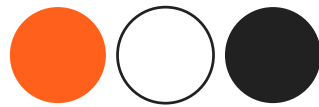


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## WHAT IS BULLYING?

Bullying is the use of force, threat or coercion to abuse, intimidate or aggressively dominate others. The behaviour is often repeated and habitual. One essential prerequisite is the perception, by the bully or by others, of an imbalance of social or physical power, which distinguishes bullying from conflict. Behaviours used to assert such domination can include verbal harassment or threat, physical assault or coercion, and such acts may be directed repeatedly towards particular targets. Rationalizations of such behaviour sometimes include differences of social class, race, religion, gender, sexual orientation, appearance, behaviour, body language, personality, reputation, lineage, strength, size of ability. If bullying is done by a group it is called mobbing. Bullying is divided into four basic types of abuse - emotional (sometimes called relational), verbal, physical and cyber. It typically involves subtle methods of coercion, such as intimidation.

## SYMPTOMS OF BULLYING?

He/she is reluctant to go to school or outright refuses to go.  
He/she has trouble sleeping and has frequent nightmares.  
He/she shows little interest in hanging out with friends and avoids social situations.  
Has low self-esteem, shuts in room, & seems irritable.  
He/she eats less, sometimes skip breakfast or dinner, or binge.  
His/her grades are declining, uninterested in school.  
He/she comes home with unexplained injuries.

• NAME: Deep Singh  
• AGE: 14 years  
• GENDER: MALE  
• EDUCATIONAL QUALIFICATION: SCHOOL going  
• OCCUPATION: STUDENT  
• INCOME: Moderate income, belongs to middle class.  
• MARITAL STATUS: UNMARRIED.

Whether client stays with parents: Yes

Whether client stays with spouse: No

Whether have any siblings, if so how many: No

What is the position of the client in the family: only child.

Anyone in the family having conflicts: No.

Anyone in the family is suffering / has suffered from any physical disorder: No.

Presenting Problem: The client came with his mother. Mother pointed out that the client has been keeping quiet most of the time. He does not go out to play, and always deny going to school. Also that the principle of the school rustigated the client from the school. Mother also wished to get a psychological report. She narrated that the client was constantly being bullied and on complaint of teacher the client was made to sit aside because of meltdowns produced less. and he looked different from all other children.



## RELATIONSHIP: PATIENT'S RELATIONSHIP WITH FAMILY MEMBERS

- If unmarried:
  - With mother: Good, Normal
  - FATHER: Good, Normal
  - BROTHERS: -
  - SISTERS: -
- Any other relative staying with patient: No
- With friends: How many friends does the patient have? : 2  
school friends but distant.  
How does the patient relate to them: distant.
- With neighbours: The client does not interact with neighbours.
- With school and class mates: The client does not talk to school, class mates.
- With the teachers in school: Talks very less.
- With other authority figures: NA.
- With playmates: The client does not play with kids.
- In the games field: Watches from distance.

Date of onset of the problem: July 2016

Precipitating factor if any: Rustigation from school.

Duration of problem: 1 month, (30 days)

Any counselling taken: No.

Medical history: No medicines were taken by the client

Any treatment taken: No.

How intense is the problem and how does it affect the client?

The client was rustigated and before that he (the client) did not want to go school.

The client was very quiet, wouldn't want to play with other kids.

There was no sexual discomfort of any sort with the client.

Interview with family members / spouse / the concerned person:

The client came with his mother. Mother pointed out that the client has been keeping quiet most of the time. He does not go out to play, and always deny of going to school. Also that principle rustigated the client from the school. She mentioned that as his son has a melatonin production less which makes him look different which why he wouldn't go to school.



Educational History :

In school/college : school

How is the client in studies and academic performance :  
Good, scored moderately good marks.

Does the client come up to the expectations of parents and teachers? : Yes.

How has the performance been over the years : Good.

Do they find that there is sudden deterioration in studies and academic performance? : No.

Have they received any complaints from the school authorities regarding the client's performance? : No.

Since when have they noted that the client is not the same regard to academics as he or she used to be? : NA.

Had they done anything about it so far? : NA.

After their efforts had there been any improvement : NA.

When did they decide to consult a counselor?

- THOUGHT CONTENT: The client's thoughts were normal as did not indicate any typical disorder. The client knew what he wanted & was asked and answered more on prob.

## \* INTERVIEW SESSION

CLIENT'S NAME: DEEP SINGH  
INTERVIEW No: 3

DATE: SESSION No: 1  
TIME: 2:30 pm.

- PURPOSE OF THE INTERVIEW: To resolve the client's problem, gain confidence, prevent from bullying effects and raise his will to go to school again.

