

MPEC - 013 Psychotherapeutic Methods

Dec 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.

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# Past Performance

## Important Topics

Name of the Subject	Success %					
	Dec 18	June 19	Dec 19	June 20	Dec 20	June 21
Psychopathology	94%	94%	88%	76%	100%	100%
Psychodiagnostics	70%	80%	88%	90%	86%	100%
Psychotherapeutic Methods	100%	100%	76%	96%	84%	94%

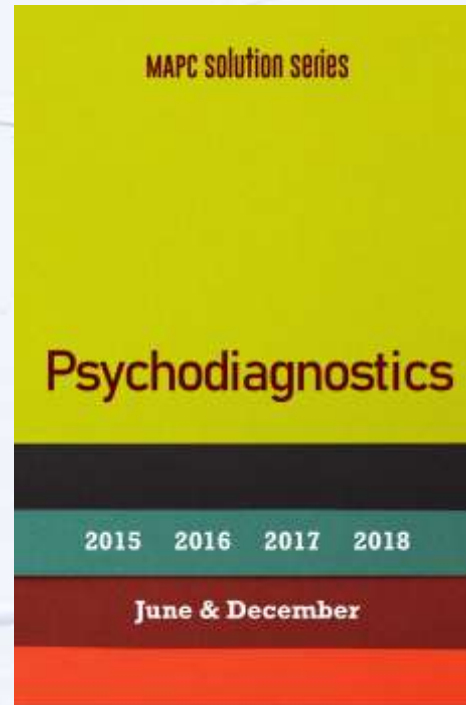
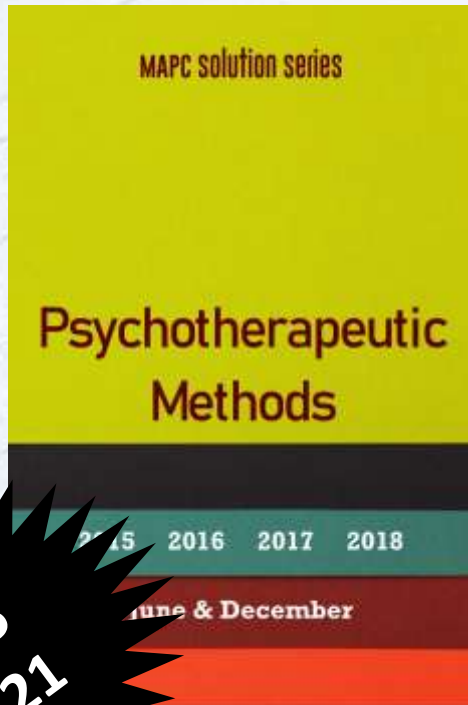
# Question Repeats % in Exam

Question Repeats %						
Name of the Subject	Dec 18	June 19	Dec 19	Jun 20	Dec 20	June 21
Psychopathology	94%	88%	92%	100%	100%	94%
Psychodiagnostics	88%	100%	94%	96%	86%	100%
Psychotherapeutic Methods	100%	100%	94%	100%	100%	94%



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June 15  
to Jun 21

E-book

MAPC Solved Question Papers

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## MAPC EXAM GUIDE

For Dec 2021 Exam

MPCE-011

Psychopathology

All Important Topics as per MAPC Focus

## MAPC EXAM GUIDE

For Dec 2021 Exam

MPCE-012

Psychodiagnostics

All Important Topics as per MAPC Focus

## MAPC EXAM GUIDE

For Dec 2021 Exam

MPCE-013

Psychotherapeutic M

All Important Topics as per

Rs 150 per  
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Reduce  
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by up to  
70%

