

MPEC - 021 Counselling Psychology

Jun 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.

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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Telegram Channel



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Past Performance

Important Chapters/Units

Prediction Success %

| Name of the Subject | Dec 17 | June 18 | Dec 18 | June 19 | Dec 19 | June 20 | Dec 20 | Jun 21 | Dec 21 |
|--|--------|---------|--------|---------|--------|---------|--------|--------|--------|
| Counselling Psychology | 88% | 88% | 100% | 100% | 100% | 76% | 80% | 100% | NA |
| Assessment In Counselling And Guidance | 100% | 91% | 88% | 100% | 100% | 88% | 94% | 68% | NA |
| Interventions In Counselling | 88% | 100% | 100% | 88% | 100% | 88% | 88% | 80% | NA |

Past Performance

Important Topics

Prediction Success %

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

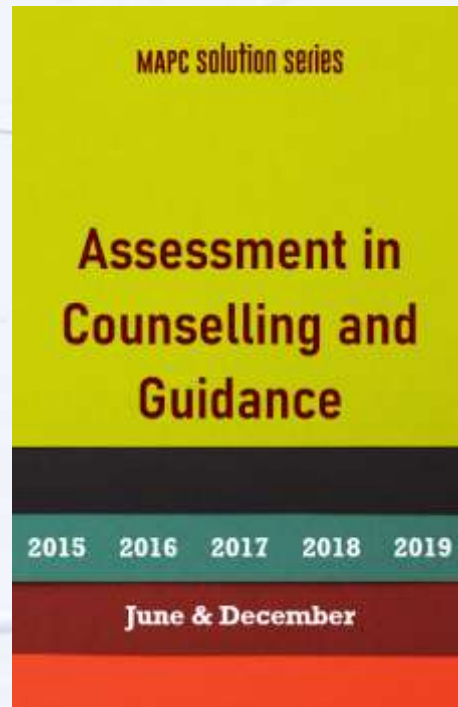
Question Repeats % in Exam

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



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to Dec 21

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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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MAPC EXAM GUIDE

For June 2022 Exam

MPCE-021

Calling Psychology

All Important Topics as per MAPC Focus

MAPC EXAM GUIDE

For June 2022 Exam

MPCE-022

Assessment In Counselling

All Important Topics as per MAPC Focus

MAPC EXAM GUIDE

For June 2022 Exam

MPCE-023

Interventions In Counselling

All Important Topics as per MAPC Focus

Reduce
your
study load
by up to
70%

E-Book

READ what is NECESSARY

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MUST READ Chapters for June 2022 Exam

| 1st Priority | | 2nd Priority | | 3rd Priority | |
|------------------|--------------|------------------|--------------|------------------|--------------|
| Block | Unit/Chapter | Block | Unit/Chapter | Block | Unit/Chapter |
| 1 | 3 | 1 | 2 | 1 | 1,4 |
| 2 | 2,4 | 2 | 3 | 2 | 1 |
| 3 | 3 | 3 | ** | 3 | 1,2,4 |
| 4 | 2 | 4 | 1,4 | 4 | 3 |
| 56% of Questions | | 23% of Questions | | 21% of Questions | |
| 44 Marks | | 18 Marks | | 17 Marks | |

BLOCK 1, UNIT 3 & BLOCK 2, UNIT 4 ARE THE MOST IMPORTANT

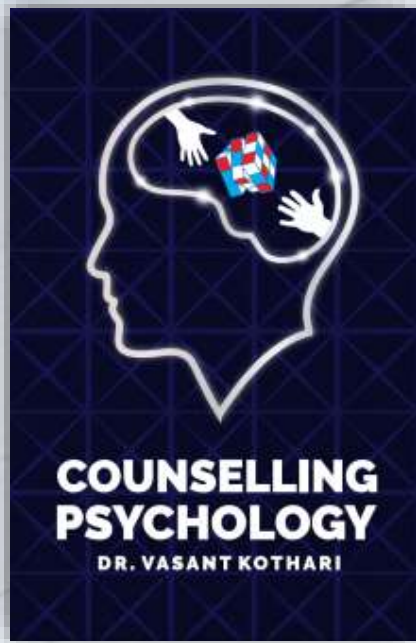
as almost 28% questions in the exam are from this only

It has been observed that **Block 1 & 2 are the most important**

as almost 3/5 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**

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

| 1 st Priority |
|--------------------------|
| Chapter No. |
| 3,6,8,11, 14 |
| 56% of Questions |
| 44 Marks |

| 2 nd Priority |
|--------------------------|
| Chapter No. |
| 2,7,13,16 |
| 23% of Questions |
| 18 Marks |

| 3 rd Priority |
|--------------------------|
| Chapter No. |
| 1,4,5,9,10, 12,15 |
| 21% of Questions |
| 17 Marks |

It has been observed that **Chapter No. 3,8 & 11 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

**COUNSEL
PSYCHOI**
DR. VASANT K

| Chapter No. | Topic No. | | | | |
|-------------|-----------|---------|----------|-------------|------------|
| 1 | 1.1 | 1.1.1 | 1.1.3 | 1.3 | 1.3.4 |
| 2 | 2.1 | 2.1.3.2 | 2.1.3.3 | 2.2.3/4 | 2.2.5 |
| 3 | 3.2.1 | 3.2.2 | 3.2.3 | 3.3.2 | 3.3.4 |
| 4 | ** | ** | ** | ** | ** |
| 5 | 5.1 | 5.2.3 | 5.3 | 5.3.2/3/6/7 | 5.4.4 |
| 6 | 6.1 | 6.1.3 | 6.1.4 | ** | ** |
| 7 | 7.1 | 7.2 | ** | ** | ** |
| 8 | 8.1.1 | 8.1.2 | 8.1.4 | 8.2.1 | 8.2.2 |
| 9 | 9.1.1 | 9.1.2 | 9.2/4 | 9.4.1/2 | 9.4.1.2 |
| 10 | 10.1 | 10.2 | 10.3 | 10.4 | ** |
| 11 | 11.2 | 11.3.4 | 11.5 | 11.5.1 | 11.6.1.1/2 |
| 12 | 12.2.1 | 12.2.2 | 12.3.2 | 12.6 | 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 | 16.1/2 | 16.2.1 | 16.2.1.1 | 16.2.2 | 16.3/4 |

