

Assignment **Container**

INTERVENTIONS IN COUNSELLING

MPCE-023



Assignment Container

Interventions in Counselling (MPCE023)



SPRING SEASON PUBLICATIONS
Navi Mumbai, INDIA

Free Distribution of this document, except the author, will be considered as COPYRIGHT Violation.

As per Indian Copyrights Act 1957, Copyright infringement is a cognizable offence and Copyright owners can take legal action against any person or entity that infringes on the copyright of a work. The copyright owner can file a civil remedies case in a court having jurisdiction and is entitled to remedies by way of injunctions, damages and accounts.

Assignment Container: Interventions in Counselling (MPCE023)

© Spring Season Publications 2022

All Rights Reserved

First Published – 2020

Fourth Ed. - 2022

Spring Season Publications

Kharghar Sec 10, Navi Mumbai, MS, INDIA, 410210

www.springseason.in

All rights reserved. No part of this publication may be reproduced, stored in or introduced into a retrieval system, or transmitted, in any form, or by any means (electrical, mechanical, Photocopying, recording or otherwise) without the prior Written permission of the author.

All data were deemed correct at time of creation

Author/Publisher is not liable for errors or omissions

Only for PERSONAL USE not for PUBLIC Circulation

INR 99/-

Content

1	Autism Spectrum Disorder	1
2	Stages in Couple Counseling	5
3	Cognitive Behavior Modification	9
4	Stages of Interpersonal Counseling	14
5	Children with Attention Deficit Hyperactivity Disorder	16
6	Key Assumptions of Solution-Focused Counseling	17
7	Application of Cognitive Therapies	18
8	Pathways of Integrative Approach in Counseling	19
9	Tics	23
10	Enuresis/Encopresis	23
11	Jungian Psychodynamics	24
12	Selective Mutism	24
13	Mental Filter Distortion	24
14	Reality Therapy	25
15	Psychodrama	25
16	In Groups and Out Groups	25
17	Challenges of E-Counselling	26
18	Reality Therapy	26

Guidelines/Tips to Write MAPC Assignments

Using this Document

- Please note that the main aim of this document is to provide the guideline to write the assignment
- It is advisable not copy answers as it is from this document
- Write the answers in your own words
- Numbers of illustrations are also given in this document

Paper

- You need to use A4 ruled paper (with lines). You can also use the A4 note book and cover it with plain and nice cover and put the desired information on it
- Also it is advisable to check with your resource/study center for any guidelines on the same and follow if it is there
- However, contain of the assignment is important as compare to the paper used to write it (As per our understanding)

Writing your Answers

- Assignment should be Hand written and you can use both the side of the page to write your answer
- Write the Section/Question number with each answer and please write all the questions
- Make sure that the answer is within the stipulated word limit
- You can use Blue/Black ink to write your assignment (Don't use pencil in your assignment)
- Don't use RED Pen in your assignment as normally it is used to check the assignment
- If you wish you can use light color pens for illustrations/brain maps for your assignment
- Number of pages required to write the answer depends on your handwriting. Below is the approximately guideline for your reference

Word Limit	1000	400	50
Number of Lines in one paper	20	20	20
Words per line (Big Hand Writing)	7	7	7
Total Pages required (Front and Back)	7	3	0.3
Words per line (Small Hand Writing)	10	10	10
Total Pages required (Front and Back)	5	4	0.2



Sharing this document is not only
ILLEGAL but **UNETHICAL** as well

Please **report such sharing** to us on
below **WhatsApp** numbers

981 961 971 5

73 03 82 72 68

Or email us at

springseasonpublications@gmail.com

Stage 1 Exploration	Stage 2 Understanding	Stage 3 Action
The client explores the problem with the counsellor	The client gains insight into the problem	The client decides on an action plan
Counsellor's Task		
To assist the client to ventilate the problem (tell his/her story)	To assist the client in exploring issues related to the onset and the maintenance of the problem	To help client set goals and brainstorm strategies to achieve goals. To help clients to decide action plan
Goals		
In assisting the client to ventilate the problem is defined and client feels listened to. Clients who are helped to tell their stories will learn about themselves	To help client to achieve deeper level of understanding of the problem	To help the client to translate his/her goals to action plan.
Skills Required		
Attending, listening, showing empathy, asking question	Probing, offering information, setting goals	Brainstorming, sorting pros and cons, monitoring progress, ending the session

1. **Exploration** - Stage One is the “Current Scenario” or exploration stage.

