

MPEC - 023 Interventions In Counselling

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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# 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%

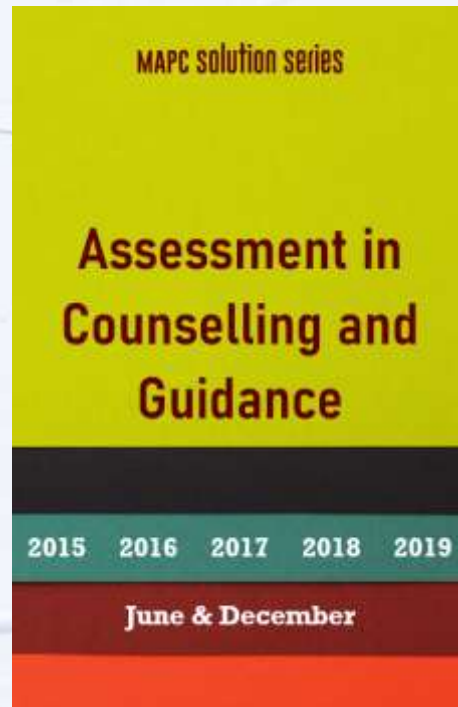
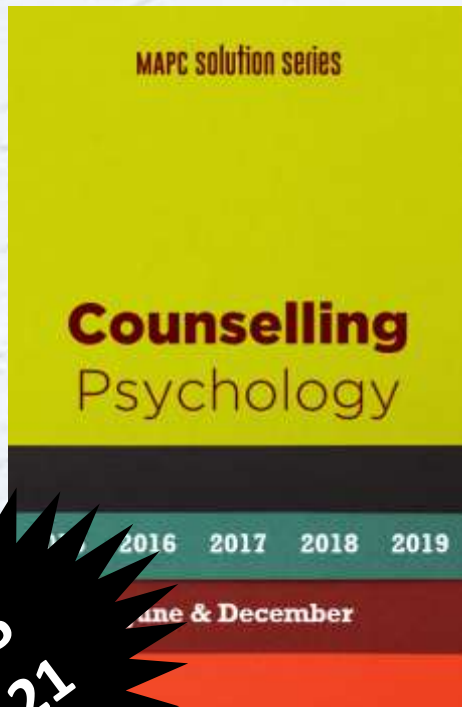
# Question Repeats % in Exam

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



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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
<b>49% of Questions</b>		<b>35% of Questions</b>		<b>16% of Questions</b>	
<b>39 Marks</b>		<b>28 Marks</b>		<b>13 Marks</b>	

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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For June 2022 Exam

**MPCE-021**

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All Important Topics as per MAPC Focus

## MAPC EXAM GUIDE

For June 2022 Exam

**MPCE-022**

**Assessment In Counselling**

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**READ what is NECESSARY**

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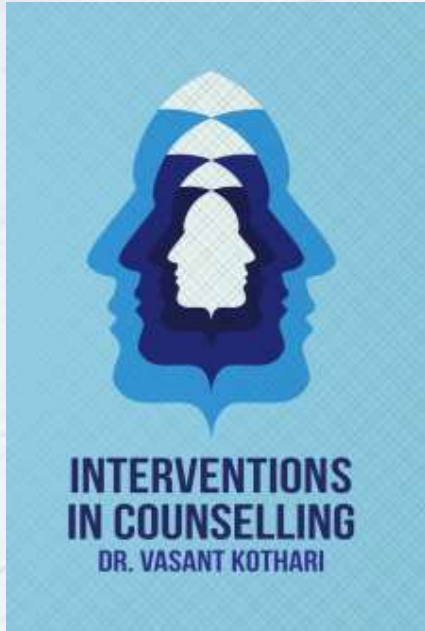
# MUST READ Chapters for June 2022 Exam

1st Priority		2nd Priority		3rd Priority	
Block	Unit/Chapter	Block	Unit/Chapter	Block	Unit/Chapter
1	3,4	1	2	1	1
2	1	2	3	2	2,4
3	2,3	3	1,4	3	**
4	**	4	1	4	2,3,4
50% of Questions		29% of Questions		21% of Questions	
39 Marks		23 Marks		17 Marks	

It has been observed that **Block 1 & 3 are the most important** as more than 3/5 questions in the exam comes from these only, so you should not miss these Blocks at any cost

**(Block 1 Unit 4 & Block 2 Unit 1 - 25% Que in exam comes from these only.. so don't miss it 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**

Interventions in Counselling

by Dr Vasant Kothari

ISBN: 978-81-935047-9-6

Pages: 208

Price: Rs 400 → Rs 320

Available for purchase at [www.springseason.in](http://www.springseason.in) & Amazon

