

MPEC - 021 Counselling Psychology

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.

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!!

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Past Performance

Important Topics

Success %						
Name of the Subject	Dec 18	June 19	Dec 19	June 20	Dec 20	June 21
Counselling Psychology	100%	70%	100%	76%	96%	94%
Assessment In Counselling And Guidance	92%	40%	82%	94%	100%	94%
Interventions In Counselling	100%	88%	88%	100%	78%	100%

Question Repeats % in Exam

Question Repeats %						
Name of the Subject	Dec 18	June 19	Dec 19	June 20	Dec 20	June 21
Counselling Psychology	76%	100%	76%	100%	88%	94%
Assessment In Counselling And Guidance	80%	82%	94%	88%	100%	100%
Interventions In Counselling	94%	88%	100%	100%	100%	100%



Delivery starts
on **6th** Dec 2021

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June 15
to Jun 21

E-book

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20th Dec 2021

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For Dec 2021 Exam

MPCE-021

Calling Psychology

All Important Topics as per MAPC Focus

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For Dec 2021 Exam

MPCE-022

Assessment In Counselling

All Important Topics as per MAPC Focus

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For Dec 2021 Exam

MPCE-023

Interventions In C

All Important Topics as per MAPC Focus

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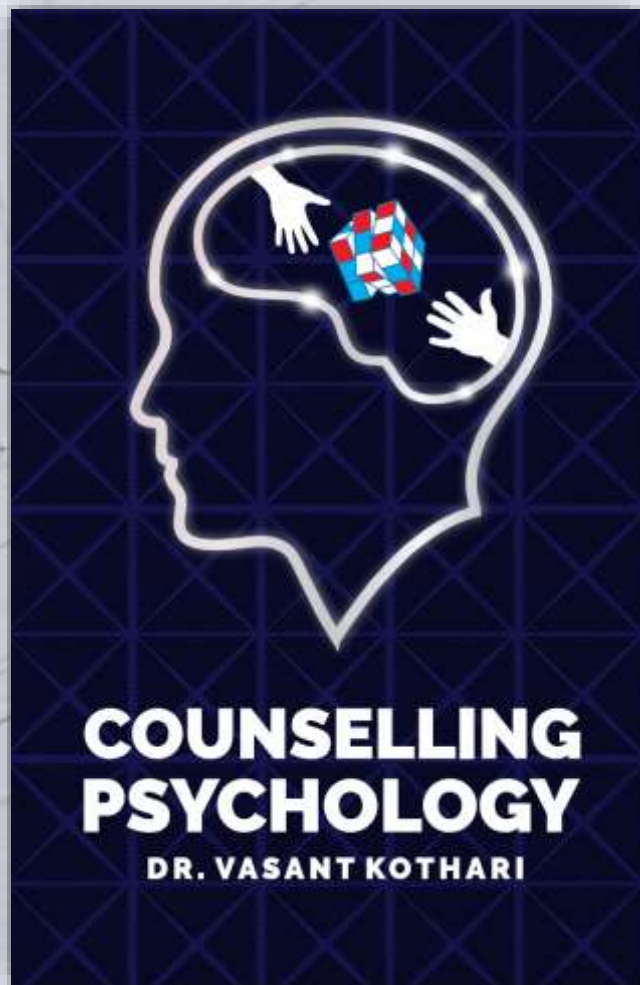
Reduce
your
study load
by up to
70%