Available  
during  
Exam

**READ** what is **NECESSARY**

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

## Psychotherapeutic Methods

by **Dr Vasant Kothari**

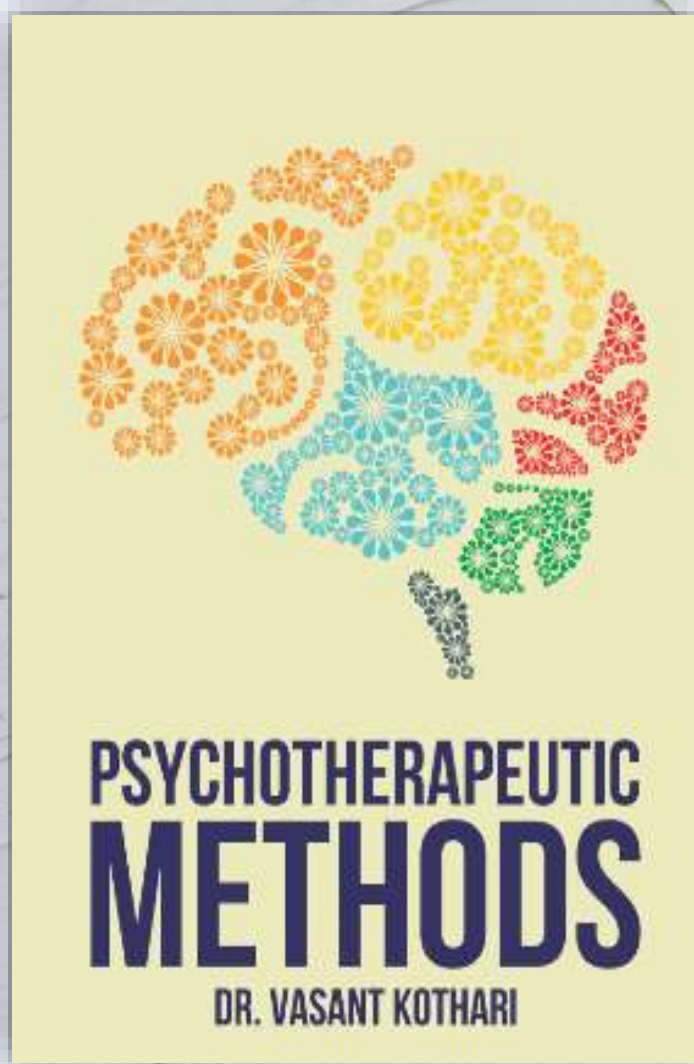
ISBN: 978-81-943314-0-7

Pages: 264

Price: ~~Rs 400~~ → Rs 320

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# MUST READ TOPICS for Dec 2021 Exam

Chapter No.	Topic No.				
1	1.1	1.2.2/3/4	1.3	1.3.2	1.5/7
2	2.1.1/2/3	2.1.4.1	**	**	**
3	3.2	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	5.1	5.2	5.3	5.5	5.5.3
	5.6	5.6.6	5.7	**	**
6	6.1	6.2.1	6.3	6.4	6.5
	6.6	6.7	6.7.1	6.7.3	**
7	7.1	7.2	7.5	7.6	**
8	8.1	8.3/4	8.4.1	8.12.1	**
9	9.2	9.3	9.3.2	9.3.6	9.3.7
10	10.2	10.2.2	10.3	**	**
11	11.1	11.2	11.4	**	**
12	12.1.2	12.2/12.3.4	12.4	12.4.2.2	12.4.3 & 4
13	**	**	**	**	**
14	14.7	14.8	14.10	**	**
15	15.1	15.3	15.3.4	15.5.1/3	15.5.2

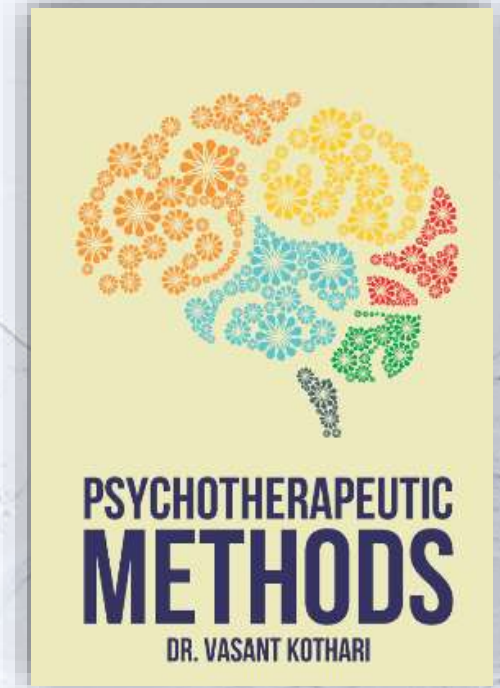
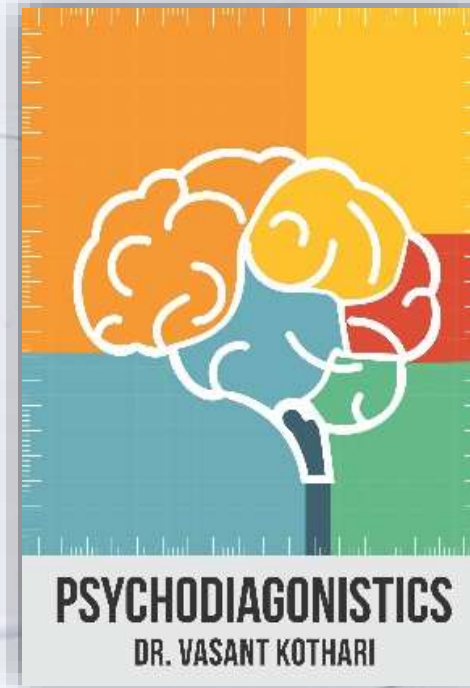
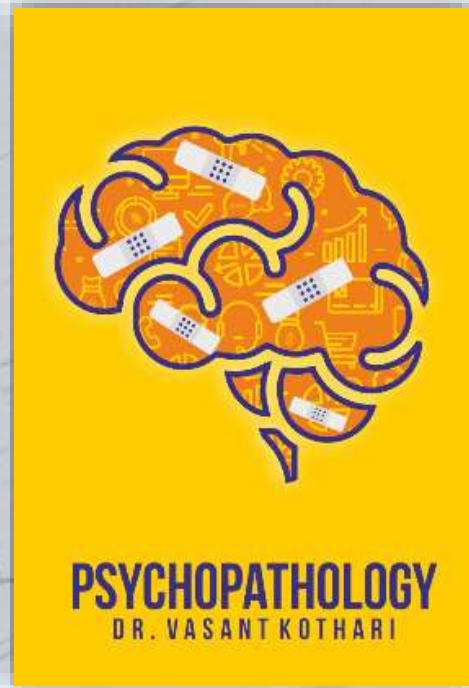
Above data is purely based on **ASSUMPTIONS**

