MAPC – Counselling Psychology
Sample Internship Report

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Synopsis
Project Report
Internship Report

On

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client No. 10

Name: 

Age: 7 years

Gender: Male

Educational Qualification: II Std.

Client stays with Parents: Yes

Siblings: 1 elder brother

Position in the family: Youngest

Anyone in the family having conflict: No

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

Referrer by: Neighbour

FOR EDUCATIONAL USE
Presenting the problem: Rahul runs away from the school gate (Ashamed)

Date of onset: 1 month

Precipitating factor: less mark in exam

Duration of problem: 1 month

Any counselling taken: No

Intensity of the problem:
Not attending the school

Cannot carry on routine work: not affected.
Do not want to do anything: not affected.

Relationship with

Mother: close to mother.
Father: scared and respects father
Brother: closest to brother

Friends: many close friends and enjoys friendship

Neighbours: all like her

Teachers: teacher, not monitor of class
Playmates: Fair game player, liked by all.

Game field: Plays well and fair games

Educational History:

Client in studies: Above average.

Does he come to parents and teachers expectations yet

Performance over the year: Always above average.

Suddenly deterioration: Not yet

Received any complaint from school: Yes, noted already classes since last one month.

Since when did they notice: Few days back.

How they done anything so far: No, they just got him for consultation now.

When did they decide to consult a counsellor: Recently when teachers sent a note.
Mental Status Examination

Appearance: A neatly dressed young boy well built for his age of 7. Hair oiled and combed, wearing shoes and Exhibit appearing pleasant.

Movement & behavior: was speedy in his walk but was behavior but confused and nervous.

Affect: little scared.

Mood: grumpy and petery.

Speech:
  Volume: normal.

Speed: normal.

Length of answer: very short (Yes/No)

Appropriateness of answer: ambiguous.

Clarity: not very clear.
Shame: A concealed contagious and dangerous emotion. Shame informs you of an internal state of inadequacy, dishonesty, or regret. As a self-conscious emotion, shame informs us of an internal state of inadequacy, unworthiness, dishonesty, regret or disconnection. Shame is a clear signal that our past feelings have been interrupted. Another person or a circumstance can trigger shame in us, but so can a failure to meet our own ideals and standards. Given that shame can lead us to feel as though our whole self is flawed, bad, or subject to exclusion, it motivates us to hide our to do something to save face, so it is no wonder that shame avoidance can lead to withdrawal or to addictions that attempt to mask its impact.

Shame is often confused with guilt. An emotion we might experience as a result of wrong doing about which we might feel remorseful and wish to make amends where we will likely have an urge to admit guilt or talk with others about a situation that left us guilty feelings. It is much less likely that we will broadcast our shame. In fact, we will most likely conceal what we feel because shame does not make a distinction between an action and the self. Therefore, with shame, “bad” behavior is not separate from a “bad” self as it is with guilt. Shame is contagious, if you have it on the lethal projections of shame from a person, especially one who is abusive. Shame is difficult if not toxic for children because it is an emotion
that is concealed, especially by victims of aggression or abuse. The anticipation of being shamed by peers creates anxiety in a child if the child is a victim of bullying as discussed in many posts shame can be experienced as such a negative, intense emotion of self-loathing that it can lead one to distrust it, and in the case of a child who acts like a bully, give it away by evoking that emotions in others. Kids who bully and least can easily figure out what makes other kids ashamed and they are highly skilled at triggering the emotions of shame in peers. And this makes shame a contagious emotion.

Children are also subject to the transmission of shame when they are related to someone who is behaving shamefully. When children are emotionally or physically abandoned, abused or neglected they often take on the shame that belongs to the adult who left or hurt them by assuming that it is because they themselves are the "bad" one. Some children behave in ways that make them culpable for the shame that belongs to their parents.

Sometimes parents can experience shame because of the behavior of their children. Since an adult, as a parent, is that children will represent one's best efforts and more, a child who fails to achieve desired goals, or whose behavior is an embarrassment, reflects negatively and evokes a shame response. Some parents deny or veil culpability in the misbehavior of their children in an attempt to disown their shame. Other parents accept too much responsibility and shame from any wrongdoing of a child.
Client's Name: Rahul Gupta  Date: 6/12/17