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**



Counselling Psychology

by **Dr Vasant Kothari**

ISBN: 978-81-935047-7-2

Pages: 232

Price: ~~Rs 400~~ → Rs 320

Available for purchase at

www.springseason.in & Amazon



MUST READ TOPICS for Dec 2021 Exam

**COUNSEL
PSYCHOLOGY**
DR. VASANT K.

Chapter No.	Topic No.				
1	1.1	1.1.1	1.1.3	1.3.4	**
2	2.1	2.1.3.2	2.1.3.3	2.2.4	2.2.5
3	3.1.1	3.1.2	3.2.1/2/3	3.3.3	3.3.4
4	4.2	**	**	**	**
5	5.1	5.2.3	5.3	5.3.3/6/7	5.4.4
6	6.1	6.1.1/3/4	6.2.2	6.2.4	**
7	7.2.2	7.2.3	**	**	**
8	8.1.4	8.2.1	8.2.2	8.3.6.1/2	**
9	9.1	9.1.1/2	9.2/4	9.4.1 /2	9.4.1.2
10	10.1	10.2	10.3	**	**
11	11.2 & 11.3	11.3.4	11.5	11.5.1	**
12	12.2.1	12.2.2	12.3.2	12.4/5/6	12.6.1
13	13.2	13.3.5	13.4	13.4.4	13.5.2
14	14.2.1	14.5	14.6	14.2.2	14.2.3
15	15.1	15.5	**	**	**
16	16.1	16.2.1	16.2.1.1	16.2.2	16.4

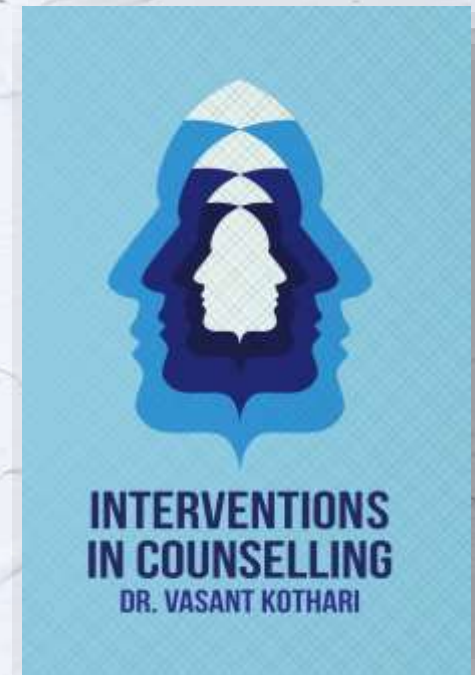
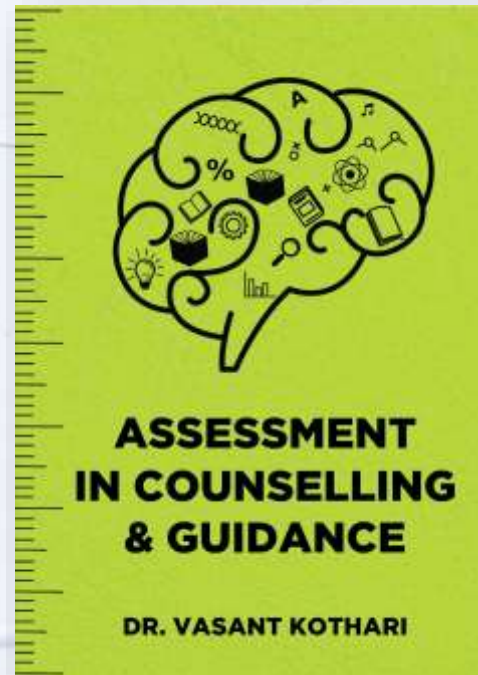
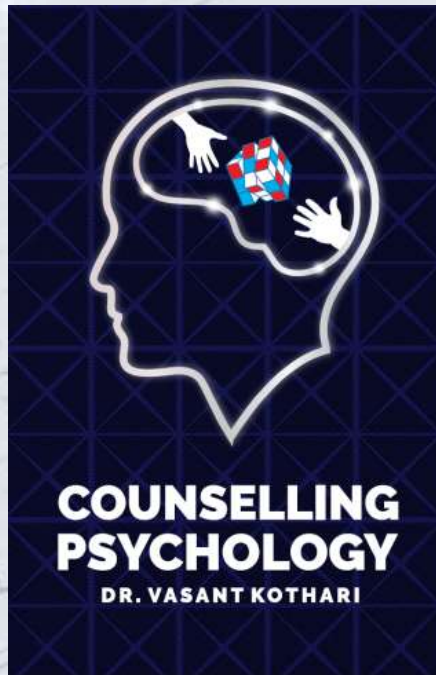
Above data is purely based on **ASSUMPTIONS**

