

MPEC - 013 Psychotherapeutic Methods

June 2021 Exam



EXAM **FOCUS**

Disclaimer

Please note that all the suggestions and observations are based on the STATISTICAL analysis of the previous year question papers. So studying only books/blocks/units/points given in this booklet may be risky, as University can change the question paper pattern and questions at any time.

Further, all marking details and patterns related to respective exam and blocks are exhibited for respective subjects so that one can easily make decisions/assumptions and follow the same for the study.

Though important books/blocks/units/points are given in this booklet but it is strongly advisable to go through the entire content provided by the University.

MAPC Focus for June 21 Exam

As per Dr Vasant Kothari's Books

Release on 1st April 2021

On Demand it will be available from 5th March 2021

As per IGNOU's Books

Release on 1st June 2021

On Demand it will be available from 1st May 2021

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Highest Marks	2 nd Highest Marks	3 rd Highest Marks	Lowest Mark
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Year and Month of Exam

4 Blocks of the subject.. Normally every subject is having 4 blocks or books

Year	Block 1	Block 2	Block 3	Block 4
June 15	10,3,3	10,6,6,3	10,10	6,6,6
	20%	32%	25%	23%
Dec 15	10,6,3,3	10,6	10,6,3	10,6,6
	28%	20%	24%	28%
June 16	6,6,3	10,10,10,6	6,3	10,6,3
	19%	46%	11%	24%
Dec 16	10	10,6,6,6,3	10,6	10,6,3,3
	13%	39%	20%	28%
June 17	10,6,3	10,6,6,3	10,6,3	10,6
	24%	32%	24%	20%
Dec 17	10,6,6,3,3	10,6	10,6,3	10,6
	36%	20%	24%	20%
June 18	10,6,6,3,3	10,6	10,6,3	10,6
	36%	20%	24%	20%
Dec 18	10,6,3	10,6,6,3	10,6,3	10,6
	24%	32%	24%	20%

Marks in the exam In new exam pattern...
 4 ques of 10 marks 5 ques of 6 marks
 & 3 ques of 3 marks ..are normally
 asked

Weightage of each Block
 in that respective exam

Past Performance

Important Chapters/Units

Success %							
Name of the Subject	Dec 17	June 18	Dec 18	June 19	Dec 19	June 20	Dec 20
Psychopathology	88%	82%	88%	82%	88%	88%	100%
Psychodiagnostics	100%	100%	100%	88%	88%	94%	94%
Psychotherapeutic Methods	88%	88%	100%	88%	88%	100%	94%

Past Performance

Important Topics

	Success %				
Name of the Subject	Dec 18	June 19	Dec 19	June 20	Dec 20
Psychopathology	94%	94%	88%	76%	100%
Psychodiagnostics	70%	80%	88%	90%	86%
Psychotherapeutic Methods	100%	100%	76%	96%	84%

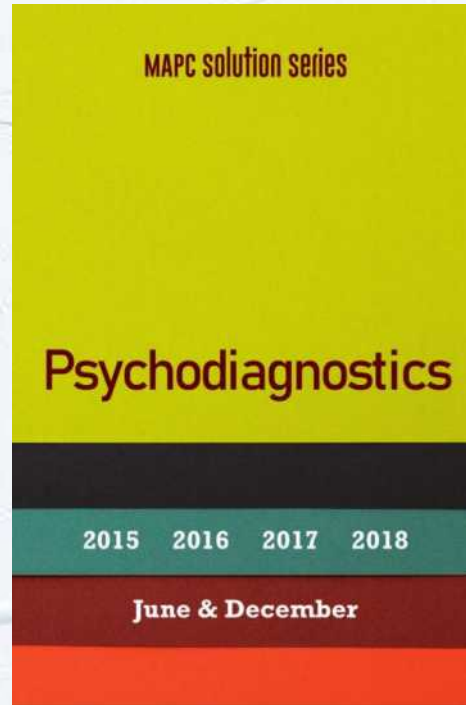
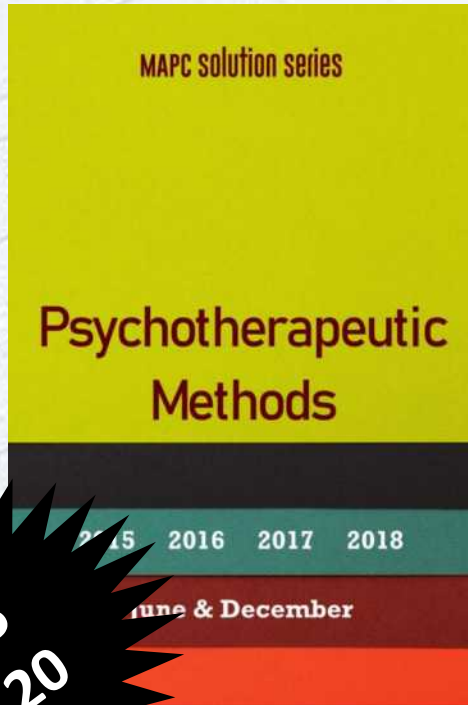
Question Repeats % in Exam

