

# MAPC FOCUS

**021**

**Counselling  
Psychology**

[www.mapchelp.com](http://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**

<b>With Options</b>		<b>Without Option</b>	
<b>Out of 79 Marks</b>		<b>Out of 50 Marks</b>	
Marks	Percentage	Marks	Percentage
<b>69</b>	<b>87%</b>	<b>50</b>	<b>100%</b>

### **Success Rate of MAPC Focus for June 19 Exam**

<b>Without Option (Out of 50 Marks)</b>	
<b>Marks</b>	<b>Percentage</b>
<b>35</b>	<b>70%</b>

# MUST READ for Dec 2019 Exam

## MPCE – 021- COUNSELLING PSYCHOLOGY

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%
Dec 18	10,6,6	10,10,6,6,3,3	6,3	10
	28%	48%	11%	13%
June 19	6,6	10,6,6,6,3,3	10	10,10,3
	15%	43%	10%	23%

1 <sup>st</sup> Priority	
Block	Unit
1	<b>3</b>
2	4
3	3
4	2
<b>44% of Questions</b>	
<b>35 Marks</b>	

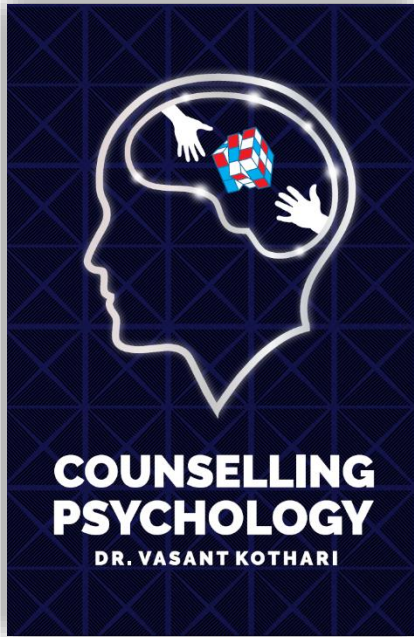
2 <sup>nd</sup> Priority	
Block	Unit
1	2
2	2,3
3	**
4	1
<b>28% of Questions</b>	
<b>22 Marks</b>	

3 <sup>rd</sup> Priority	
Block	Unit
1	1,4
2	1
3	1,2,4
4	3,4
<b>27% of Questions</b>	
<b>22 Marks</b>	

**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 3/5 questions in the exam comes from these only, so you should not miss these Blocks at any cost

# MUST READ for Dec 2019 Exam



Book Specially written for  
IGNOU MAPC Students

## Counselling Psychology

ISBN: 978-81-935047-7-2

Pages: 232

Price: Rs 400 → Rs 320

Available for purchase at

[www.springseason.in](http://www.springseason.in) & Amazon

1 <sup>st</sup> Priority
Chapter No.
3,8,11,14
44% of Questions
35 Marks

2 <sup>nd</sup> Priority
Chapter No.
2,6,7,13
28% of Questions
22 Marks

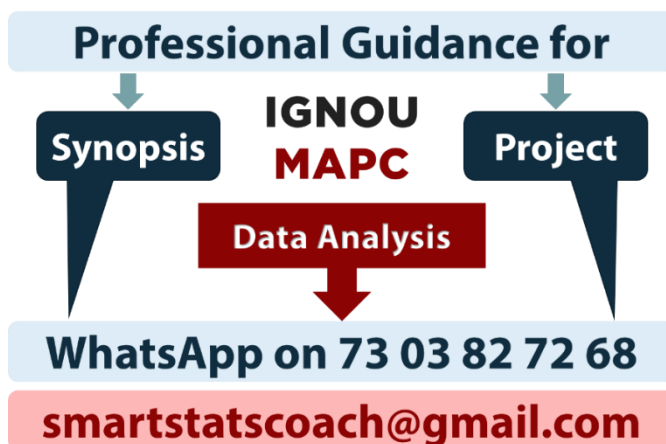
3 <sup>rd</sup> Priority
Chapter No.
1,4,5,9,10, 11,15,16
28% of Questions
22 Marks

It has been observed that **Chapter No. 3,8 & 11 are the most important** as 37% questions in the exam comes from these only, so you should not miss these chapters at any cost

