

MPEC – 023 Interventions In Counselling

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

**WhatsApp
on
7303827268**

**Please note that these are
MOST IMPORTANT TOPICS/UNITS**

and

NOT THE ONLY IMPORTANT Topics/Units

Also, the Guesses are

not expected to be exact

We used our logic of analysis and you can

follow it at your discretion

Kindly don't ask for any clarification regarding this document

Please use it as per your understanding

Thank you!!

For all the latest updates on IGNOU MAPC Course
Telegram Channel



MAPC HELP

www.springseason.in / www.mapchelp.com

Highest Marks	2 nd Highest Marks	3 rd Highest Marks	Lowest Mark
---------------	-------------------------------	-------------------------------	-------------

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
Counselling Psychology	88%	88%	100%	100%	100%	76%	80%
Assessment In Counselling And Guidance	100%	91%	88%	100%	100%	88%	94%
Interventions In Counselling	88%	100%	100%	88%	100%	88%	88%

Past Performance

Important Topics

	Success %				
Name of the Subject	Dec 18	June 19	Dec 19	June 20	Dec 20
Counselling Psychology	100%	70%	100%	76%	96%
Assessment In Counselling And Guidance	92%	40%	82%	94%	100%
Interventions In Counselling	100%	88%	88%	100%	78%

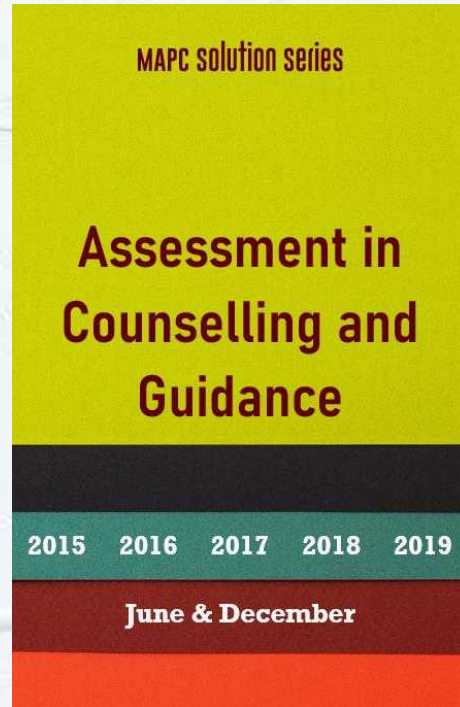
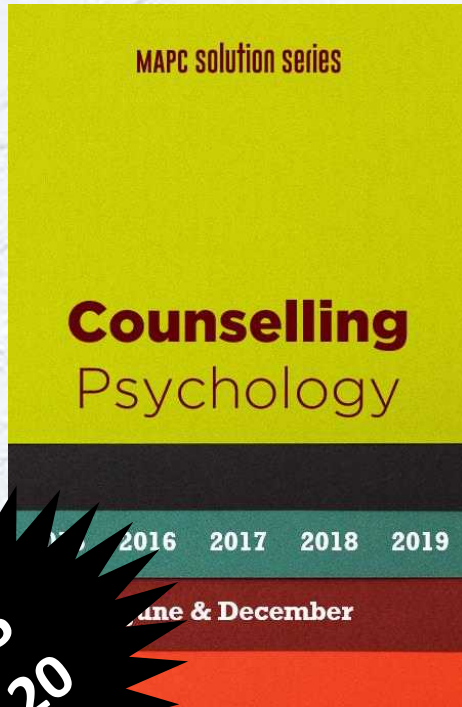
Question Repeats % in Exam

Question Repeats %					
Name of the Subject	Dec 18	June 19	Dec 19	June 20	Dec 20
Counselling Psychology	76%	100%	76%	100%	88%
Assessment In Counselling And Guidance	80%	82%	94%	88%	100%
Interventions In Counselling	94%	88%	100%	100%	100%



