

MAPC FOCUS

023

Interventions in Counselling

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!!

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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
60	76%	50	100%

Success Rate of MAPC Focus for June 19 Exam	
Without Option (Out of 50 Marks)	
Marks	Percentage
44	88%

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MPCE – 023- INTERVENTIONS IN COUNSELLING

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%	**
Dec 18	10,10,6,6	10,10,6,3	6	6,3,3
	41%	37%	8%	15%
June 19	10,10,6,3	10,6	10,6,3	6,6,3
	37%	20%	24%	19%

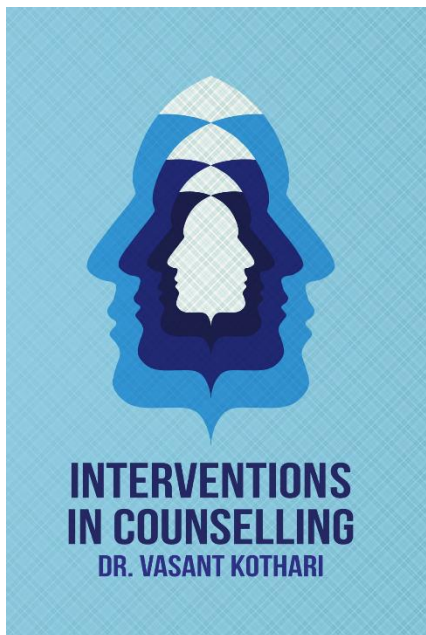
1 st Priority	
Block	Unit/
1	2,4
2	1,3
3	2,3
4	1
62% of Questions	
49 Marks	

2 nd Priority	
Block	Unit
1	1,3
2	**
3	4
4	**
18% of Questions	
14 Marks	

3 rd Priority	
Block	Unit
1	**
2	2,4
3	1
4	2,3,4
20% of Questions	
16 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 (**Block 1 Unit 4 & Block 3 Unit 3 – 25% Que in exam comes from these only.. so don't miss it at any cost**)

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Book Specially written for
IGNOU MAPC Students

Interventions in Counselling

ISBN: 978-81-935047-9-6

Pages: 208

Price: Rs 400 → Rs 320

Available for purchase at
www.springseason.in &
Amazon

1 st Priority
Chapter No.
2,3,5,6,7,8 11,12,14
62% of Questions
49 Marks

2 nd Priority
Chapter No.
1,4,13
18% of Questions
14 Marks

3 rd Priority
Chapter No.
9,10,15,16
20% of Questions
16 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

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Block-1 Psychological Interventions Major Modalities	
Unit 1 – Psychodynamic / Psychoanalysis Counseling	
<ul style="list-style-type: none"> • Counseling and Psychotherapy • The Situation in Which Counseling is Required 	
Unit 2 - Insight and Short Term Counseling	
<ul style="list-style-type: none"> • Insight as a Counseling Method • Psychoanalysis • Adlerian • Humanistic and Existential Approach • A Commitment to Spiritual Development • Short Term Counseling • Common aspects to many brief therapies 	
Unit 3 - Interpersonal Counseling	
<ul style="list-style-type: none"> • Interpersonal Counseling (IPC) • Goals of Interpersonal Therapy • Interpersonal Therapy/ Interpersonal Psychotherapy • Identification of Problem Areas • IPT/IPC in Special Populations • Interpersonal Relationship Skill 	
Unit 4 - Counseling Children	
<ul style="list-style-type: none"> • Nature and Characteristic of Learning Disorder • Techniques for Helping Children with Learning Disability • Attention – Deficit Hyperactive Disorder (ADHD) • Anxiety Disorder • Self Efficacy • Self Defeating Behaviour 	

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Block-2 Cognitive Behavioural Counseling

Unit 1 - Introduction to Behaviour Modification and Cognitive Approach in Counseling

- Introduction to Behaviour Modification
- Meaning of Behaviour Modification
- Steps/Procedure in Behavior Modification
- Steps/Procedure in the Cognitive Therapy
- Techniques of Cognitive Therapy
- Cognitive Behavior Therapy
- Techniques Used by CBT Specialists

Unit 2 - Application of Cognitive Therapies in Counseling

NIL

Unit 3 - Cognitive Behaviour Modification

- Techniques of Cognitive Behaviour Modification
- Self Instructional Technique
- Self Management Technique
- Problem Solving Technique

Unit 4 - Solution -Focused Counseling and Integrative Counseling

- Meaning of Solution -Focused Counseling
- Key Assumptions
- Procedure of Solution Focused Brief Therapy
- Potentials and Limitations of Integrative Counseling
- The Miracle Question
- Potentials and Limitations of Integrative Counseling

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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*

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Block-3 Other Counselling Interventions

Unit 1 - Client Centered Counselling

- Humanistic Psychology
- Accurate Empathic Understanding
- 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

- Psychodynamics of Marriage /Couple Counseling
- Object Relation Theory
- Stages in Couples Counseling
- Sexual Counselling
- Couples and Domestic Violence, Mental Illness