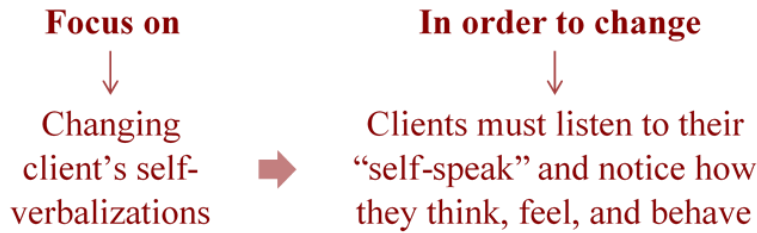
- The first sub-stage of Stage One is to identify the client’s story. This involves questioning their perspective to understand what is happening in their life and to establish their concerns
- The second sub-stage within understanding the current scenario involves inquiring into blind spots, consider new perspectives, or to establish what is the reality of what is happening
- The third sub-stage of the current scenario includes focusing and prioritizing needs and wants

2. **Understanding** - Stage Two is the assessment of the “Preferred Scenario” or the new understanding.

- The first sub-stage within Stage Two is to identify the possibilities of the circumstance, and for the client to determine what they really want in the situation.

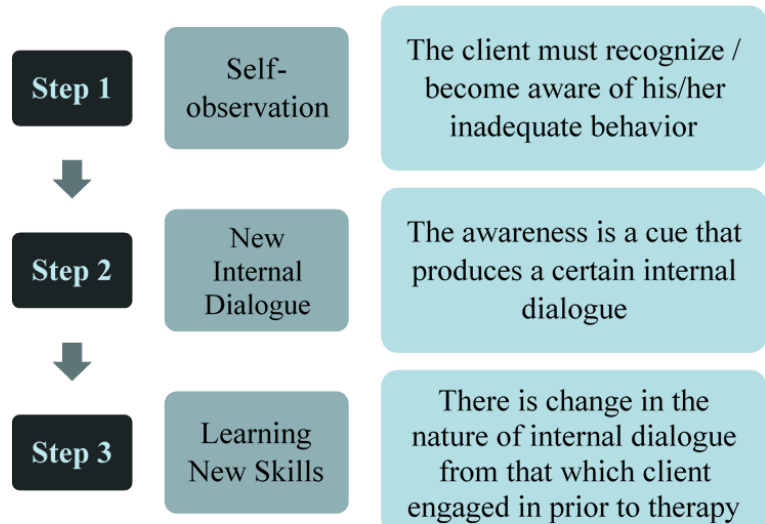
In self-instruction training, counsellor works with clients to reduce their destructive or negative self-statements that produce maladaptive emotions and, at the same time, works to develop self-statements that facilitate adaptive self-control. These internal dialogues are externalized during therapy and discussed. It is important to note that the self-statements affect a person's behavior in much the same way as statements made by another person.

Self-Instructional Technique



Thus, healthy self-talk replaces the negative self-talk or internal statements. Identifying and modifying the negative/destructive/unhealthy internal statements to positive statements reduces the stress and anxiety.

How Behavior Changes?



- **Stress-Inoculation Technique**

Donald Meichenbaum later developed stress inoculation training,

Cognitive Restructuring

a specific approach for helping clients manage difficult stressors. It assumes that people sometimes find situations stressful because they think about them in catastrophizing ways. Stress inoculation therapy aims to train people to cope more effectively with potentially stressful situations.

Stress Inoculation Therapy (SIT) is a psychotherapy method intended to help clients prepare themselves in advance to handle stressful events successfully with a minimum of upset and to promote resilience. Basically, SIT can be used to help people learn to identify when they will become stressed and use positive thoughts to try and reduce future stress responses.

A Problem Definition Phase	A Problem Solution Phase
When defining problem, one need to <ul style="list-style-type: none"> • Be specific • Be brief • Express your feelings about the problem 	When solving problems, one need to <ul style="list-style-type: none"> • Brainstorm solutions • Evaluate their costs and benefits • Decide on the best solution • Be willing to compromise

Thus, problem solving involves a number of steps such as,

Problem Definition	stating the problem in clear terms
Problem Analysis	analyzed the problem from different angles/perspectives
Goal Setting	establishing goals what need to be achieved
Generation of Alternatives	list down all the possible solutions
Decision Making	analyze the solutions/alternatives and deciding on a particular solution
Implementation and Verification	implementing the chosen solution and evaluating its effectiveness

Delivery starts
One Month Before Exam

**IGNOU
MAPC**

Rs 150 per Subject

MAPC EXAM GUIDE
For Current Exam
MPCE-021
Counselling Psychology
All Important Topics as per MAPC Focus

MAPC EXAM GUIDE
For Current Exam
MPCE-022
Assessment in Counselling
All Important Topics as per MAPC Focus

MAPC EXAM GUIDE
For Current Exam
MPCE-023
Interventions in Counselling
All Important Topics as per MAPC Focus

