MAPC – Counselling Psychology
Sample Internship Report

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Synopsis
Project Report
Internship Report

On

mapchelp@gmail.com
client No. 2

Name: [Redacted]
Age: 22 years
Date of birth: 18/10/1995.
Sex: Male

Educational Qualification: B.com Graduate

Occupational status: unemployed

Income: Nil

Marital status: unmarried

Client stays with parents: yes
Client stays with spouse: no

Any siblings: 1 sister
Position in the family: youngest

Anybody in the family having conflict: no
Anybody in the family suffering or suffered any physical disorder: no
Referred by: Parents and self.

Presenting complaint: Not able to find a job and has obsessive compulsive disorder.

Precipitating factor: went through many job interview but failed that led to lack of confidence and later developed to apprehension and now that has led him to chant mantras continuously.

Duration of the problem: Last 3 months.

Any counselling taken: No.

Intensity of the problem: (a) client doesn't want to go for any job interview.
(b) continuous mantra chanting fearing God will punish him if he doesn't chant mantras.

Interview with family members:
Mother: close to mother. Shares all his apprehensions with her.
Father: scared of father. Hardly speaks to him.
Sister: very close to sister. Takes her everywhere as a supporter.
Friends: does not mingle with anyone nowadays as...
all his classmates, and other friends in his colony area working or pursuing higher studies.

Educational History: has completed his bachelor's in commerce.

studies and academic performance: Always an average student.

Any sudden deterioration in studies and academic performance: No.

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

Work History:

What occupation is the client involved in: Unemployed

How regular is the client for work: Not Applicable

Has the client complaining about workplace: N/A

How is the client facing in work: N/A

What is their perception about client's relationship in the workplace: Not Applicable
MENTAL STATUS EXAMINATION.


Movement and Behaviour:
Gait: hasty, walking.
Posture: a little bent from shoulder coordination was perfect.
Eye contact: was making direct eye contact.
Facial expressions: was depicting a worried look.

Affect: His body language reflected restlessness. Confusion was evident on his face. His body language, eyes, face was indeed reflecting apprehension.

Mood: He was in an apprehensive mood.

Speech:
Volume: was low voice.
Speed: little hasty.
Length of answers: longer than needed answers.
Clarity of answer: unclear.
INTRODUCTION

OBSESSIVE COMPULSIVE DISORDER

This is a mental disorder where people feel the need to check things repeatedly, perform certain routines repeatedly, or have certain thoughts repeatedly. People with OCD are unable to control the particular activity or thought for more than a short period. Common activities include hand washing, counting of things, checking to see if a door is locked, or contentious chanting of mantras. Some people find it difficult to throw things out. These activities occur to such a degree that the person's daily life is negatively affected. This often takes up more than an hour a day. Most adults realize that the behaviors do not make sense. The condition is associated with tics, anxiety disorder, and an increased risk of suicide. The cause of OCD is unknown, but some stress-inducing events can be a major cause. Its severity is measured by the Yale Brown Obsessive Compulsive Scale (Y-BOCS). OCD is affected to 2-3% of people at some point of time in their life. It is unusual for symptoms to begin after the age of 35 and half of people develop problems before 20. Males and females are affected about equally. The phrase obsessive compulsive is often used in an informal manner unrelated to OCD to describe someone who is excessively meticulous, absorbed, or otherwise fixated.
Clients Name: Sandeep Trakkar  
Date: 20/10/2017  
Time: 3:30 Pm.

Session No. 1

Purpose of Interview: Rapport Building And Understanding the problem

Start of Session: A young man in his early twenties entered the counselor's cabin along with his mother. Mother folded her hand and wished the counselor with a "namaste" and gave a glance. The young man was limping somewhat and both his hands clenched tightly on both sides. He neither smiled nor shook hands with the counselor or me. They were asked to take the seat. Young man's mother applied a slight force and ushered him to sit on the chair. His mother took the adjacent chair. Now, turning to the young man's mother, the counselor asked the purpose of their coming. She said, she is scared her son is slowly becoming little abnormal. Counselor asked her to tell clearly and in detail what all changes she could see in him and since when.

The young man's mother told that, since birth, Sandeep is a jovial type, always full of life and enjoyed all his activities like studies, playing (cricket and football), even singing during school annual days. Throughout his schooling and college years, he was an above average student.
But after finishing his graduation he started searching for a job. He did land up with one or two jobs in last two years but it was not giving him any job satisfaction nor any good remuneration. Till date he has not got a good job and he blames himself for this situation. He feels he did not pray to God enough and that God is punishing him. This thought permanently lurks in his mind that he keeps chanting marthar mantras at any place, any situation has become a compulsion for him. He has lost his confidence in himself. He is not ready to go for any interview fearing rejection. And being at home for the whole day is giving him lots of time to chant mantras. He feels, if he continuously chant mantras then God will help him get a job and that is the reason that he is unable to concentrate on any other work. He stopped sending his biodata to company who can become a home body. He stays inside his room and only comes out his basic utilities.

