

MPEC - 013 Psychotherapeutic Methods

June 2022 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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Telegram Channel



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Past Performance

Important Chapters/Units

Success %									
Name of the Subject	Dec 17	June 18	Dec 18	June 19	Dec 19	June 20	Dec 20	June 21	Dec 21
Psychopathology	88%	82%	88%	82%	88%	88%	100%	100%	NA
Psychodiagnostics	100%	100%	100%	88%	88%	94%	94%	94%	NA
Psychotherapeutic Methods	88%	88%	100%	88%	88%	100%	94%	100%	NA

Past Performance

Important Topics

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

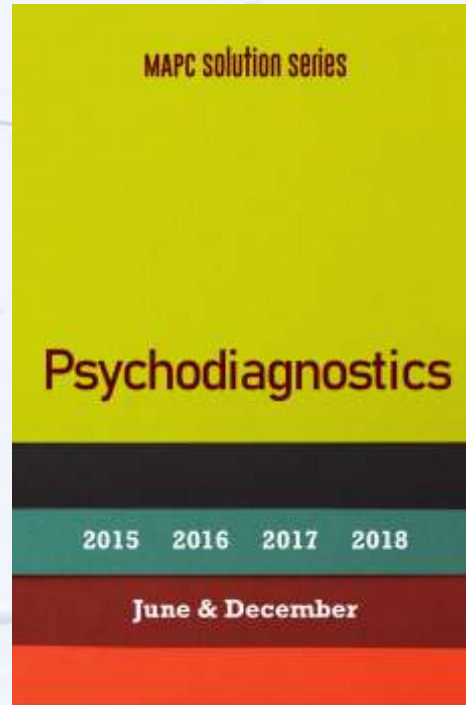
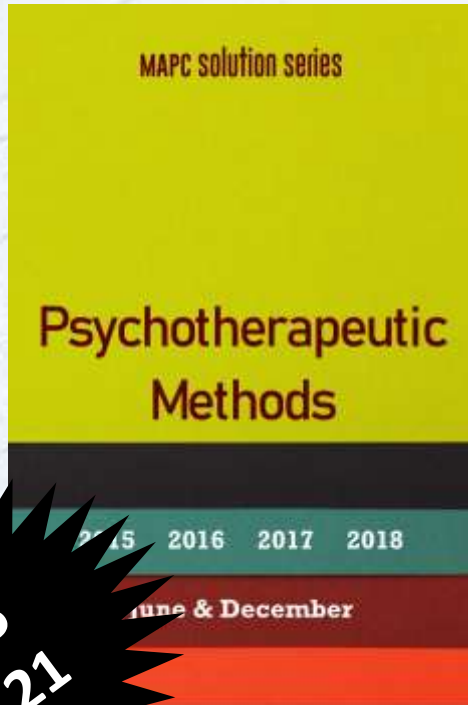
Question Repeats % in Exam

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



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Subject

June 15
to Dec 21

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



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MPCE-012

Psychodiagnostics

All Important Topics as per MAPC Focus

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Psychother

All Important Topics

Rs 150 per
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Reduce
your
study load
by up to
70%

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during
Exam

READ what is NECESSARY

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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	2	4	2	3
3	2,3	3	**	3	1,4
4	1	4	**	4	2,3,4
63% of Questions		13% of Questions		24% of Questions	
50 Marks		11 Marks		19 Marks	

It has been observed that

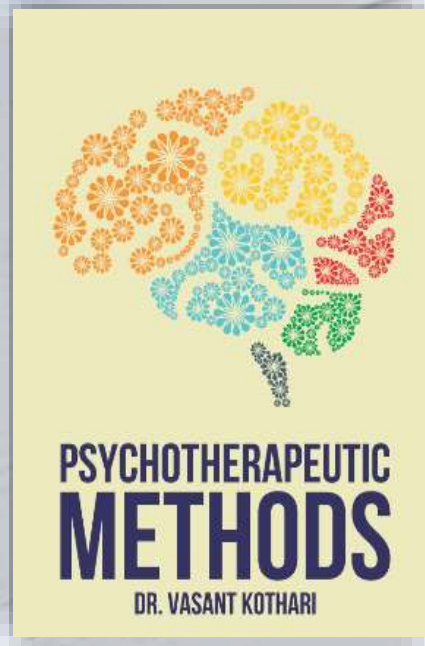
Block 1 and 2 are the most important

as almost 62% questions in the exam

comes from these only,

so you should not miss these Blocks at any cost

ERR for June 2022 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, 10,11,12
64% of Questions
51 Marks