Delivery starts on
1st May 2021

IGNOU
MAPC



Rs 125 per Subject

June 15 to Dec 20

E-book

MAPC 6 Years Solved Question Papers

www.springseason.in / www.mapchelp.com

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

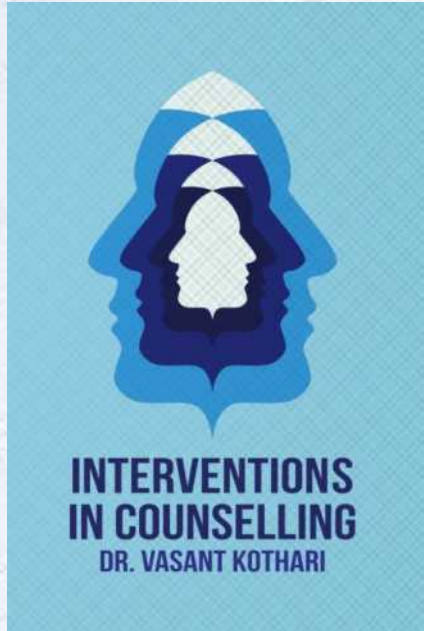
Year	Block 1	Block 2	Block 3	Block 4
June 15	10,6,3,3	10,6	10,6,6,3	10,6
	28%	20%	32%	20%
Dec 15	10,6,6,3,3	10,6	10,6,6,3	10
	35%	20%	32%	13%
June 16	10,6,6,3	10	10,10,6,6,3	6,3
	32%	13%	44%	11%
Dec 16	10,6,6,6	10,6,3	10,10,3,3	6
	35%	24%	33%	8%
Dec 16 (S)	10,6,3	10,6,6,3	10,6	10,6,3
	24%	32%	20%	24%
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	10,6,3,3	10,6	10,6,6,3	10,6
	28%	20%	32%	20%
Dec 19	10,10,6,6,3	10,6	10,3,3	6,6
	45%	20%	20%	15%
June 20	10,10,3,3	6,6	10,10,6,6,3	6
	33%	15%	44%	8%
Dec 20	10,10,6,6,3	10,6	10,6,3	6,3
	44%	21%	24%	11%

1st Priority		2nd Priority		3rd Priority	
Block	Unit/Chapter	Block	Unit/Chapter	Block	Unit/Chapter
1	3,4	1	2	1	1
2	1	2	3	2	2,4
3	2,3	3	4	3	1
4	**	4	1	4	2,3,4
50% of Questions		25% of Questions		25% of Questions	
39 Marks		20 Marks		20 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)

ERR for **June 2021 Exam**



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

Interventions in Counselling

by **Dr Vasant Kothari**

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.
4,5,6,7, 11,12
50% of Questions
39 Marks

2 nd Priority
Chapter No.
2,3,8,13, 14
25% of Questions
20 Marks

3 rd Priority
Chapter No.
1,9,10,15, 16
25% of Questions
20 Marks

It has been observed that **Chapter No. 5, 6,7 & 12 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 INFO is purely based on DATA ANALYSIS



INTERVIVE
IN COUNSELLING
DR. VASAN

MUST READ TOPICS for June 2021 Exam

Chapter No.	Topic No.				
1	1.1	1.2.2	**	**	**
2	2.1	2.2.1	2.2.2	2.2.4	2.2.5
3	3.1	3.1.4	3.1.5	**	**
4	4.1	4.1.2	4.2/3	4.4.2/3	4.6 & 4.8
5	5.2	5.3.3	5.5	5.6 & 5.6.2	5.9.2/3
6	6.2	**	**	**	**
7	All Topics				
8	8.1	8.1.1	8.1.2	**	**
9	9.1	9.1.1	9.2	9.2.1	9.4.2
10	10.1.1	10.2/10.2.4	10.3/5	10.6	10.6.1
11	11.3	11.5	11.6	11.7	**
12	12.1/12.2	12.4	12.5.1/5	12.6/7	12.7.1/5/6
13	13.1.2	13.2	13.3	13.3.8	13.4/5
14	14.1	14.2	14.2.2/3/6	14.3	14.3.3
15	15.3	15.4	15.5	**	**
16	16.1.2	16.2	16.2.1	**	**

Above data is purely based on ASSUMPTIONS

Please do all sub points unless and until specified

Block-1 Psychological Interventions Major Modalities

Unit 1 - Psychodynamic / Psychoanalysis Counseling

- Psychodynamic/Psychoanalysis
- Meaning of Psychodynamics Counselling
- The Situation in Which Counseling is Required

Unit 2 - Insight and Short Term Counseling

- Insight as a Counseling Method
- Psychoanalysis
- Humanistic and Existential Approach
- Short term counselling
- Adlerian
- A Commitment to Spiritual Development

Unit 3 - Interpersonal Counseling

- Interpersonal Counseling (IPC)
- Goals of Interpersonal Therapy
- Interpersonal Therapy/ Interpersonal Psychotherapy
- Identification of Problem Areas
- Important Features for Interpersonal Counseling for Counsellor
- Stages of Interpersonal Counseling (IPC)
- IPT/IPC in Special Populations
- Interpersonal relationship skill

