

MAPC FOCUS

013

**Psychotherapeutic
Methods**

www.mapchelp.com

MUST READ for Dec 2019 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 2019 Exam

Success Rate of MAPC Focus for Dec 18 Exam			
With Options		Without Option	
Out of 79 Marks		Out of 50 Marks	
Marks	Percentage	Marks	Percentage
73	92%	50	100%

Success Rate of MAPC Focus for June 19 Exam	
Without Option (Out of 50 Marks)	
Marks	Percentage
50	100%

MUST READ for Dec 2019 Exam

MPCE – 013- PSYCHOTHERAPEUTIC METHODS

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%
Dec 18	6,3,3	10,6	10,10,10,3	6,6,6
	15%	20%	42%	23%
June 19	6,6,6	10,10,3	10,6,3	10,6,3
	23%	29%	24%	24%

1 st Priority	
Block	Unit
1	1,2
2	1,2,4
3	2
4	1
68% of Questions	
53 Marks	

2 nd Priority	
Block	Unit
1	3,4
2	**
3	1,3
4	**
19% of Questions	
15 Marks	

3 rd Priority	
Block	Unit
1	**
2	3
3	4
4	2,3,4
13% of Questions	
11 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

MUST READ for Dec 2019 Exam

Block-1 Psychological Treatment of Mental Disorders Major Modalities

Unit 1 – Psychoanalysis, Psychoanalytic/Psychodynamic Therapy

- Psychoanalysis
- Object Relations Theory
- Structural and Topographical Models of Personality
- Stages of Psychosexual Development
- Self Identity and Gender Identity
- Psychoanalytic/ Psychodynamic Therapy
 - Basic Tenets and Concepts of Psychoanalytic Therapy
 - Components of Psychoanalytic and Psychodynamic Psychotherapy

Unit 2 -Insight Psychotherapy, Interpersonal Psychotherapy

- Analytical Psychology
- Existential Therapy
- Interpersonal Psychotherapy (IPT)
- Characteristics of Interpersonal Psychotherapy
- Techniques of Interpersonal Therapy

Unit 3 - Short Term Psychotherapies

- Defining Features of Short Term Therapies
- Cognitive Behaviour Therapy and Cognitive Therapy
- Motivational Interviewing

Unit 4 - Methods of Child Psychotherapy

- Psychoanalytic Approaches
- Dyadic Developmental Psychotherapy
- ‘Circle of Security’
- Parent Child Interaction Therapy (PCIT)

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Block-2 Cognitive and Behaviour Therapies

Unit 1 - Behaviour Modification Techniques

- Behaviour Modification
- Operant Conditioning
 - Reinforcement and Punishment
 - Operant Conditioning Procedures
- Contingency Contracting
- Token Economies
- Decreasing Undesirable Behaviours
- Negative Punishment
- Areas of Application
- Rehabilitation

Unit 2 - Cognitive Behaviour Therapies

- History of Cognitive Behaviour Therapy
- ABC Model
- Dysfunctional Thinking
- Steps in Cognitive Behaviour Therapy
- The Process of Cognitive Behaviour Therapy
- The Treatment Principles of CBT
- Cognitive Behavioural Techniques

Unit 3 - Solution Focused Therapy

- Solution focused
- Ingredients of Solution Focused Therapy
- Treatment Principles

Unit 4 - Integrative and Multimodal Therapies

- Definition of Integrative Psychotherapy
- Variables Responsible for Growth of Psychotherapy Integration
- Different Ways to Psychotherapy Integration
- Multimodal Therapy
- Goals of Multimodal Therapy

MUST READ for Dec 2019 Exam

For **STATISTICAL DATA ANALYSIS**
of your MAPC IGNOU Research project work

send your...



- Synopsis
- Questionnaire
- Data file (Excel)

to

mapchelp@gmail.com

You will get

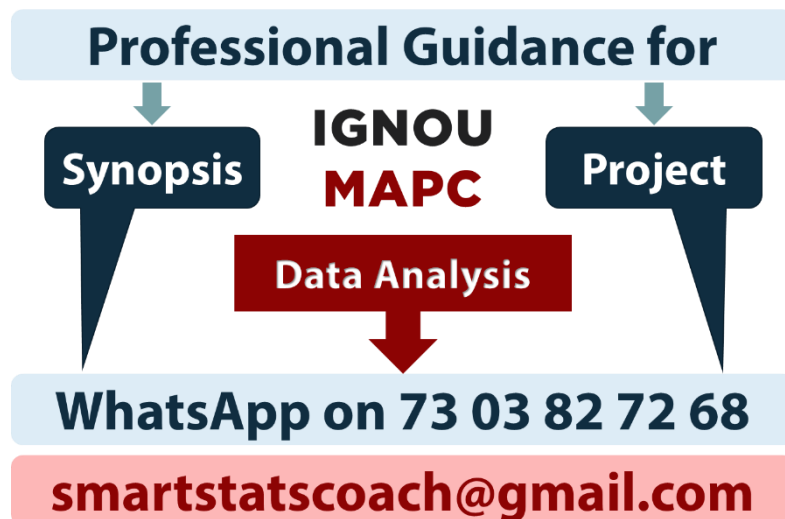
- Data analysis with graphs
- Interpretation of analysis
- Standard format for writing analysis
- Explanation of analysis for viva