2 nd Priority
Chapter No.
3,8
22% of Questions
17 Marks

3 rd Priority
Chapter No.
4,7,9,13, 14,15
14% of Questions
11 Marks

It has been observed that **Chapter No. 1,2,5 & 6 are the most important** as 40% 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 2022 Exam

Chapter No.	Topic No.				
1	1.1	1.2.2/3/4	1.3	1.3.2	1.5
2	2.1.1	2.1.2	2.1.3	2.1.4.1	**
3	3.2	3.3.1.1	3.3.2.1/4	3.3.4/5	3.3.5.1/3
4	4.1	4.2	4.2.2	4.4	**
5	5.1	5.2	5.2.5	5.3	5.4
	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	6.7.1	6.7.3	**	**
7	7.1	7.2	7.5	7.6	**
8	8.1	8.3/4	8.4.1	8.7	8.12.1
9	9.2	9.3.2	9.3.6	9.3.7	**
10	10.1	10.2	10.2.2	10.3	**
11	11.1	11.2	**	**	**
12	12.1	12.2	12.4	12.4.2.2	12.4.3 & 4
13	13.3	**	**	**	**
14	14.7	14.8	14.10	**	**
15	15.1	15.3	15.3.4	15.4	15.5.1/3

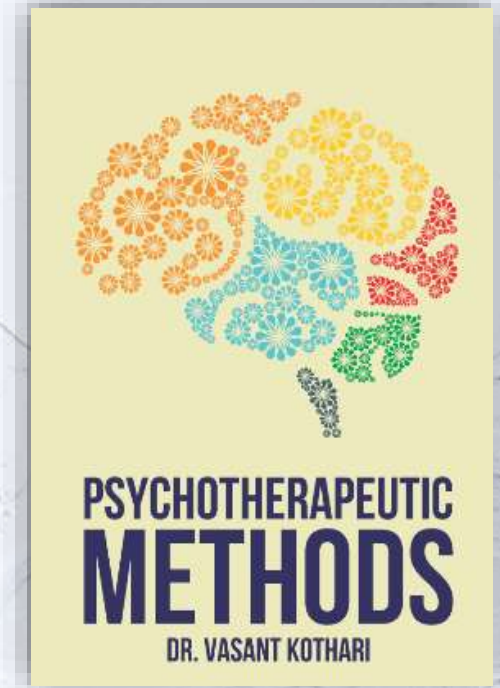
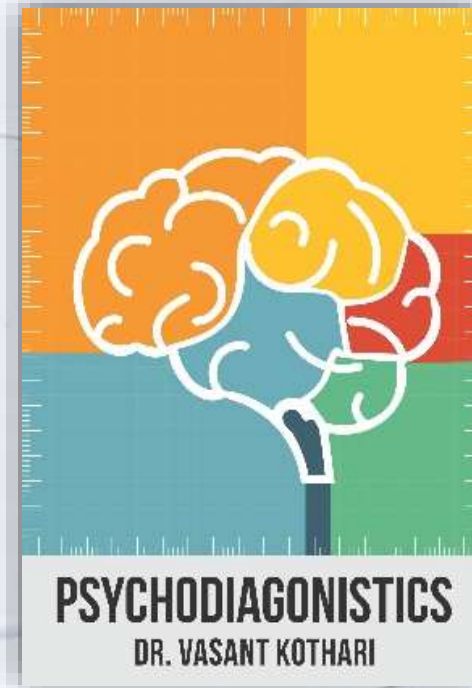
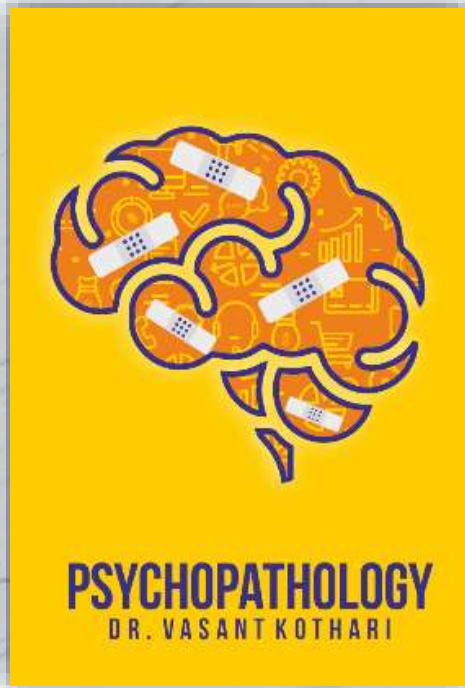
Above data is purely based on **ASSUMPTIONS**

