

MPEC - 023 Interventions In Counselling

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%

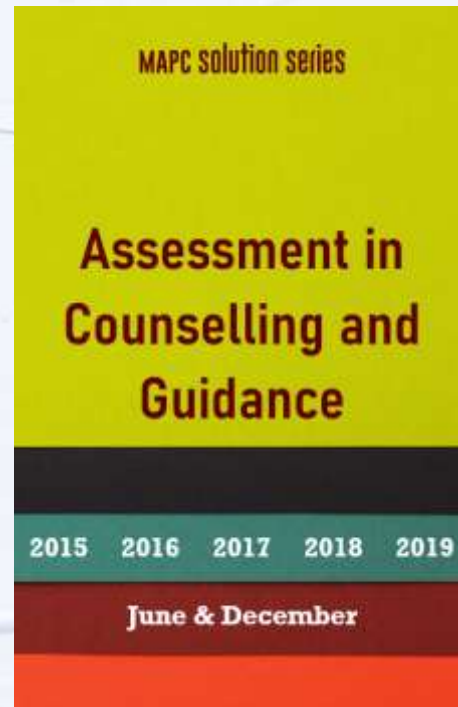
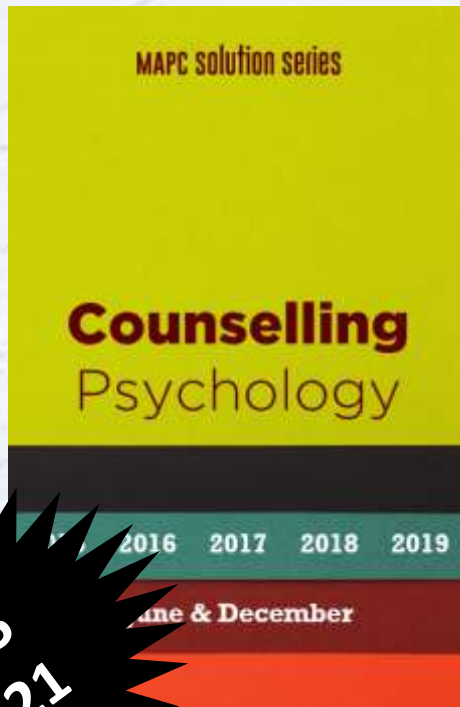
Question Repeats % in Exam

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%



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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**

Interventions in Counselling

by **Dr Vasant Kothari**

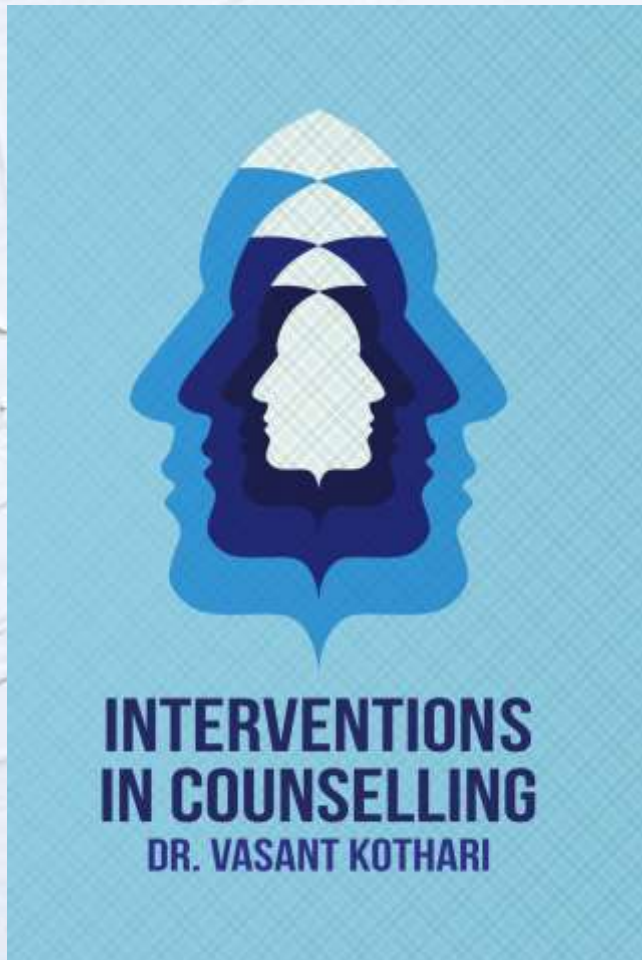
ISBN: 978-81-935047-9-6

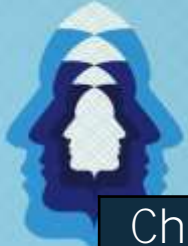
Pages: 208

Price: ~~Rs 400~~ → Rs 320

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INTERVIVE
IN COUNSELLING
DR. VASANT