 **73 03 82 72 68**

*Personal visit not required for data analysis
All communication will be only through mobile & email*

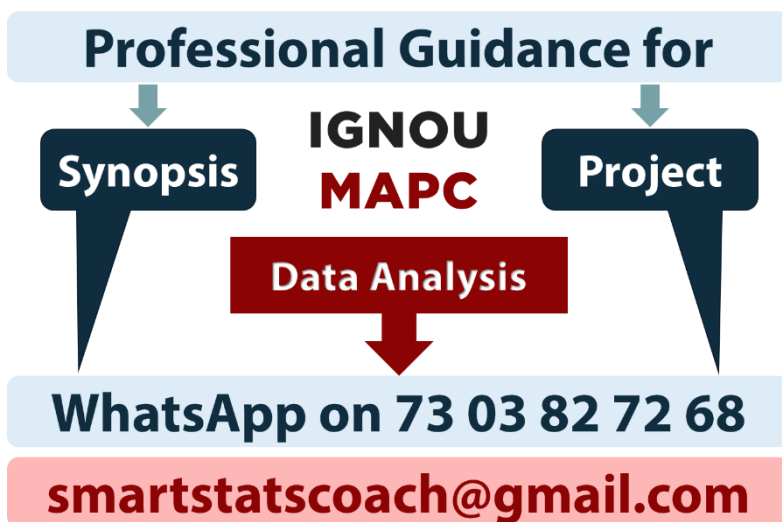
MUST READ for Dec 2019 Exam

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"> • Techniques of Family Therapy • Values and Ethics in Family Therapy • Group Psychotherapy • Therapeutic Principles 	
Unit 3 - Psychodynamic Couple Therapy	
<ul style="list-style-type: none"> • Nature and Definition of Couples Therapy • Approaches to Couples Therapy • Clinical Illustration and Analysis: Conflict as a Sale Haven 	
Unit 4 - Psychotherapy Integration	
<ul style="list-style-type: none"> • Definition of Integrative Psychotherapy • Different Ways to Psychotherapy Integration 	



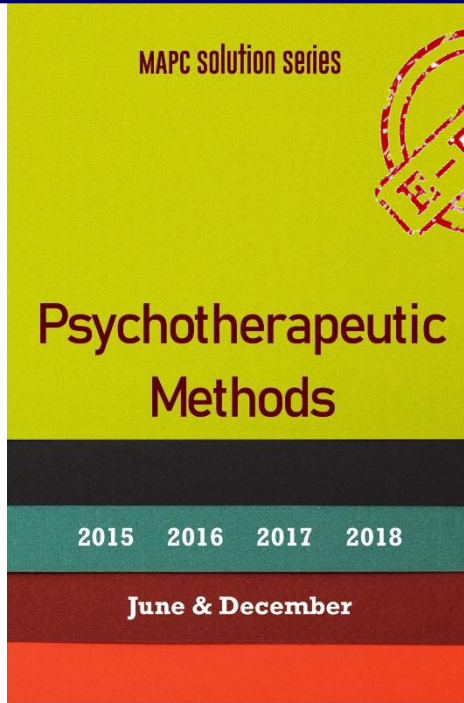
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Block-4 Psychotherapy across Life Cycle	
Unit 1 - Psychotherapy with Children and Adults	
<ul style="list-style-type: none"> • Psychotherapy with Children • Psychodynamic Play Therapy • Narrative Therapy • Psychotherapy with Adolescents • Interpersonal Therapy • Anxiety 	
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 • Modification or Adaptation of Treatment 	
Unit 4 - Psychotherapy in Terminal Illnesses	
<ul style="list-style-type: none"> • Terminal Illness and Psychotherapy • Family Approach • Major Therapy Issues • AIDS 	



MUST READ for Dec 2019 Exam

MPCE013 – All 10 Solved Question Papers



Purchase @ Rs 125 ONLY
FROM www.springseason.in

Dec 18 Exam

100%

June 19 Exam

100%

Questions were from previous year question
papers

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