Please do all sub points unless and until specified



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Rs
960+30



This document contains
topics in Q & A Format only
for the **IMPORTANT**
TOPICS as per
MAPC Focus

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Read ONLY
what is
IMPORTANT

MAPC EXAM GUIDE

For June 2022 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%
Dec 21	88%

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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

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
- Pragmatic, Eclectic Therapies
- Very Brief Therapy
- Motivational Interviewing
- Crisis Intervention and Critical Incident Debriefing

Unit 4 - Methods of Child Psychotherapy

- Psychoanalytic Approaches
- Attachment Based Interventions
- '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 & Historical Overview of Behaviour Modification
- Respondent Conditioning and Counterconditioning
- Counter, Operant Conditioning
- Operant Conditioning Procedure
- 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

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
- Multimodal Therapy & Goals of Multimodal Therapy

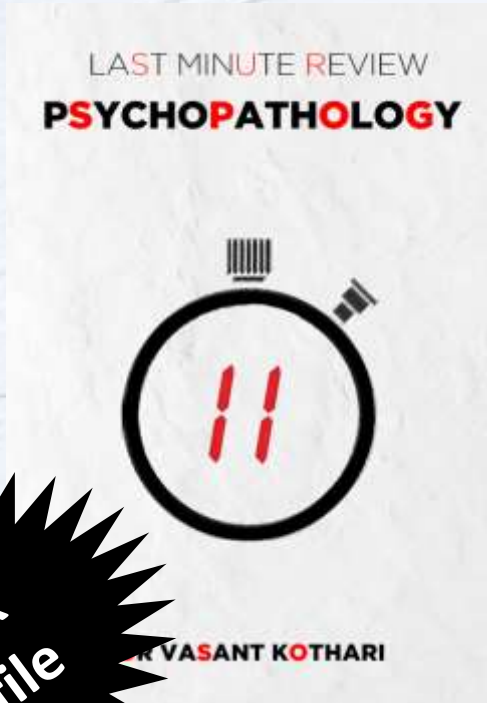
Block-3 Other Therapies for Psychological Interventions
Unit 1 - Roger's Client Centered Therapy
<ul style="list-style-type: none">• Goals of Client Centred Therapy• Unconditional positive regard• Self disclosure• Cultural awareness in client centered counselling
Unit 2 - Family and Group Psychotherapy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

Block-4 Psychotherapy across Life Cycle
Unit 1 - Psychotherapy with Children and Adults
<ul style="list-style-type: none">• Psychotherapy with Children• Cognitive Behaviour Therapy with Children• Psychotherapy with adolescents• Interpersonal Therapy• Anxiety• Conduct Disorders
Unit 2 - Psychotherapy with Adults and Middle Aged Persons
<ul style="list-style-type: none">• Psychotherapy with People in Middle Adulthood
Unit 3 - Psychotherapy with Older Adults
<ul style="list-style-type: none">• Reminiscence/ Life Review Therapy• Psychotherapy in Dementia• Modification or Adaptation of Treatment
Unit 4 - Psychotherapy in Terminal Illnesses
<ul style="list-style-type: none">• Terminal Illness and Psychotherapy• Therapeutic Approaches• Family Approach• Major Therapy Issues• Cancer• Integrated Approaches to Psychotherapy in Cancer



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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

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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
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- ▶ 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
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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 2022 Exam

As per Dr Vasant Kothari's Books

Will Release on 1st **Sep** 2022



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