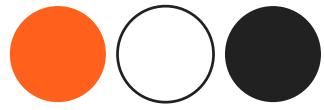


# **MAPC – Counselling Psychology**

## **Sample Internship Report**

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**Synopsis**

**Project Report**

**Internship Report**

**On**

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Client No. 1.

Address:

Name:

Sex: Male.

Date of Birth: 5/11/2000.

Age: 17 years

Educational Qualification: 11<sup>th</sup> std.

Occupation: Student.

Income: Nil.

Marital Status: Not married.

Client stays with Parents: Yes

Client stays with spouse: No.

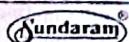
Any Siblings: 1 younger brother.

Position in the family: Eldest.

Anyone in the family having conflict: No.

Anyone in the family suffering or suffered any physical disorder: No.

Referred by: Class teacher.



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Presenting Complaint: Doesn't want to go to school (Sexually bullied) (AGOROPHOBIA)

Date of onset of Problem: 12/10/2017.

Precipitating factor if any: touched unappropriately by classmate

Duration of Problem: 1 week.

Any counselling taken: No.

Intensity of the Problem: a) client doesn't want to go to school ever again.

b) last one week he forgot to laugh, smile and is sad and sulks.

Interview with family members / spouse / the concerned person

Mother: extremely close to mother. obedient and respectful child. Helps her in small household chores.

Father: He is well disciplined, self-reliant and helpful child.

Brother: He is a supportive brother. Helps me in my studies and project works.

Teacher: Class teacher says, he is a well mannered, obedient, and disciplined and punctual child. very active in sports, P.T and other extra curricula activities.

Friends: Two best friends opined that Mahesh is their

3.

best friend. very soft-natured, loves peace and harmony and always ready to help his friends and others if they seek his help.

Playmates at home: He enjoys playing cricket and football very peace loving friend. Always try to resolve fights if any of our friends get into tiff.

#### Educational History.

In school / college: studying in 11 std. in school.

Studies and academic performance: consistently above average student.

Does client come upto the expectations of parents and teachers : Yes. always

How has the performance been over the years : consistent above average.

Any sudden deterioration in studies and academic performance  
NB.

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

Why did they decide to consult a counsellor: Because the client said, he doesn't even want to go to school again. So his class teacher referred to take him for course.

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## MENTAL STATUS EXAMINATION

**Appearance:** A dull looking but wearing clean T-shirt and jeans boy. Hair not properly combed or combed. He was wearing floaters.

**Movement and Behaviour:** Mahesh entered the counsellor's room hesitantly. He had lost look. Eyes were appearing bad and he did not give any eye contacts. He did not greet, smile or shake hands. He kept his palms tucked in front of his stomach and was looking at nowhere.

**Affect:** His body language reflected his hesitancy. He was reflecting as if he is not sure of himself. Though he had good features, sadness was making him look dull.

**Mood:** He was in a sad frame of mind. His face, body language, eyes were reflecting sadness.

**Speech:** Volume: he was speaking in feeble voice.

Speed: very slow and hesitant

length of answer: monosyllabic yes or no.

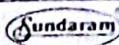
clarity of answer: ambiguous.

## Introduction:

childhood sexual abuse: The sexual abuse of children can take many forms and includes behavior where there is no physical contact, such as exposure or voyeurism. Childhood sexual abuse is common. 44% of sexual assault are victims are under the age of 18, and one in 10 children are abused before the age of 18. Although, the abuse of children may, in some cases, stem up from a sexual attraction to children, a perpetrator may also abuse a child in order to gain power over the child, he may also threatens or manipulate a child to prevent him or her from disclosing the abuse. About 93% of children who have been abused sexually know their attackers and over one third of the abusers are family members. About 73% of child victim do not disclose the abuse for a year or more and 15% do not disclose it until more than five years have passed. Many victims of childhood sexual abuse never tell anyone about the abuse. But some behavioural signs of abused victims are: 1) depression, 2) anxiety, 3) anger 4) self-harm 5) unexplained fear of particular people or places. 6) sexual acting out 7) nightmares.

For many people who have been sexually abused, the fear that the attack could happen again can cause intense anxiety. Some may develop agoraphobia and become terrified to leave home. Some suffers from panic attacks.