Question Repeats %					
Name of the Subject	Dec 18	June 19	Dec 19	Jun 20	Dec 20
Psychopathology	94%	88%	92%	100%	100%
Psychodiagnostics	88%	100%	94%	96%	86%
Psychotherapeutic Methods	100%	100%	94%	100%	100%



Delivery starts on
1st May 2021

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**Rs 125 per
Subject**

**June 15
to Dec 20**

E-book

MAPC Solved Question Papers

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SAMPLE DATA

Deeper Analysis shows priority of Units or Chapter of respective Blocks or books

1st Priority		2nd Priority		3rd Priority	
Block	Unit/Chapter	Block	Unit/Chapter	Block	Unit/Chapter
1	4	1	1,2	1	3
2	1,3	2	2	2	4
3	3	3	1	3	2,4
4	4	4	2,3	4	1
49% of Questions		35% of Questions		16% of Questions	
39 Marks		28 Marks		13 Marks	

Should not missed these Units at any cost to PASS the exam

Should not missed these Units at any cost to PASS the exam

Can study these Units for SCORING purpose only

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%
Dec 19	10,10,6,3	6,6,3,3	10,6	10,6
	37%	23%	20%	20%
June 20	10,6,3	6,6,6	10,6,3	10,10,3
	24%	23%	24%	29%
Dec 20	10,10,10,6	10,6,6,3	3	6,6,3
	46%	31%	4%	19%

1st Priority		2nd Priority		3rd Priority	
Block	Unit/Chapter	Block	Unit/Chapter	Block	Unit/Chapter
1	1,2	1	3	1	4
2	1,2,4	2	**	2	3
3	2	3	3	3	1,4
4	1	4	3,4	4	2
64% of Questions		22% of Questions		14% of Questions	
51 Marks		17 Marks		11 Marks	

It has been observed that

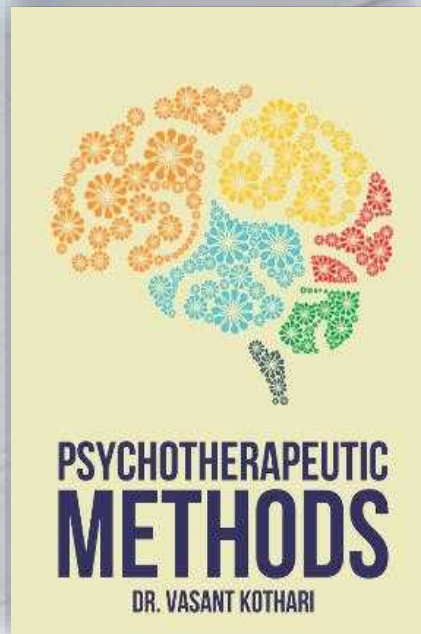
Block 1 and 2 are the most important

as almost 65% questions in the exam

comes from these only,

so you should not miss these Blocks at any cost

ERR for **June 2021** Exam



ERR For the **people** who are **following this book** which is specially written for **MAPC IGNOU Students**