### SESSION 1:

The client walked in with his mother. Madam counsellor greeted both of them and requested them to sit comfortably on the chairs in front of them. Mother sat and made the client sit too. She asked the client to say 'hello' to madam. The client waved at madam counsellor. Madam asked the client's mother - "How can I help you?"

The mother narrated the ordeal - "Madam, my son has been rustigated from the school by principle. The principle says that my son does not belong to this school. She said if you want him to continue here you must provide us with psychological evaluation that he is alright."

Madam counsellor asked - "Why was he rustigated?"

Mother replied "Madam as you can see he has melanin deficiency which why schoolmates bully him." So he complain



The client had a spark in his eyes. Madam continued, "You know that it was their fault, then by getting scared you have helped them bully others. Do you want them to tease others?" The client strongly used the word No. She continued, "Then you promise me you will not feel scared and you will go to school!" The client said yes.

Madam counselor suggested mother that you must also take stand for your child. You must go with the father and say to principle that your child will come to school and they must investigate the one who bullied your son. She again moved towards the client and said "I am a good boy, it is school's fault not yours." Keep laughing and go happily to the school.

The mother agreed to the madam and greeted her with a thank you and asked her son to do the same. Madam counselor hugged the client and they left.

The classteacher Madam, instead of stopping the boys who were bullying him the teacher made him sit alone in the bench in corner of the classroom. So I complained about the insensitive behaviour to the principle. In response to the complaint principle she called out the kids who bullied my son scolded them and asked me to not send the my child to school for some time. She said his books will sent to finish the daily syllabus. And said report will be needed that your son is stable before he joins the school. Which has led the client not wanting to go to school again.

Madam counsellor responded → "I will call principle and provide the details that the client is fine." She suggested - "You must not take this behaviour again. Tell her she was wrong."

Madam counsellor called the client close to her. The client went close - Madam counsellor said - "I will ask you a few question, will you answer me?" The client nodded in a yes.

Madam counsellor asked - "What is your name?" The client and answered - Deep. Madam continued - "Don't be scared you can say it out aloud."

"Why don't you want to go to school?" The client said "everyone teases me, no one talks me and teacher also makes me sit alone." I don't want go school. Madam said OK you relax - do you want wait

The client said "No". Madam continued. "Was it your fault you got rustigated from school?" The client replied - "No".

Madam continued: "Then who's fault was it?" The client responded - "The one who were teasing me". (look at mother while answering).

Madam continued: - "Yes" you are right.



OTHER DETAILS:- MENTAL STATUS EXAMINATION

APPEARANCE: The client was neatly, and properly dressed. The was very neat in hygiene also. His hair was punctually combed.

MOVEMENT AND BEHAVIOUR: The client walked and sat down obediently. He somewhat looked nervous. He felt scared, but had eye contact with madam counselor.

AFFECT: He was nervous and scared. It looked like he was acknowledged and that there was something wrong with him. Madam counsellor analysed that he was having guilt.

MOOD: He was normal but constantly reflected that he has not accepted that is not normal. which kept him nervous.

SPEECH: The psychologist evaluates the following:  
The volume of the person's voice: The client was scared and his voice was very low.

the rate or speed of speech: Appropriate.

the length of answers to question: Appropriate.

the appropriateness of the answers: few words were not but on probing the client would appropriately answer.

Clarity of the answers: Low.



## SUMMARY:

### \* DIAGNOSTIC

- The client was reluctant to go to school. He refused to go to school almost everyday.
- He also had trouble in sleeping.
- The client had lack of interest in hanging out with friends at school as well as in his locality.
- He was interested in going to school.
- The client was low on confidence which could be understood when psychologist asked questions in regards to school and being happy about it.
- With following information psychologist had better understanding that client had been a victim of bullying.

## MY OBSERVATION AND INTERVENTION

I observed that the client a young boy and suffered bullying in school because of the melanin disorder. It means that only that could be cooking for him the support and nurturances.

Madam counselor approach of psychotherapy or talk therapy is a good way resolve this issue.

Psychotherapy, or talk therapy is a way to help people with a broad variety of mental illness and emotional difficulties. Psychotherapy can help eliminate or control troubling symptoms so a person can function better and can increase well-being and healing. Problems helped by psychotherapy include difficulties in coping with daily life, the impact of trauma, medical illness, bullying.

There are several different types of psychotherapy and some types may work better with certain problem and issues.

For the client it would be difficult to understand the process of CBT cognitive behavioural therapy and its challenges. Only psychotherapy would do miracles.

Hence, this approach is beneficial and best alternative possible. With only one session of psychotherapy with the client the problem was resolved showing the impact of the given therapy.

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