Thus, the client, Mahesh Jhadaw doesn't want to go to school fearing he may be touched inappropriately and may get abused again.



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client's Name: Mahesh B. Thakkar

Date: 19/10/2017

Interview No: 1

Time: 12.30 Pm

Session No: 1.

Purpose of Interview: Rapport Building And understanding the problem session.

Start of session:

The boy Mahesh and his parents entered the counselling room. Counsellor welcomed them and introduced me to them. Mahesh looked very unsure and hesitant, also very disturbed. Seats were offered to them and after all were seated comfortably, counsellor asked Mahesh's parents the reason of their visit. A letter was handed to the counsellor by mother. After reading the letter, the counsellor politely asked Mahesh's parents to wait outside so that she can speak with Mahesh alone. When Mahesh's parents left the cabin, the counsellor shifted her attention to Mahesh, who all these while was sitting on the edge of the chair and continuously fidgeting with his palms and fingers. He was brooding and was not giving any eye contacts either to the counsellor or to me. The expression on his face was of utter despair, and frustration. The counsellor to begin with asked Mahesh to sit back and be comfortably seated in his chair. There was no response from Mahesh. She offered him a glass of water, which Mahesh did not even acknowledge. So to begin with the conversation, counsellor asked him his

name. But, Mahesh didn't reply. He kept staring into nowhere and fidgeting his fingers. So again the counsellor prodded, "Can you hear me. I am speaking very slow." On this he shifted his attention to the counsellor. The counsellor smiled and said, "I'm happy atleast you can hear me. Then again she asked his name. This time he responded saying, "Mahesh". Thus, the first step towards the rapport building session started. The counsellor then asked him about his age, and Mahesh said, he is 14 years old.

When, the reply for her second question was given by Mahesh the counsellor felt it was time to take the boy under her confidence. Thus she said to Mahesh, "See, whatever you will tell in this room, would be kept highly confidential, so be can tell everything without any hesitation." The counsellor also assured Mahesh, that she will try to resolve his problem soon. This brought some gleam in Mahesh's eyes and he positioned himself more comfortably in his seat. He even picked up the glass of water and gulped it down almost half the quantity.

Now, to move the conversation ahead. The counsellor asked, which sports he used to play? He replied, he likes to play cricket and football. But soon his face reflected some pain. The counsellor prodded "Yes Mahesh, you want to share something more on this?" He just shook his head, answering negatively. So, to bring back Mahesh in conversational mood, the counsellor asked Mahesh, "How old is your brother"? Mahesh instantly replied, oh! he is younger to me and he is

just 14 years old. Mahesh was again calm and composed and was cooperating well.

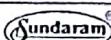
Now, the counsellor asked him to tell about his daily routine, from the time he woke up till he went back to bed at night. After a small pause, Mahesh said, "I wake up at 7 in the morning. After I freshen up, I go for tuitions. After coming back from tuitions I eat my lunch and go to school. As soon as he completed the sentence, he stopped. His face had a sad expression, eyes were filled with unshed tears. The counsellor in a very gentle tone told him, 'Mahesh go ahead and tell me, what happened with you in your school?' Mahesh, in a feeble voice said, 'nowadays I don't go to school.' He said, that his class teacher and school Principal had asked him not to go to school for couple of days, but now I have decided, I shall never go to school again.'

After a pause of few seconds, the counsellor told Mahesh, "see you can share everything that has hurt you, and what took place in your school that has developed this negative attitude towards school, rest assured all that you will say will be kept highly confidential." After a few seconds hesitation Mahesh began to narrate the incident.

He began, "I use to enjoy going to school. I loved taking part in extra curricular activities, competitions, debates etc.. He has two best friends who are also his classmates also tuition mates. He doesn't have too many friends, as all his other classmates made fun of his speech, as he has a special accent when he uttered the word 'is', instead he says 'ish' so he

is always ridiculed. But, it doesn't affect as he is happy with his two best friends. Saying this, again he stopped speaking. Again, the counsellor asked him, "Yes Mahesh, tell me what happened with you, at school." Mahesh, again became restless and too many emotions played and vanished from Mahesh's face. After regaining his composure after counsellor's gentle reminder that, he can openly share things with her and she is with him to resolve his problem, Mahesh started narrating his incident.