Psychotherapeutic Methods

by **Dr Vasant Kothari**

ISBN: 978-81-943314-0-7

Pages: 264

Price: ~~Rs 400~~ → **Rs 320**

Available for purchase at www.springseason.in & **Amazon**

1 st Priority
Chapter No.
1,2,5,6,8, 10,12
64% of Questions
51 Marks

2 nd Priority
Chapter No.
3,11,14,15
22% of Questions
17 Marks

3 rd Priority
Chapter No.
4,7,9,13
14% of Questions
11 Marks

It has been observed that **Chapter No. 1,5 & 6 are the most important** as 1/3rd questions in the exam comes from these only, so you should not miss these chapters at any cost

Above data is purely based on DATA ANALYSIS

MUST READ TOPICS for June 2021 Exam

Chapter No.	Topic No.				
1	1.1	1.2.2/3/4	1.3.2	1.7	**
2	2.1.1/2	2.2	2.2.1	2.2.2	**
3	3.3.1.1	3.3.2.1	3.3.2.4	3.3.5.1	**
4	4.1	4.2	4.2.1	4.2.2	4.4
5	5.2.5	5.3	5.3.1	5.4	5.5
	5.5.3	5.6.6	5.7	**	**
6	6.1	6.2.1	6.4	6.5	6.6
	6.7	6.7.1	6.7.3	**	**
7	7.1	7.5	7.6	**	**
8	8.1	8.3/4	8.4.1	8.7	8.12.1
9	9.2	9.3	9.3.2	9.3.6	9.3.7
10	10.1	10.2	10.2.2	10.3	**
11	11.1	11.2	11.3	11.3.1	11.4
12	12.1	12.3.4	12.4	12.4.2.2	12.4.3&4
13	13.3	**	**	**	**
14	14.7	14.8	14.10	**	**
15	15.3	15.3.4	15.4	15.5.1	15.5.2

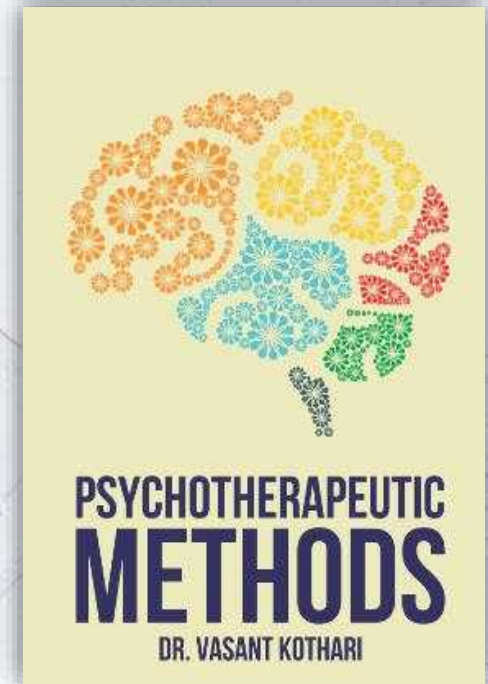
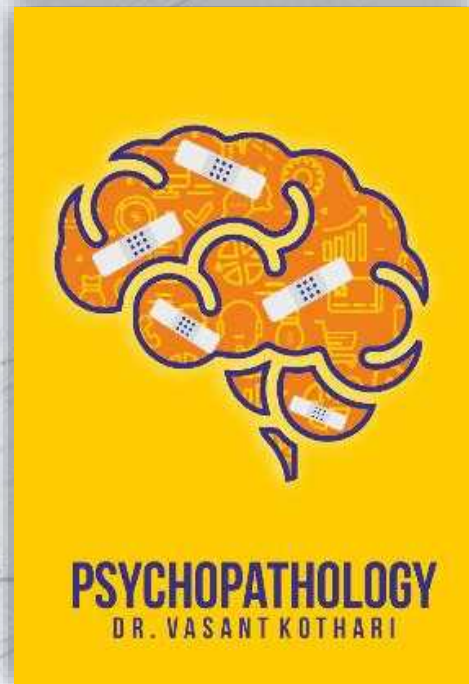
Above data is purely based on ASSUMPTIONS

Please do all sub points unless and until specified



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NOW**

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Simple Language & Precise Content