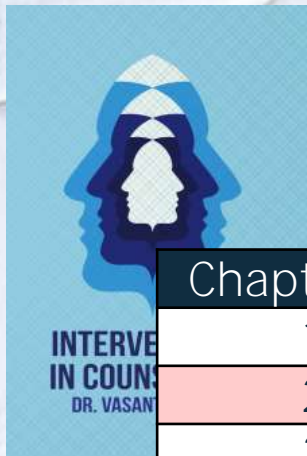
1 <sup>st</sup> Priority
Chapter No.
4, <u>5</u> , <u>6</u> , <u>7</u> , 11, <u>12</u>
50% of Questions
39 Marks

2 <sup>nd</sup> Priority
Chapter No.
2, 3, 8, 10, 13, 14
29% of Questions
23 Marks

3 <sup>rd</sup> Priority
Chapter No.
1, 9, 15, 16
21% of Questions
17 Marks

It has been observed that **Chapter No. 5, 6, 7, 11 & 12 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 INFO is purely based on **DATA ANALYSIS**



# MUST READ TOPICS for Jun 2022 Exam

Chapter No.	Topic No.				
1	1.1	1.2.2	**	**	**
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	4.2/3	4.4.2/3	4.8
5	5.2	5.4	5.5	5.6 & 5.6.2	5.9.2/3
6	6.2	6.3	**	**	**
7	7.1	7.4	**	**	**
8	8.1	8.1.1	8.1.2	**	**
9	9.1	9.1.1	9.2	9.2.2	9.4
10	10.1.1	10.2.4	10.2/3	10.5/6	10.6.1
11	11.1.1	11.3	11.6	11.7	**
12	12.1/12.2	12.4	12.5.1/5	12.6	12.7
13	13.1.2	13.2	13.3	13.3.8	13.4/5
14	14.1	14.2	14.2.2/3/6	14.3	14.3.3
15	15.5	**	**	**	**
16	16.1.2	16.2	16.2.1	16.4	**

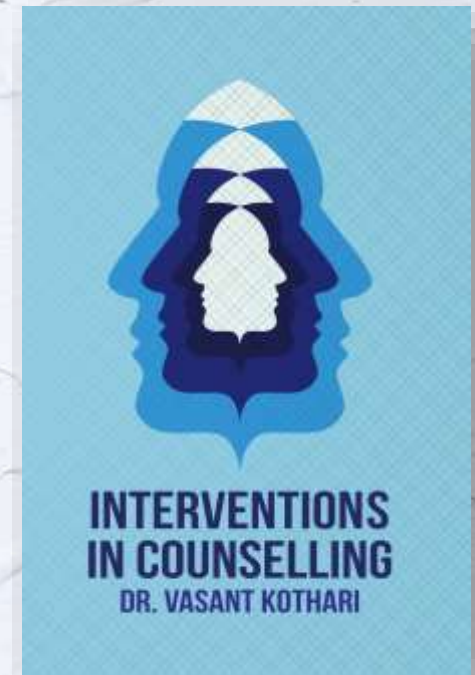
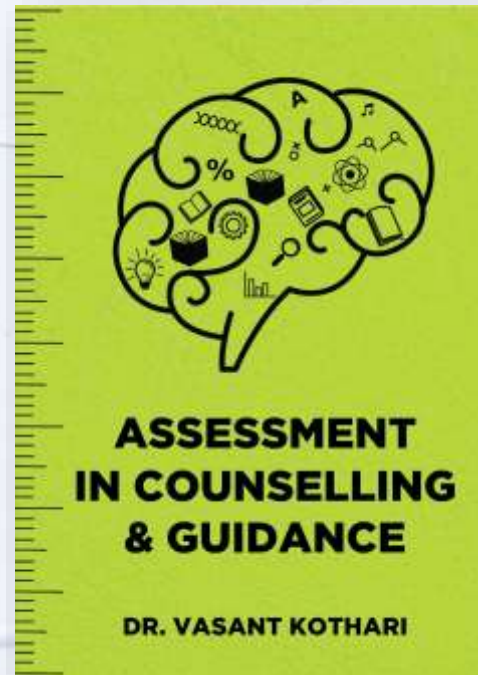
Above data is purely based on **ASSUMPTIONS**

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**  
**TOPICS** as per  
MAPC Focus

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Read ONLY  
what is  
**IMPORTANT**