Please do all sub points unless and until specified



**AVAILABLE
NOW**

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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-021

Counselling Psychology

All Important Topics as per MAPC Focus

Prediction of Important Topics

Past Performance (MPCE-021)

Dec 18 100%

June 19 70%

Dec 19 100%

June 20 76%

Dec 20 96%

June 21 94%

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Block-1 Introduction

Unit 1 – Introduction to Counseling and Characteristics of a Counselor

- Definition - Counseling and Guidance
- Counseling and Psychotherapy
- Characteristics of a Counselor
- Counselor and Values

Unit 2 –Process of Counselling

- Process of Counseling
- Working in a Relationship
- Terminating a Relationship
- Counsellor's qualities

Unit 3 - Theoretical Approaches to Counseling

- Psychoanalytic Approach
- The phenomenological Adlerian Approach
- Person-Centered Approach
- Existential Approach
- Gestalt Approach
- Behavioural Approach
- Reality Therapy

Unit 4 - Ethics in Counseling

- Ethical Principles of Counseling

Please study all sub points unless and until specified

Block-2 Counselling Models and Approaches

Unit 1 - Psychoanalysis, Psychodynamic and Psychotherapy

- Psychotherapy
- Essentials of Psychotherapy
- Goals of Psychoanalysis
- Techniques in Psychoanalysis
- Free Association
- Dream Analysis
- Analysis of Transference
- Counter transference
- Self-Psychology

Unit 2 - Behavioural Therapy, Cognitive Behaviour Therapy and Approaches to Counselling

- Behavior Therapy
- Systematic Desensitisation
- Aversion therapy
- Operant Conditioning Treatments
- ABC Model of CBT
- Techniques/ Principles Used in CBT

Unit 3 - Drama and Art Therapy in Counseling

- Art Therapy

Unit 4 - Other Therapies (Persons Center Counseling And Solution Focus Counseling)

- Techniques Used In Person Centered Therapy
- Therapeutic process
- The Miracle Questions (MQ)
- Scaling Questions

Please study all sub points unless and until specified

Block-3 Types of Counselling

Unit 1 - HIV/AIDS Counselling

- What is HIV/AIDS
- How does it Transmit
- Signs and Symptoms of HIV/AIDS
- Diagnosis of HIV/AIDS
- Aims of HIV/AIDS Counselling
- Prevention of HIV Transmission
- Counselling the HIV Affected Persons

Unit 2 - Educational and Vocational Counselling

- Meaning of Educational and Vocational Counselling
- Need of Educational and Vocational Counselling
- Scope of of Educational and Vocational Counselling

Unit 3 - Child Protection and Child Rights Counselling

- Who is child?
- What are children's rights?
- What is Child Protection?
- Difference between Child Rights and Child Protection

Unit 4 - Addiction/Anxiety Counselling

- Meaning of Substance /Abuse
- Addictive Behaviour
- How Anxiety can Lead to Addiction
- Symptoms of Addiction and Anxiety
- Causes for the Addiction and Anxiety Abuse
- Treatment for Addiction and Anxiety
- Group Therapy and Counseling

Please study all sub points unless and until specified

Block-4 Counselling for Mental Disorders

Unit 1 - Depression

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

Unit 2 - Personality Disorder

- Paranoid Personality
- Antisocial Personality
- Features of personality disorder
- Causes of personality disorder
- Cluster B 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
- Eating Disorders in India
- Treatment of Eating Disorders

Please study all sub points unless and until specified



Delivery starts
on **6th** Dec 2021

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LAST MINUTE REVIEW
COUNSELLING



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ASSESSMENT



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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
- 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 June 22 Exam

As per Dr Vasant Kothari's Books

Will Release on 15th Feb 2022



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on
7303827268**