Please do all sub points unless and until specified



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Simple Language & Precise Content

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Rs  
960+30



This document contains  
topics in Q & A Format only  
for the **IMPORTANT**

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Read ONLY  
what is  
**IMPORTANT**

TOPICS as per  
MAPC Focus

# MAPC EXAM GUIDE

For Dec 2021 Exam

**MPCE-013**

**Psychotherapeutic Methods**

All Important Topics as per MAPC Focus

## Prediction of Important Topics

Past Performance (MPCE-013)

Dec 18 100%

June 19 100%

Dec 19 76%

June 20 96%

Dec 20 84%

June 21 94%

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# 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
- Object Relations Theory
- Self Identity and Gender Identity
- Attachment Theory
- Psychoanalytic/ Psychodynamic Therapy
- Basic Tenets and Concepts of Psychoanalytic Therapy
- Components of Psychoanalytic and Psychodynamic Psychotherapy
- Distinctive Features of Psychodynamic Technique

## Unit 2 -Insight Psychotherapy, Interpersonal Psychotherapy

- Psychoanalysis
- Analytical Psychology / Existential Therapy / Person-Centered Therapy

## Unit 3 - Short Term Psychotherapies

- Features of Short Term Therapies
- 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)

Please study all sub points unless and until specified

# Block-2 Cognitive and Behaviour Therapies

## Unit 1 - Behaviour Modification Techniques

- Behaviour Modification
- Characteristics of Behaviour Modification
- Historical Overview of Behaviour Modification
- Respondent Conditioning and Counterconditioning
- Contingency contracting
- Token Economies
- Decreasing Undesirable Behaviours
- Negative Punishment
- Areas of Application

## 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
- Interventions

## Unit 4 - Integrative and Multimodal Therapies

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

Please study all sub points unless and until specified

<b>Block-3 Other Therapies for Psychological Interventions</b>
<b>Unit 1 - Roger's Client Centered Therapy</b>
<ul style="list-style-type: none"> <li>• Goals of Client Centred Therapy</li> <li>• The Counselling Process</li> <li>• Unconditional positive regard</li> <li>• Self disclosure</li> <li>• Cultural awareness in client centered counselling</li> </ul>
<b>Unit 2 - Family and Group Psychotherapy</b>
<ul style="list-style-type: none"> <li>• Group Psychotherapy</li> <li>• Therapeutic Principles</li> <li>• Advantages of Group Therapy</li> </ul>
<b>Unit 3 - Psychodynamic Couple Therapy</b>
<ul style="list-style-type: none"> <li>• Nature and definition of couple therapy</li> <li>• Approaches to couple therapy</li> <li>• Transference</li> </ul>
<b>Unit 4 - Psychotherapy Integration</b>
<ul style="list-style-type: none"> <li>• **</li> </ul>