# MAPC EXAM GUIDE

For June 2022 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%
Dec 21	100%

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<b>Block-1 Psychological Interventions Major Modalities</b>	
<b>Unit 1 - Psychodynamic / Psychoanalysis Counseling</b>	<ul style="list-style-type: none"><li>• Psychodynamic/Psychoanalysis</li><li>• Meaning of Psychodynamics Counselling</li><li>• The Situation in Which Counseling is Required</li></ul>
<b>Unit 2 - Insight and Short Term Counseling</b>	<ul style="list-style-type: none"><li>• Insight as a Counseling Method</li><li>• Psychoanalysis</li><li>• Humanistic and Existential Approach</li><li>• Short term counselling</li><li>• A Commitment to Spiritual Development</li><li>• Meaning and Definition of Brief Therapy &amp; Developments that Influenced Brief Therapies</li></ul>
<b>Unit 3 - Interpersonal Counseling</b>	<ul style="list-style-type: none"><li>• Interpersonal Counseling (IPC)</li><li>• Goals of Interpersonal Therapy</li><li>• Interpersonal Therapy/ Interpersonal Psychotherapy</li><li>• Identification of Problem Areas</li><li>• Important Features for Interpersonal Counseling for Counsellor</li><li>• Stages of Interpersonal Counseling (IPC)</li><li>• Interpersonal relationship skill</li></ul>
<b>Unit 4 - Counseling Children</b>	<ul style="list-style-type: none"><li>• Learning Disability (LD)</li><li>• Casual Factors of Learning Disability</li><li>• Nature and Characteristic of Learning Disorder</li><li>• Techniques for Helping Children with Learning Disability</li><li>• Anxiety Disorder</li><li>• Behavioural Disorders of Childhood and Adolescence</li><li>• Autism Spectrum Disorder</li><li>• Techniques for helping children with ASD</li><li>• Self Efficacy / Self Defeating Behaviour</li></ul>



## Block-2 Cognitive Behavioural Counseling

### Unit 1 - Introduction to Behaviour Modification and Cognitive Approach in Counseling

- Meaning of Behaviour Modification
- Principles of Behaviour Modification
- Introduction to cognitive approach
- Steps/procedure in the cognitive therapy
- Techniques of cognitive therapy
- Techniques Used by CBT Specialists
- Sequences in REBT Model

### Unit 2 - Application of Cognitive Therapies in Counseling

- Application in Different Settings
- Educational
- Clinical

### Unit 3 - Cognitive Behaviour Modification

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

### Unit 4 - Solution -Focused Counseling and Integrative Counseling

- Meaning of Solution -Focused Counseling
- Key Assumptions
- Procedure of Solution Focused Brief Therapy
- Exception Seeking
- Concept and Meaning of Integrative Counselling
- Potentials and Limitations of Integrative Counseling

## Block-3 Other Counselling Interventions

### Unit 1 - Client Centered Counselling

- Humanistic Psychology
- Client Centered Counselling
- Accurate Empathic Understanding
- The Master Motive: Self-Actualising Tendency
- Important Points to Remember for Effective Client Centered Counselling
- Scientific Evidences and Researches
- Therapeutic Relation

### Unit 2 - Psychodynamic Couple's Counselling

- Psychoanalytic theory verses psychodynamic theory
- Object relation theory
- 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
- Selection of Group Members
- Process in group and family counselling
- Determining the characteristics of group
- 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
- Multimodal Therapy
- Advantages and Disadvantages of Eclectic Counselling

<b>Block-4 Counselling Future Directions (E-Counselling)</b>
<b>Unit 1 - Teaching and Training for Counselling</b>
<ul style="list-style-type: none"><li>• Before Start of counselling</li><li>• Approaches to Counselling</li><li>• Existential and Humanistic approach</li><li>• Gestalt Approach</li><li>• The counselling process</li><li>• Paraphrasing and release of emotions</li></ul>
<b>Unit 2 - Current Status of Counselling with Special Reference to India</b>
<ul style="list-style-type: none"><li>• Development of Counselling and Guidance Centres in India</li><li>• The Secondary Stage Services of Guidance and Counselling Psychology in India</li><li>• National Council of Educational Research and Training (NCERT)</li></ul>
<b>Unit 3 - Future Direction</b>
<ul style="list-style-type: none"><li>• Ethical Issues in E-Counselling</li></ul>
<b>Unit 4 - Research Findings</b>
<ul style="list-style-type: none"><li>• Single Case Experiments</li><li>• Outcome Studies</li><li>• Types of Outcome Studies</li><li>• Ethical Issues in Counselling Research</li><li>• Informed Consent</li><li>• Ensuring Confidentiality</li></ul>



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

send your...



- Synopsis
- Questionnaire
- Data file (Excel)

to

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You will get

- Data analysis with graphs
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- 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 1<sup>st</sup> **Sep** 2022



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