[www.springseason.in](http://www.springseason.in) / [www.MAPCHELP.com](http://www.MAPCHELP.com)

# MUST READ for Dec 2019 Exam

Block-1 Introduction
<b>Unit 1 – Introduction to Counseling and Characteristics of a Counselor</b>
<ul style="list-style-type: none"> <li>Counseling and Guidance</li> <li>Counseling and Psychotherapy</li> <li>Characteristics of a Counselor</li> </ul>
<b>Unit 2 -Process of Counselling</b>
<ul style="list-style-type: none"> <li>Process of Counseling</li> <li>Stages of Counseling Process</li> <li>Working in a Relationship</li> <li>Setting</li> <li>Client Qualities</li> </ul>
<b>Unit 3 - Theoretical Approaches to Counseling</b>
<b>All Topics</b>
<b>Unit 4 - Ethics in Counseling</b>
<ul style="list-style-type: none"> <li>What are the Ethics?</li> <li>Ethical Principles of Counseling</li> </ul>



## **MUST READ for Dec 2019 Exam**

<b>Block-2 Counselling Models and Approaches</b>	
<b>Unit 1 - Psychoanalysis, Psychodynamic and Psychotherapy</b>	
<ul style="list-style-type: none"> <li>• Psychotherapy</li> <li>• Goals of Psychoanalysis</li> <li>• Techniques in Psychoanalysis</li> <li>• Free Association</li> <li>• Dream Analysis</li> <li>• Self-Psychology</li> </ul>	
<b>Unit 2 - Behavioural Therapy, Cognitive Behaviour Therapy and Approaches to Counselling</b>	
<ul style="list-style-type: none"> <li>• Aversion Therapy</li> <li>• Operant Conditioning Treatments</li> <li>• ABC Model of CBT</li> <li>• Goals of CBT</li> <li>• Techniques/ Principles Used in CBT</li> </ul>	
<b>Unit 3 - Drama and Art Therapy in Counseling</b>	
<ul style="list-style-type: none"> <li>• Five Stage Theory</li> </ul>	
<b>Unit 4 - Other Therapies (Persons Center Counseling And Solution Focus Counseling)</b>	
<ul style="list-style-type: none"> <li>• Person Centered Counselling               <ul style="list-style-type: none"> <li>○ Basic Assumptions of Person Centered Counselling</li> <li>○ Techniques Used In Person Centered Therapy</li> </ul> </li> <li>• The Miracle Questions (MQ)</li> <li>• Scaling Questions</li> </ul>	

## **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](mailto: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**

<b>Block-3 Types of Counselling</b>	
<b>Unit 1 - HIV/AIDS Counselling</b>	
<ul style="list-style-type: none"> <li>• What is HIV/AIDS</li> <li>• How does it Transmit</li> <li>• Signs and Symptoms of HIV/AIDS</li> <li>• Diagnosis of HIV/AIDS</li> <li>• Prevention of HIV Transmission</li> <li>• Counselling the HIV Affected Persons</li> </ul>	
<b>Unit 2 - Educational and Vocational Counselling</b>	
<ul style="list-style-type: none"> <li>• Meaning of Educational and Vocational Counselling</li> <li>• Need for Educational and Vocational Counselling</li> <li>• Scope of Educational and Vocational Counselling</li> </ul>	
<b>Unit 3 - Child Protection and Child Rights Counselling</b>	
<ul style="list-style-type: none"> <li>• What is Child Protection?</li> <li>• Vulnerable Child</li> <li>• Child Abuse</li> <li>• Street Children</li> </ul>	
<b>Unit 4 - Addiction/Anxiety Counselling</b>	
<ul style="list-style-type: none"> <li>• Meaning of Substance /Abuse</li> <li>• Addictive Behaviour</li> <li>• How Anxiety can Lead to Addiction</li> <li>• Treatment for Addiction and Anxiety</li> <li>• Group Therapy and Counseling</li> </ul>	