"Last week, during class interval when I was going to use restroom, few of my classmates came behind me and pushed me inside the restroom, one boy locked the door from out and other boys started touching me inappropriately. I was totally humiliated. Next day I took my parents to meet the Principal and class teacher. My father started narrating the incident to both the Principal and class teacher. But the Principal interrupted my father and instead asked me to narrate it. So, I told them all that the boys did to me, again I went through the same humiliation. Again, I reminded them, these boys always teased him in the class and outside about his pronunciation. When I completed my narration of the incident, Principal asked us to wait outside, as he and the class teacher, wanted to discuss something. After sometime we were called inside and my class teacher told us, that since this issue will create a bad reputation to our school, we would request that, for few days Mahesh stay away from school. His attendance would be taken care off. And, he will be given extra lectures on . . .



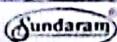
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topics he would be missing out. His absence from school will normalize the situation and boys will be warned and the school will function at normal pace, also Mahesh will be able to forget the incident easily if he doesn't have to face those boys for few days. So it is a win-win position to school and Mahesh." Thus, Mahesh said that, he is at home since last few days, also added, that now he never ever wants to go back to the school.

Now, the clock showed the time Quarter past one (1.15 pm). So it took 45 minutes. Counsellor asked Mahesh if there is anything else he would like to share his parents are called inside. When, he said he has nothing more to share, his parents were called inside. The counsellor to Mahesh's parents that now she knows what Mahesh is going through, and asked them, if they wanted to say or share something with the counsellor. Mahesh's mother pleaded with hands joined to the counsellor, to help Mahesh get his interest in going to school and studying and also playing and enjoying other activities. She is not able to see her joyful son in such gloom.

The counsellor assured all of them that soon Mahesh will be his usual self. The counsellor said, she has understood what Mahesh is going through and soon she will resolve it. The counsellor gave them an appointment after two days and in the meantime asked Mahesh to be in touch with his two best friends to get the updates on studies that are taking place in the school in his absence. Also assured Mahesh, that he doesn't have to feel guilty, sorry or ashamed. He should live as confidently as he used to and, forget the incident and not to think and

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broad over it. Mahesh promised to do as the counsellor has advised him to do. Mahesh and his parents left the cabin, saying they shall come after two days at the appointed time.

After they left, the counsellor turned to me and asked what all things I observed, what is the problem on hand and what solution would I suggest.

### My observation & plan of action.

My observation in today's session is that: Mahesh was little relaxed and lot more relieved when he was leaving the counsellor's room than when he had entered. There was hope in his eyes.

**Plan of action:** According to the problem on hand i.e. Mahesh's aversion to go to school as he feels humiliated, I feel a session of confidence building positive reinforcement and morale boosting will do wonders to Mahesh and he will soon be his confident self.

Session No: 2

Date: 21/10/2017

Time: 10:30 AM.

Mahesh and his parents entered the room with a smile. Mahesh looked more cheerful than his previous visit. After the initial greetings, they all took their seats. Now, the counsellor turned her attention solely towards Mahesh and asked him, "Mahesh, are all your studies and notes updated with the help of your friend?" Mahesh said, "Yes mam" and he gave a smile too. So the counsellor told to Mahesh, "See Mahesh, today I'm going to give you a solution for all your problems, but I need your full support. For this Mahesh said, "Yes madam, even I'm looking forward to a solution, I shall give my full support".

Now, the counsellor, gave him a writing pad and a pencil and eraser and she asked him to write down all the negative thoughts that are arising in his mind whenever he thinks about going back to school. Mahesh took the pad and pen and started write, and after 10 minutes Mahesh had all his negative thoughts on a page. Now, the counsellor asked him to read each thought one by one loudly. The first sentence which Mahesh read

1 I will never go to school

On this the counsellor asked him to write the exact opposite and positive sentence against it and the same with all the other sentences too. Thus he wrote:

Negative sentences

1 I will never go to school.

Positive sentences

I will soon go to school.

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Sundaram

## Negative Sentence

1. I will never go to school
2. My classmates will leave me.
3. I will have no friends
4. Teachers will ignore me
5. Those bad boys will abuse me
6. I will lag behind in studies
7. School children will insult me

## Positive Sentence

1. I will soon go to school
2. My classmates will not leave me.
3. I will have many friends.
4. Teacher's will pay attention to me
5. Bad boys will not come near me
6. I will be at par in studies
7. All children will be scared of punishment so won't harm me.