The counselor after hearing Sandeep's mom patiently asked her if there is anything else she would like to share, when she answered in negative, the counselor asked her to wait outside for sometime she could speak to Sandeep alone.

After Sandeep's mother left the cabin, the counselor addressed Sandeep and to start the conversation she asked, "So Sandeep, just now you too heard what your told me, do you agree with all that..."
she told me.” He didn’t reply anything, he just put his head down and sat mutely. So to make him feel comfortable she offered him a glass of water, which he readily accepted and drank it thirstily at one shot. But soon he started lisping something, so to distract his attention the counsellor asked, “Tell me Sandeep, what are you saying so soundlessly and continuously?” For this he replied, “I am chanting God’s mantras, prayers etc...” The counsellor asked him, “Sandeep why do you continuously do this chanting?” He replied, “Otherwise God will punish me”. Counsellor asked, “How does God punish you?” He replied, “He will not give me a good job.” Counsellor asked him, how exactly do you think God prevents you from getting a good job? He replied, either God makes me late to reach for the interview, or make me forget the answer of the question the interviewer is asking or I get rejected on my dressing and appearance in the interview and the company feels, I’m not qualified for the post. Then, the counsellor asked, “is it only the job or is there any other thing God punishes you with if you don’t chant mantras?” Sandeep started to think and after few seconds he said ‘No’. This answer of ‘No’ gave the counsellor the opportunity to take the direction of his thoughts to a different route. She said, “See Sandeep, you are 23 years old now, and you have developed the habit of chanting mantras since last few months. Before
These few months back, everything used to be good with you despite the fact that you were not chanting mantra.

Sandeep was keenly listening to what the counselor was telling. She said, "See Sandeep, since your school days to your completion of degree everything was going on as you had planned: you never failed in any class, did you? Sandeep replied, "No mam", you always wanted to take a degree in commerce, right? Sandeep replied, "Yes mam, because my dad is also a commerce graduate and he is working as an accountant in a multinational company." Thus, I thought even I could be as successful as my dad after taking a bachelor's degree, but since I have hurt God by not chanting mantra, I'm not been able to get a good job.

The counselor then asked, "Sandeep, asked, "Since how long have you been chanting these mantras"? He thought for a couple of seconds and then said, "3 months". The counselor asked, "In these three months did you get any interview calls"? He said, "I did get calls, but I didn't attend any interview". Counselor asked, "Why you didn't attend" Sandeep said, "Again I will get rejected". The counselor said, "Since you have not attended the interview, you cannot decide you will be accepted or rejected". She said, "Today she will give him a home assignment, which he has to do it daily till he visits the clinic next.

The counselor asked him to maintain daily.
and note down his daily schedule from the next day till his next appointment at the clinic. She said she will assign him with certain task which he has to do on daily basis and that too has to be noted down in his daily schedule.

She asked him to include the following activities in his daily schedule:

1. To select companies taking telephonic interviews and to give at least two interviews daily.

2. To take up some crash course to increase his knowledge in accountancy.

3. If possible to join some small firm to get a practical knowledge in accountancy.

4. Try to minimise staying alone in a room, instead to be out with family and friends.

5. To keep himself engaged in enhancing his knowledge and upgrading himself in computers also.

6. The most important task given to Sandeep was whenever the guilt conscious causes, he try to divert his attention to the task of upgrading his knowledge.

The counselling after giving all these task to be done at home in writing, she asked Sandeep's mother to also join us the cabin. She explained Sandeep's mother, the task given to him.
The next appointment was given after three weeks. Sandeep and his mother left the cabin, though his mother folded her hands seeking permission to leave. Sandeep steadily offered his hand and shook his hand with the counselor and passed a slight smile to me and they left.

My observation: A young man in his early twenties got into compulsive disorder (OCD) due to societal pressure as he is not able to seek a job of his caliber. His OCD is seeking blessings and forgiveness from almighty by chanting mantras.

My plan of action: Through (REBT) Rational Emotional Behaviour Therapy, all his irrational thoughts need to be eradicated instead he should be guided to think on replace his irrational thoughts to rational thoughts.

Also, by using psychotherapy his self-confidence needs to be bolstered. His strength should be highlighted and weakness should be converted into strengths. Cognitive Behaviour Therapy can help in the way he is thinking at present to what he should be thinking so that he can confidently carry out all the tasks in hand.

Therapy
Exposure and response prevention is a method of cognitive behavioral therapy and form of exposure therapy in which individuals confront their fear or anxiety and discontinue their escape response. Exposure and response
prevention shall be recommended for the client as a treatment of OCD as it has the strongest empirical support.