MUST READ TOPICS for Dec 2021 Exam

Chapter No.	Topic No.				
1	1.1	1.2.2	1.3.2	**	**
2	2.1	2.2.1	2.2.2	2.2.4	2.2.5
3	3.1	3.1.4	3.1.5	3.2	3.2.1
4	4.1	4.1.2	4.2	4.4.2/3	4.6 & 4.8
5	5.2	5.3	5.5	5.6 & 5.6.2	5.9.2/3
6	6.2	6.3	6.5	**	**
7	7.1	7.2	**	**	**
8	8.1	8.1.1	8.1.2	8.1.3	**
9	9.1	9.1.1	9.2	9.2.2	9.4.2
10	10.1.1	10.2.4	10.3/4	10.5/6	10.6.1
11	11.2	11.5	11.6	11.7	**
12	12.1/12.2	12.4/5	12.5.1/5	12.6	12.7.5/6
13	13.1.2	13.2	13.3	13.3.8	13.4
14	14.1	14.2	14.2.2/6	14.3	14.3.3
15	15.3	15.5	**	**	**
16	16.1.2	16.2	16.2.1	16.4	**

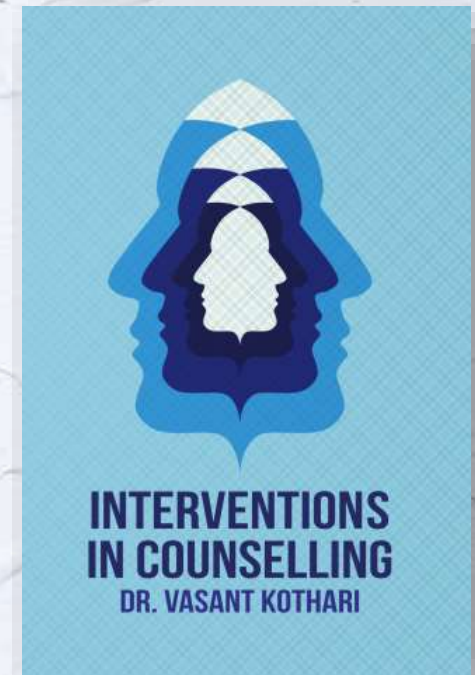
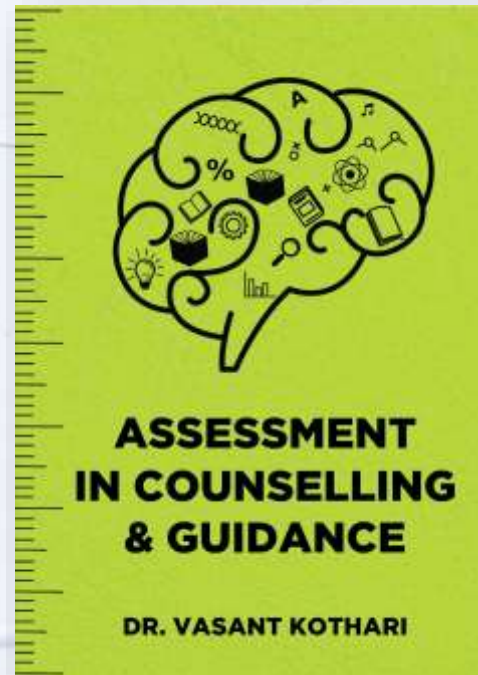
Above data is purely based on **ASSUMPTIONS**

Please do all sub points unless and until specified



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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-023

Interventions In Counselling

All Important Topics as per MAPC Focus

Prediction of Important Topics

Past Performance (MPCE-023)

Dec 18 100%

June 19 88%

Dec 19 88%

June 20 100%

Dec 20 78%

June 21 100%

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Block-1 Psychological Interventions Major Modalities

Unit 1 - Psychodynamic / Psychoanalysis Counseling

- Psychodynamic/Psychoanalysis
- Meaning of Psychodynamics Counselling
- Counseling and Psychotherapy
- 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
- A Commitment to Spiritual Development
- Meaning and Definition of Brief Therapy & Developments that Influenced Brief Therapies

Unit 3 - Interpersonal Counseling

- Interpersonal Counseling (IPC)
- Goals of Interpersonal Therapy
- Interpersonal Therapy/ Interpersonal Psychotherapy
- 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)
- Casual Factors of Learning Disability
- Nature and Characteristic of Learning Disorder
- Techniques for Helping Children with Learning Disability
- Attention - Deficit Hyperactive Disorder (ADHD)
- Symptoms / Casual Factors / Technique for Helping the ADHD Children
- Anxiety Disorder
- Techniques for Helping with Anxiety Disorder
- Behavioural Disorders of Childhood and Adolescence
- Sleep walk / Autism Spectrum Disorder
- 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

- Meaning of Behaviour Modification
- Principles of Behaviour Modification
- Techniques 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

- SKIP

Unit 3 - Cognitive Behaviour Modification

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

Unit 4 - Solution -Focused Counseling and Integrative Counseling

- Meaning of Solution -Focused Counseling
- Key Assumptions
- Procedure of Solution Focused Brief Therapy
- Exception Seeking
- 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
- Accurate Empathic Understanding
- The Master Motive: Self-Actualising Tendency
- 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
- 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
- Types of Groups in Counseling
- Selection of Group Members
- 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
- 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
- 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
- Ethical Issues in E-Counselling

Unit 4 - Research Findings

- Single Case Experiments
- Outcome Studies
- Types of Outcome Studies
- Ethical Issues in Counselling Research
- Informed Consent
- Ensuring Confidentiality

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MAPC Focus for June 22 Exam

As per Dr Vasant Kothari's Books

Will Release on 15th Feb 2022



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