When Mahesh finished writing all the positive sentences, counsellor asked him to practice these positive thinking everytime he gets any of the negative thoughts. She said that is his homework it'll be come for his next session after three days. She reminded Mahesh to be in touch with his classmates and take the updated notes from school and tuitions. Again, the next session appointment was given after three days. Counsellor, very optimistically told Mahesh to practice the positive thinking from this minute and soon you will be leading a normal life. On this note Mahesh parents and himself bade us bye. As a parting note parents were also asked to continuously talk about positive things about school life to Mahesh.

My observation: Today, Mahesh had a look of hopefulness. His trust on the counsellor was visible as he was paying keen attention and also responding to whatever she was asking him to do. It was also observed that his need to be a normal child of his age.

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Sundaram

My plan of action: I also wanted to suggest him to ask his friends to come home, so that all the three boys could mingle with other kids in the colony and play his favorite games of cricket and football. As his confidence level and morale which is at rock bottom would lift up a little.



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Session : 3

Date: 24/10/2017

Time: 12.30 Pm.

Mahesh and his parents were dot on the appointed time and this time Mahesh's gait had speed and rhythym. He greeted the counsellor and me with a full fledge smile. Again Mahesh and his parents took their seat. Counsellor asked Mahesh about the task that was given to him last visit, and he replied, "Yes m'am I did as you advised me to do." Counsellor asked, "Mahesh, tell me how you are feeling?" Mahesh told, "M'am I'm looking forward to your advice, as to what next should I need to do, this is what counsellor wanted to hear, because this proves that Mahesh trusts the counsellor will do only good for him. Mahesh also told the counsellor, now the thoughts that are arising in his mind are also positive. Sometimes, he feels apprehensive, but then I start thinking some positive sentence as opposite to the apprehensive thoughts.

Counsellor now addressing Mahesh and his parents told, "Today, whatever I am going to tell, all of you think well and take the step accordingly." Looking at Mahesh counsellor said, "Mahesh you are not the culprit, but you are a victim." "Law punishes the culprit, so you need not be punished. So from tomorrow you should start going to school. Though his smile changed to apprehension he was keenly waiting to hear what more was comming from the counsellor.

Now, she explained what would happen

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if he start going back to school. She said, either of the two situations will come in front of him.

1) "Either the boys who harassed you may get confused and scared not knowing who is protecting you, which has given you the courage to rejoin the school and thus will leave you alone and won't bother you".

2) "These boys may again try to humiliate you and since you are always watched by the Principal, teachers and non-working staff, these boys would be caught red handed and can get punished for their crime."

These brought a spark in Mahesh's eyes, and he was once again back to his cheerful self. The counsellor assured him as a team we would work together and see that you excel in all your activities! Mahesh assured the counsellor, he shall go back to school from the next day. Mahesh's parents also heaved a sigh of relief.

The counsellor asked Mahesh to visit her as soon as his term end results are declared and he comes out in flying colours. Mahesh and his parents shook hands with the counsellor and me and left the clinic with a smile.

My observation: Mahesh's attitude had changed from a negative one in his first visit to a positive one in this third visit. His positivity and agreeableness to counsellor's words were visible in each and every gesture. His frame of mind was of hopefulness!

Eagerness in getting back to his usual routine was spelling in his body language.

My interpretation: Technique of thinking positive in negative situation helps. All irrational thoughts that arises in one's mind has to be removed aside by equal positive thoughts, and rational thinking. Though everyone knows everything, but when someone says the same thing, the thought that lurks in our mind somewhere is brought to fore front and this is what helped Mahesh to regain his positivity and confidence.

Panic / Agoraphobia Therapy program  
 Agoraphobia are some of the worst emotions that a human being can ever experience. But that gentle cognitive behavioral therapy is used to overcome the fear. CBT helps to cut off the fear by overlearning the act of cutting down the fear. The brain is taught to over learn the cognitive strategies to prevent the fear from happening. Thus, the fear should leave permanently. One has to be persistent and do not give up too early. It is really important in the fear area that the therapy needs to be overlearned and thus it is literally conditioned. Thus, whenever the fear thoughts arise it is automatically stopped by the brain due to the CBT technique of overlearning or conditioning of the brain.