Unit 4 - Counseling Children

- Learning Disability (LD)
- Techniques for Helping Children with Learning Disability
- Attention - Deficit Hyperactive Disorder (ADHD)
- Symptoms of ADHD
- Casual Factors in ADHD
- Behavioural Disorders of Childhood and Adolescence
- Sleep walk
- Autism Spectrum Disorder
- Technique for helping children with ASD
- Self Efficacy
- Self Defeating Behaviour

Please study all sub points unless and until specified

Block-2 Cognitive Behavioural Counseling

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

- Introduction
- Meaning of Behaviour Modification
- Introduction to cognitive approach
- Steps/procedure in the cognitive therapy
- Techniques of cognitive therapy
- Cognitive Behaviour Therapy
- Techniques Used by CBT Specialists
- Sequences in REBT Model

Unit 2 - Application of Cognitive Therapies in Counseling

- All

Unit 3 - Cognitive Behaviour Modification

- Techniques of Cognitive Behaviour Modification
- Self Instructional Technique
- Stress Inoculation Technique

Unit 4 - Solution -Focused Counseling and Integrative Counseling

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

Please study all sub points unless and until specified

Block-3 Other Counselling Interventions

Unit 1 - Client Centered Counselling

- Humanistic Psychology
- Client Centered counselling
- Accurate Empathic Understanding
- The Master Motive: Self-Actualising Tendency
- Important Points to Remember for Effective Client Centered Counselling
- Scientific Evidences and Researches
- Therapeutic Relation

Unit 2 - Psychodynamic Couple's Counselling

- 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
- Techniques of Groups in Counselling
- Selection of Group Members
- Process in Group and Family Counseling
- Determining the Characteristics of the Group
- Values of Group Counselling
- 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
- Advantages and Disadvantages of Eclectic Counselling

Please study all sub points unless and until specified

Block-4 Counselling Future Directions (E-Counselling)

Unit 1 - Teaching and Training for Counselling

- Before Start of counselling
- Approaches to Counselling
- Existential and Humanistic approach
- Gestalt Approach
- The Counselling Process
- Paraphrasing and release of emotions

Unit 2 - Current Status of Counselling with Special Reference to India

- Development of Counselling and Guidance Centres in India
- The Secondary Stage Services of Guidance and Counselling Psychology in India
- National Council of Educational Research and Training (NCERT)

Unit 3 - Future Direction

- E-Counselling: An Introduction
- E-Counselling: Benefits and Challenges
- Ethical Issues in E-Counselling

Unit 4 - Research Findings

- Single Case Experiments
- Outcome Studies
- Types of Outcome Studies
- Informed Consent
- Ensuring Confidentiality

Please study all sub points unless and until specified



Delivery starts on
1st May 2021

IGNOU
MAPC

LAST MINUTE REVIEW
COUNSELLING



DR VASANT KOTHARI

LAST MINUTE REVIEW
ASSESSMENT



DR VASANT KOTHARI

LAST MINUTE REVIEW
INTERVENTIONS



DR VASANT KOTHARI

Only Rs 99
per Subject

eBook
PDF file

MAXIMUM **Syllabus** MINIMUM **Words**

www.springseason.in

You can purchase by paying on...



7303827268



paytm

Name: Spring Season Publications

Bank: HDFC

Branch: Chikhli

Account No.: 50200032856939

IFSC Code: HDFC0002277

Account Type: Current



Or Place your order on

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

www.mapchelp.com

Once payment is made then please WhatsApp your

NAME, CITY & email ID



Assignment Container For Clinical & Counselling

IGNOU
MAPC

Assignment Container

PSYCHOPATHOLOGY
MPCE-011

PSYCHODIAGNOSTICS
MPCE-012

PSYCHOTHERAPEUTIC METHODS
MPCE-013

www.springseason.in

- Answers in **prescribed word limits**
- **Least content** from IGNOU Books
- Table, charts, brain maps to **enhance the look** of the assignment
- **Rs 99** per subject (**Rs 297** for All)
- e-book form (**PDF File**)

Assignment Container

COUNSELLING PSYCHOLOGY
MPCE-021

ASSESSMENT IN COUNSELLING
AND GUIDANCE
MPCE-022

INTERVENTIONS IN COUNSELLING
MPCE-023

www.springseason.in

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**
- ▶ Explanation of **DATA ANALYSIS** for **VIVA**
- ▶ Whatsapp on **7303827268**

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*

MAPC Focus for Dec 21 Exam

As per Dr Vasant Kothari's Books

Will Release on 1st Aug 2021



**WhatsApp
on
7303827268**