Interview No. 1  Time: 2:00 Pm

Session No. 1

Purpose of Interview: Rapport Building  Understanding the problem

Start of the session: A young boy neatly dressed in a short and T-shirt wearing bula sandal entered the room where I was visiting visitors. He had held his mom's hand when he entered the room. His mom greeted me with a namaste and asked him to say good afternoon but he didn't say anything not the made any eye contact with me. But I liked the cuteness of the child and I wished them. They wave little boy a very good afternoon to you. With wish brought a slight smile on his lips and stated looking at me though half closed eyelids. I offered them seat and also offered a glass of water and couple of chocolates to the boy. His mother accepted the glass of water and the boy hesitantly picked up one chocolate. He kept little chocolate in hand and didn't put it in mouth. I offered to open the wrapper and give but he didn't budge. Later I looked at his mom and asked the purpose of the visit.
She said, "mam this is my son Rahul. He is 7 years old and is studying in second standard. He is going to school since last 5 years and there was never a day where he cried or said that he doesn't want to go to school. But yesterday we got a letter from school that Rahul is absent from school since last one month. Daily my elder son drops him at school and he goes to his school. In the evening, Rahul comes back on his own, though he come back home at correct time in the evening. I never had any doubt that he is not attending classes all these days. I asked him several times what the reason was of not going to school and he did not open his mouth.

In yesterday's letter from school, they mentioned this clause to take him for counselling so I got him here. I asked his mom, "was he studying at home in the evening after coming back?" She said, yes he use to do his work and do his studies religiously. So we never had a doubt that he was not attending classes in the school.

Now, I turned my attention to Rahul and asked him, hey cute, why were you not attending school all these days. He said nothing. I asked him did he fight with his best buddy in class? He said, "no." I asked him "did teacher scold or punish you?" He said "no." I asked him, if somebody teased him for any reason, in this question he didn't reply.
For this question he neither said a yes nor a no. Then I asked him, "Did he fail in any subjects in any class test or unit test?" For this also he didn't answer. I asked him, "Do you attend tuition class after school?" He said "yes." I asked him, "Then how did you get less marks even after going to tuition?" He said, he is not going for tuition in that subject, thus he got less marks and this is feeling sad, so now I reached to the root of the problem. I asked "which is the subject in which you got less marks?" He said "English." I told his mom soon a tuition should be arranged for English. Here he said in very audible voice, that I've been telling them to put me in English tuition but she never listened. I looked at this mom and asked her the reason she said, English tuition is very early and little far from house so I don't put him for English tuition and all other tuitions are arranged for him. So I explained to his mom that when a child is brilliant but without help or support he lags behind other kids in classes it becomes a prestige issue. He feels ashamed of himself and try to avoid the situation. This is exactly what your kid is doing. He lost all the interest in going to school because he is not able to cope up with one English subject and fearing he will become a subject of ridicule. He
was away from school. I told his mom, to kindly send him to English tuition as soon as possible. His mother told, this instant I shall go and enroll him to English tuition.

I asked, “Rahul, are you happy now that mummy will put you in English tuition. He flashed a big smile and said, “yes ma’am.” I am very happy.”

I asked him, “will you now run away from school gate?” Again, he flashed a smile and said, “No ma’am I shall daily go to school and enjoy the same way as I used to do previously.

My observation: kids are very sensitive and they can’t accept to be a subject of ridicule. When kids talk to us, we should really try to understand what they are intending to tell. Now in the case of Rahul, he is academically an above average student. With punctuality, discipline, and regular attendance of school and tuition, he has always been an above average student. His friendly nature and behavior, helpful attitude and respectful character have fetched him many friends. His obedience has made him teacher’s pet also. He is selected as the monitor of the class because of his overall smartness. So, when he felt he may lag behind
academically from his friends and classmates as he is not able to cope up with English language without tuition. He asked his mom to put in one tutor. Mom on other hand thought about son's inconvenience of getting up too early and going to a far place for one subject tuition. She didn't put him. This triggered the bad behaviour of Rahul, to run away from the school gate to some places, but later till school timing and went back home just like going back from school after studying.

My Intervention: Rahul is a focussed child. He knows exactly what he wants. He wants to be in a level of his own and couldn't handle going below that level due to any reason. Thus he had to be trained specially for that subject which he was finding difficult to study alone without tuition. Though his way was wrong his attitude and aim was correct. He wanted the message to reach home and his parents should realise how much he needs that English tutor.

Thus, Rahul left my room with a big smile as I understood his problem and could explain his mom his need for English subject tutor.
Therapy that can help the child to learn how to accept his limitations by using Cognitive Behavioral Therapy of one to one counselling will put the child in a state of thoughts whenever any negative thoughts arises in his thoughts. Also by enhancing his knowledge on his strengths would increase his confidence, self-esteem and his self efficacy.