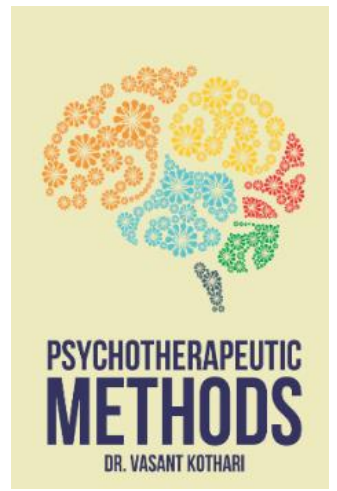
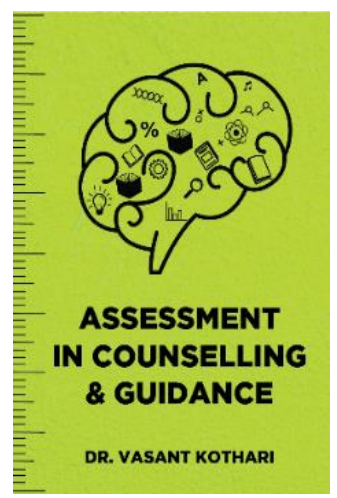
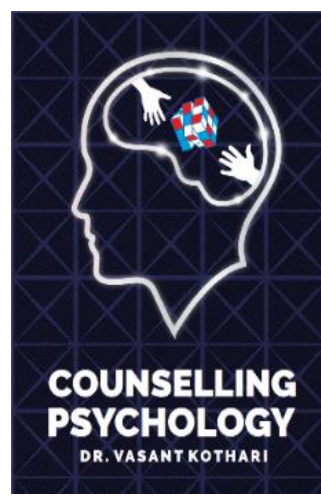
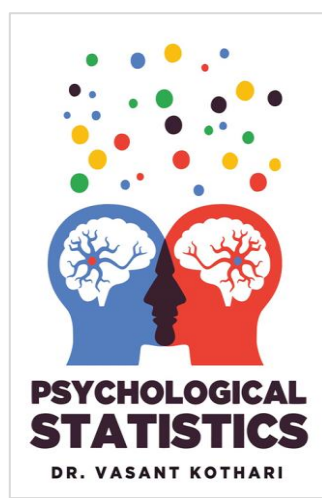
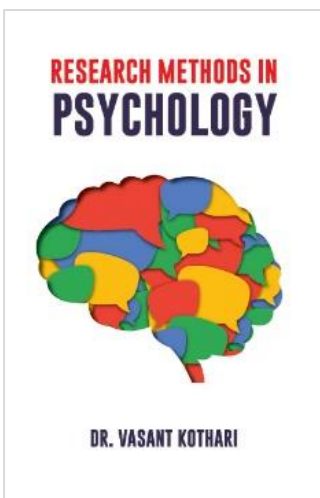
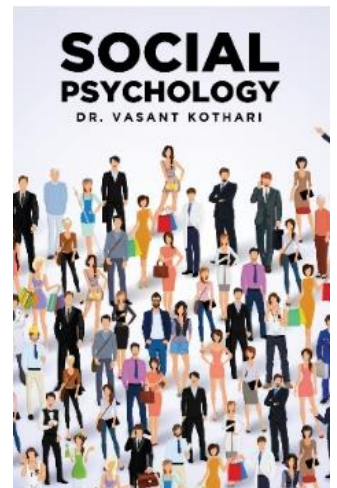
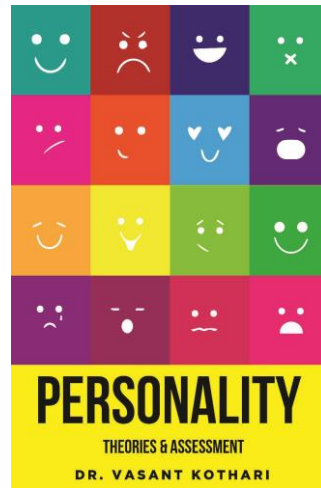
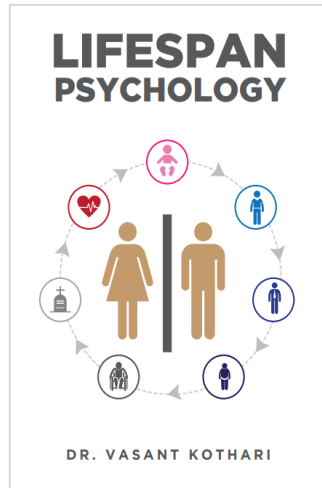
Reduce your study load by up to 70%

READ what is NECESSARY

www.springseason.in / www.mapchelp.com

(952 Words)

Books on Psychology by **Dr Vasant Kothari**



Spring Season Publications

Kharghar, Navi Mumbai, MS, INDIA, 410210

Visit us at

www.springseason.in

Rs. 99