Please study all sub points unless and until specified

## Block-4 Psychotherapy across Life Cycle

### Unit 1 - Psychotherapy with Children and Adults

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

### Unit 2 - Psychotherapy with Adults and Middle Aged Persons

- \*\*

### Unit 3 - Psychotherapy with Older Adults

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

### Unit 4 - Psychotherapy in Terminal Illnesses

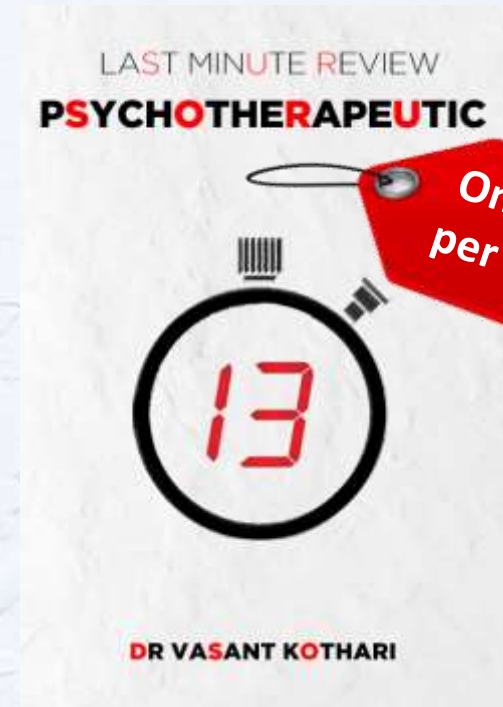
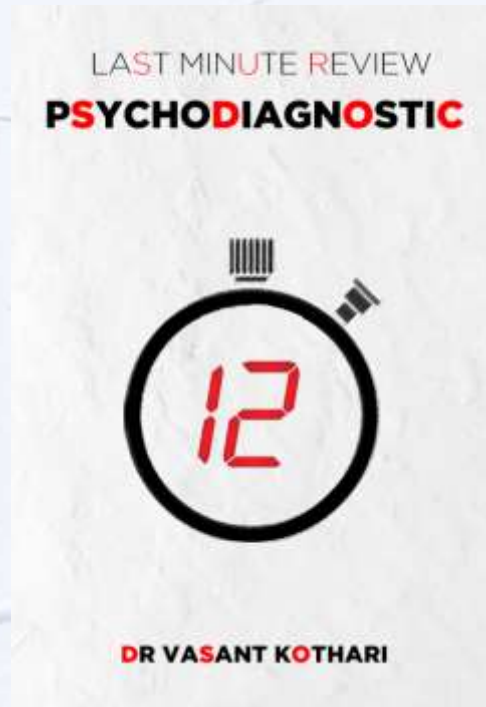
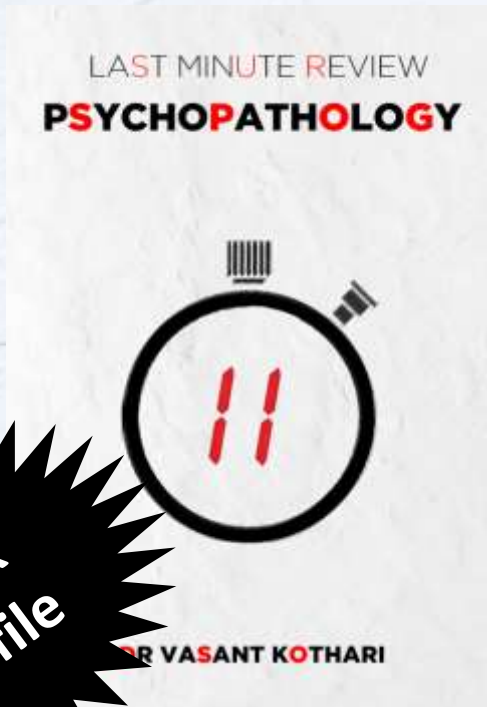
- Terminal Illness and Psychotherapy
- Therapeutic Approaches Family Approach
- Cancer
- Integrated Approaches to Psychotherapy in Cancer
- AIDS

Please study all sub points unless and until specified



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**MAXIMUM Syllabus MINIMUM Words**

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# Assignment Container For Clinical & Counselling

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## Assignment Container

PSYCHOPATHOLOGY  
MPCE-011

PSYCHODIAGNOSTICS  
MPCE-012

PSYCHOTHERAPEUTIC METHODS  
MPCE-013

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- 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

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

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

send your...



- Synopsis
- Questionnaire
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to

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You will get

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

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

# MAPC Focus for June 2022 Exam

**As per Dr Vasant Kothari's Books**

Will Release on 15<sup>th</sup> Feb 2022



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