# **MUST READ for Dec 2019 Exam**

## **Block-4 Counselling for Mental Disorders**

### **Unit 1 - Depression**

- Signs and Symptoms of Depression – General Terms
- Psychological Symptoms: Feelings, Thoughts and Behaviour
- Physical or Somatic Symptoms
- Seasonal Affective Disorder (SAD)
- Helplessness Theories
- Psychodynamic Approach to Treatment of Depression
- Cognitive Behaviour Therapy

### **Unit 2 - Personality Disorder**

- Paranoid Personality
- Antisocial Personality
- Features of Personality Disorders
- Causes of Personality Disorders
- Cluster C Personality Disorders

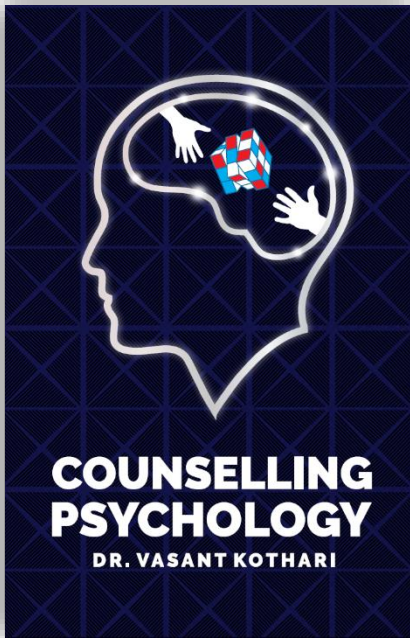
### **Unit 3 - Gender Identity Disorder**

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

### **Unit 4 - Eating Disorder**

- Definition and Description of Eating Disorders
- Types of Eating Disorders
- Causes of Eating Disorders
- Treatment of Eating Disorders

# MUST READ for Dec 2019 Exam



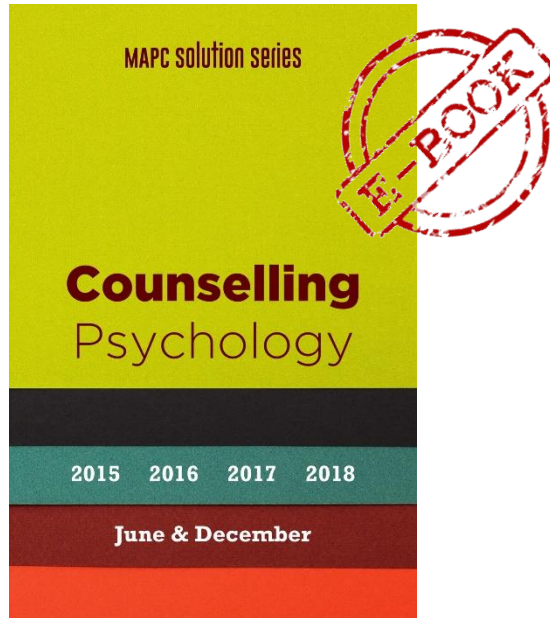
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**Amazon**

Chapter No.	Topic No.				
1	1.1.1	1.1.3	1.3	**	**
2	2.1	2.1.1	2.1.3.2	2.2.3	2.2.4
3	<b>All Topics</b>				
4	4.1	4.2	**	**	**
5	5.1	5.2.3	5.3.3	5.4.4	**
6	6.1.3	6.1.4	6.2.2	6.2.3	6.2.3
7	7.1.1	**	**	**	**
8	8.1.1	8.1.4	8.2	8.2.1	8.3.6.1&2
9	9.1	9.1.1	9.2	9.4	9.4.1
10	10.1	10.2	10.3	**	**
11	11.2	11.5	11.6 (All Topics)		**
12	12.2.1	12.2.2	12.3.2	12.6	12.6.1
13	13.2	13.4.4	13.5.2	13.3.5	**
14	14.2.1	14.2.2	14.5	14.6	14.2.3
15	15.1	15.5	**	**	**
16	16.1, 3 & 4	16.2.1	16.2.1.1	16.2.2	16.2.2.1

## **MUST READ for Dec 2019 Exam**

**MPCE021 – All 9 Solved Question Papers**



**Purchase @ Rs 125 ONLY**  
**FROM [www.springseason.in](http://www.springseason.in)**

**Dec 18 Exam**

**76%**

**June 19 Exam**

**100%**

Questions were from previous year question  
papers

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