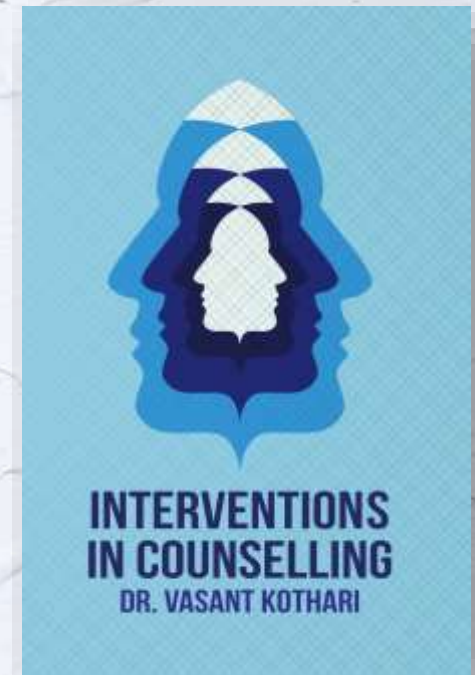
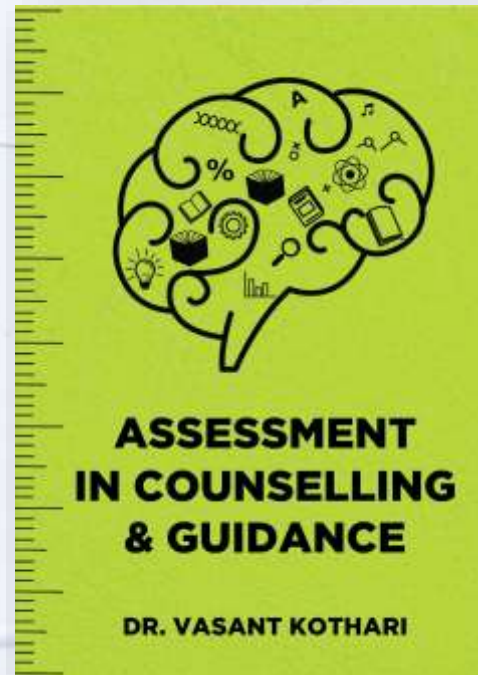
Above data is purely based on **ASSUMPTIONS**

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-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% |
| Dec 21 | |

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| Block-1 Introduction | |
|--|--|
| Unit 1 – Introduction to Counseling and Characteristics of a Counselor | |
| <ul style="list-style-type: none">• Definition - Counseling and Guidance• Counseling and Psychotherapy• Characteristics of a Counselor• Counselor and Values | |
| Unit 2 –Process of Counselling | |
| <ul style="list-style-type: none">• Process of Counseling• Stages of Counselling Process• Procedure in the Counselling Process• Working in a Relationship• Terminating a Relationship• Settings• Client Qualities• Counsellor’s qualities | |
| Unit 3 - Theoretical Approaches to Counseling | |
| <ul style="list-style-type: none">• Person-Centered Approach• Existential Approach• Gestalt Approach• Transactional Analysis• Reality Therapy | |
| Unit 4 - Ethics in Counseling | |
| <ul style="list-style-type: none">• NIL | |

| Block-2 Counselling Models and Approaches |
|--|
| Unit 1 - Psychoanalysis, Psychodynamic and Psychotherapy |
| <ul style="list-style-type: none">• 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 |
| <ul style="list-style-type: none">• Behavior Therapy• Aversion therapy• Operant Conditioning Treatments |
| Unit 3 - Drama and Art Therapy in Counseling |
| <ul style="list-style-type: none">• Drama Therapy• Art Therapy |
| Unit 4 - Other Therapies (Person Centered Counseling And Solution Focus Counseling) |
| <ul style="list-style-type: none">• Basic Assumptions of Person Centered Counselling• Core Conditions• Techniques Used In Person Centered Therapy• Solution Focused Counselling |

| Block-3 Types of Counselling | |
|---|--|
| Unit 1 - HIV/AIDS Counselling | <ul style="list-style-type: none">• 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 | <ul style="list-style-type: none">• Meaning of Educational and Vocational Counselling• Need of Educational and Vocational Counselling• Scope of of Educational and Vocational Counselling• Educational Counselling |
| Unit 3 - Child Protection and Child Rights Counselling | <ul style="list-style-type: none">• Who is child?• What is Child Protection?• Difference between Child Rights and Child Protection• Street Children• Disability in Children |
| Unit 4 - Addiction/Anxiety Counselling | <ul style="list-style-type: none">• Meaning of Substance /Abuse• Addictive Behaviour• How Anxiety can Lead to Addiction• Treatment for Addiction and Anxiety• Group Therapy and Counseling |

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
- 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
- Types of Eating Disorders
- Causes of Eating Disorder
- Treatment of Eating Disorders



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MPCE-012

PSYCHOTHERAPEUTIC METHODS
MPCE-013

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- Answers in prescribed word limits
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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
- ▶ 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

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- Questionnaire
- Data file (Excel)

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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 22 Exam

As per Dr Vasant Kothari's Books

Will Release on 1st **Sep** 2022



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on
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