Unit 3 - Family and Group Counselling

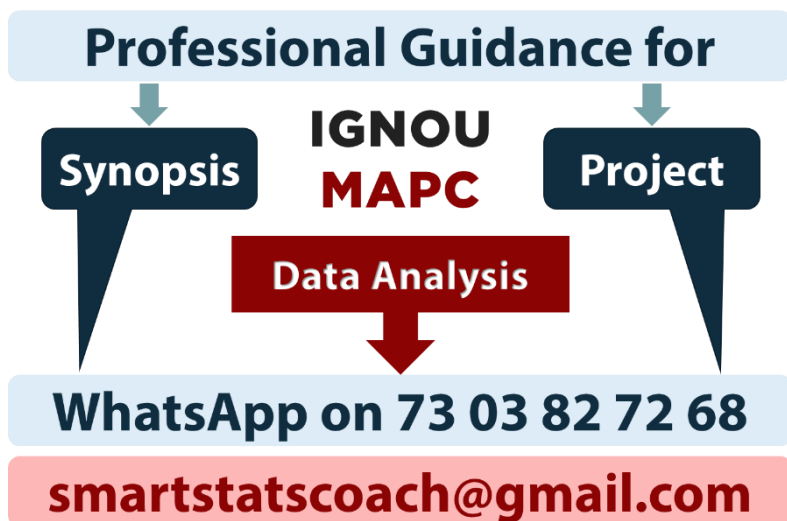
- Introduction to Group and Family
- Group Process and Group Dynamics
- Types of Groups in Counseling
- Psychoeducation Groups
- Selection of Group Members
- Process in Group and Family Counseling
- Termination

Unit 4 - Eclectic Counselling

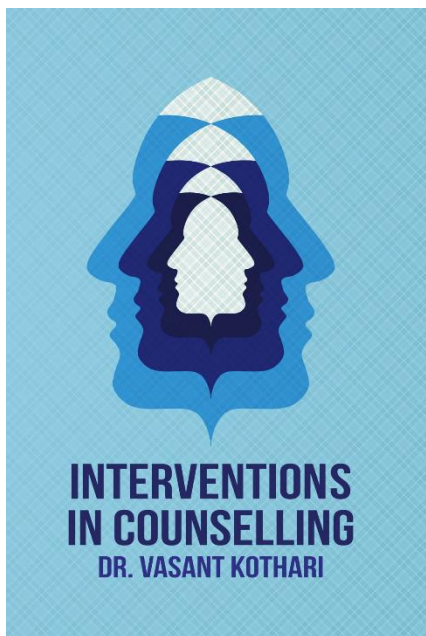
- Definition of Eclecticism
- Pathways of Integrative Approach in Counselling Practice
- Common Ground for Integrated Perspective of Counselling
- Psychodrama
- Multimodal Therapy

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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 Approaches to Counselling Gestalt Approach The Counselling Process Paraphrasing and release of emotions 	
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"> Single Case Experiments Informed Consent Ensuring Confidentiality 	



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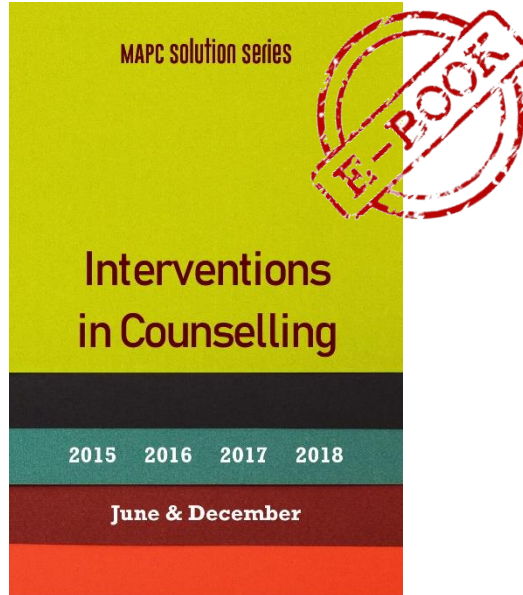
PLEASE NOTE THAT THERE IS CHANGE IN CHPTR 2

Initially it was given by IGNOU Book by mistake

Chapter No.	Topic No.				
1	13.2	**	**	**	**
2	2.1	2.2.1	2.2.2	2.2.4	2.2.5
3	3.1.4	3.1.5	3.2.5	**	**
4	4.1	4.1.2	4.2	4.3	4.6/4.8
5	5.2	5.3	5.4	5.9.2	5.9.3
6	6.2	6.5	**	**	**
7	7.1.1	7.2	7.2.1	7.2.1.1	**
8	All Topics				
9	9.1	9.1.1	9.2	9.2.1	9.4.2
10	10.2.4	10.3	10.4	10.5	10.6
11	11.2	11.3	11.5	11.6	11.7
12	12.1/12.2	12.5	12.5.5	12.6/12.7	12.7.6
13	13.1.2	13.2	13.3	13.3.2/8	13.5
14	14.1	14.2	14.2.6	14.3	14.3.3
15	15.3	15.4	15.5	**	**
16	16.1.2	16.4	**	**	**

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MPCE023 – All 9 Solved Question Papers



Purchase @ Rs 125 ONLY
FROM www.springseason.in

Dec 18 Exam

94%

June 19 Exam

88%

Questions were from previous year question
papers