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**Rs
960+30**

Block-1 Psychological Treatment of Mental Disorders Major Modalities

Unit 1 - Psychoanalysis, Psychoanalytic/Psychodynamic Therapy

- Psychoanalysis
- Structural and Topographical Models of Personality
- Stages of Psychosexual Development
- Self Identity and Gender Identity
- Psychoanalytic/ Psychodynamic Therapy
- Components of Psychoanalytic and Psychodynamic Psychotherapy
- Distinctive Features of Psychodynamic Technique

Unit 2 -Insight Psychotherapy, Interpersonal Psychotherapy

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

Unit 3 - Short Term Psychotherapies

- Triangle of Insight
- Cognitive Behaviour Therapy and Cognitive Therapy
- Computerised CBT and Guided Self-Help
- Motivational Interviewing

Unit 4 - Methods of Child Psychotherapy

- Psychoanalytic Approaches
- Attachment Based Interventions
- Dyadic Developmental Psychotherapy
- 'Circle of Security'
- Parent Child Interaction Therapy (PCIT)

Block-2 Cognitive and Behaviour Therapies

Unit 1 - Behaviour Modification Techniques

- Behaviour Modification
- Characteristics of Behaviour Modification
- Counter conditioning
- Operant Conditioning
 - Reinforcement and Punishment.. Operant Conditioning Procedures
- Contingency contracting
- Token Economies
- Negative Punishment
- Areas of Application

Unit 2 - Cognitive Behaviour Therapies

- History of Cognitive Behaviour Therapy
- ABC Model
- 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
- Treatment Principles
- Interventions

Unit 4 - Integrative and Multimodal Therapies

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

Block-3 Other Therapies for Psychological Interventions

Unit 1 - Roger's Client Centered Therapy

- Goals of Client Centred Therapy
- The Counselling Process
- Unconditional positive regard
- Self disclosure
- Cultural awareness in client centered counselling

Unit 2 - Family and Group Psychotherapy

- Nature and Definition of Family Therapy
- Techniques of Family Therapy
- Values and Ethics in Family Therapy
- Group Psychotherapy
- Therapeutic Principles
- Advantages of Group Therapy

Unit 3 - Psychodynamic Couple Therapy

- Nature and definition of couple therapy
- Approaches to couple therapy
- Psychodynamic Couples Therapy: An object Relations Approach
- Clinical Illustration and Analysis: Conflict as a Safe Haven
- Projective identification
- Transference

Unit 4 - Psychotherapy Integration

- **

Please study all sub points unless and until specified

Block-4 Psychotherapy across Life Cycle

Unit 1 - Psychotherapy with Children and Adults

- Psychotherapy with Children
- Psychodynamic Play Therapy
- Narrative Therapy
- Psychotherapy with adolescents
- Interpersonal Therapy
- Anxiety
- Conduct Disorders

Unit 2 - Psychotherapy with Adults and Middle Aged Persons

- Psychotherapy with people in middle adulthood

Unit 3 - Psychotherapy with Older Adults

- Reminiscence/ Life Review Therapy
- Psychotherapy in Dementia
- Modification or Adaptation of Treatment

Unit 4 - Psychotherapy in Terminal Illnesses

- Therapeutic Approaches Family Approach
- Major Therapy Issues
- Cancer
- AIDS

Please study all sub points unless and until specified



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Ready Synopsis & Project

- ▶ **Topic** will be **Ours**
- ▶ It will cost Rs **5000** (Fixed Rate and No part payment)
- ▶ You need to **take care of Guide** (Go for Cooperative Guide)
- ▶ Synopsis within **one week** and Project **after 6 months** (before submission)
- ▶ No topic REPEATS
- ▶ **Changes not allowed** in ready synopsis & project
- ▶ If synopsis **rejected.** Then **new synopsis at no additional cost**
- ▶ Synopsis and Project will be there in **Word file**
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- Interpretation of analysis
- Standard format for writing analysis
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*Personal visit not required for data analysis
All communication will be only through mobile & email*

MAPC Focus for Dec 21 Exam

As per Dr Vasant Kothari's Books

Will Release on 1st Aug 2021



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