none">• Self Instructional Technique• Self Management Technique	
Unit 4 - Solution -Focused Counseling and Integrative Counseling	
<ul style="list-style-type: none">• Meaning of Solution -Focused Counseling• Concept and Meaning of Integrative Counseling• Approaches to Integrative Counseling• Potentials and Limitations of Integrative Counseling	

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Block-3 Other Counselling Interventions	
Unit 1 - Client Centered Counselling	
<ul style="list-style-type: none"> • The Master Motive: Self-Actualising Tendency • The Fully Functioning Person • Important Points to Remember for Effective Client Centered Counselling • Scientific Evidences and Researches • Therapeutic Relation 	
Unit 2 - Psychodynamic Couple's Counselling	
<ul style="list-style-type: none"> • Psychodynamics of Marriage /Couple Counseling • Object Relation Theory • Stages in Couples Counseling • Sexual Counseling • Couples and Domestic Violence, Mental Illness 	
Unit 3 - Family and Group Counselling	
<ul style="list-style-type: none"> • Introduction to Group and Family • Group Process and Group Dynamics • Types of Groups in Counseling • T-Groups • Selection of Group Members • Process in Group and Family Counseling 	
Unit 4 - Eclectic Counselling	
<ul style="list-style-type: none"> • Definition of Eclecticism • Pathways of Integrative Approach in Counselling Practice • Common Ground for Integrated Perspective of Counselling • Multimodal Therapy • 	

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Block-4 Counselling Future Directions (E-Counselling)	
Unit 1 - Teaching and Training for Counselling	
<ul style="list-style-type: none">• Before Start of Counselling• The Counselling Process	
Unit 2 - Current Status of Counselling with Special Reference to India	
*** NIL ***	
Unit 3 - Future Direction	
<ul style="list-style-type: none">• E-Counselling: An Introduction• E-Counselling: Benefits and Challenges• Ethical Issues in E-Counselling	
Unit 4 - Research Findings	
<ul style="list-style-type: none">• Systematic Case Study Research• Control Groups• Informed Consent• Ensuring Confidentiality	