MAPC – Counselling Psychology
Sample Internship Report

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Synopsis
Project Report
Internship Report

On

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Name:

Age: 32 years

D.O.B: 6/1/1985

Educational Qualification: B.F.

Occupation: unemployed

Income: Nil

Marital Status: Not married

Client stays with Parent: Yes

Client stays with Spouse: No

Any Siblings: 1 Sister

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: Self referred.
Presenting Problem: Anxiety due to joblessness

Date of onset of the problem: six months back.

Precipitating factor, if any: failure in job interview.

Duration of problem: six months.

Any counselling taken: No.

Intensity of the Problem:

Does he have to take leave from work - Not Applicable.

Cannot carry on the routine work: not so severe.

Does not want to do anything: Yes (do not want to go back)

Interview with family members

Father: "the client used to go for interviews, but since last six months he is neither attending any interviews nor applying for any jobs."

Mother: "he was very much interested in finding a good job as per his calibers, but now he just sit inside his room and sits a lot. Also he has started eating junk food a lot."

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Sister: nowadays he doesn't spend time with his sister. Not interested in sharing anything new; listening to her.

Friends: doesn't have any particular close friend.

Neighbours: keeps cordial relation.

Educational History:
Academic performance: Always an above average student. Did the client always come up to the expectations of parent and teachers? Yes.

How was the performance during school and college years: always up to the mark.

Was there any sudden deterioration in studies and academic performance: Never.

Was any complaints received from school or college authorities regarding client's performance: No, Never.

Work History

What occupation is the client involved: None.

How regular is the client for work: Not Applicable.

Has the client been complaining about workplace: No.
How the client been fairing in work: Not applicable.

Perception about clients relationship in the workplace:
- With boss: Not applicable
- With colleagues: Not applicable
- With subordinate: Not applicable

If married: Not married

Mental Status Examination:
1. Appearance: A neatly dressed good looking man in his early thirties. Hair neatly oiled and combed. Formal shirt and trousers in shirt and shoe mixture like polish.

2. Movement and behaviour: His strides were long and confident. Straight posture, making ample eye contact. But face had an disturbed look.

3. Affect: He had a brooding look when he entered but gave a smile as soon his eyes met the counsellor's eye.

4. Mood: A little frustrated and little hopelessness.

5. Speech:
   a. Volume: was normal.
   b. Rate on Speed: was normal.
   c. Length of answer: how much ever was needed.
Introduction

Anxiety due to Joblessness:

Anxiety is a condition where your fear or worry does not go away and get worse over time. It can influence one’s life to the extent that it can interfere with daily activities like school, work, or relationships. Fear, stress, and anxiety are normal feelings and experiences but they are completely different than suffering from any of the seven diagnosable disorders plus substance-induced anxiety, obsessive-compulsive disorders, and leaving out phobia-related disorders.

Butterflies in your stomach before an important event? Worried about how you will meet a deadline? Nervous about a medical or dental procedure? Worried about going for a job interview? If so, you are most likely people for whom some worry about major events is normal part of life. Similarly, it is not uncommon to have fears about certain things like spiders, heights, injections, etc. People get startled or feel nervous when they see snakes or large insects. People differ in what causes them to feel anxious, but almost everyone experiences some anxiety in the course of their life.

But, what if someone will not leave home for extended period of time because they are afraid of being in a crowd or being remedied of a past trauma?
event. This is not a normal feeling or experience.

A helpful approach to distinguish normal anxiety from an anxiety disorder is to identify the cause of the anxiety, and assess whether the anxiety symptoms are a proportional response to it. Sometimes, fears and obsessive thoughts that are extreme, unrealistic, or exaggerated and interfere with normal life and functioning could constitute an anxiety disorder. For example, being concerned about being sick and taking steps to avoid germs, like using hand sanitizer and avoid touching door handles does not constitute an anxiety disorder but avoiding going and attending job interviews feeling rejection is called anxiety disorder.

Thus, anxiety is characterized by general feature of excessive fear, and can have negative behavioral and emotional consequences. We must understand anxiety disorders people cannot "just let things go." It is important to talk about these anxiety with someone as soon as one experience these symptoms. Anxiety should be treated as a severe disease just like physical disease, however, people in the society fail to understand its severity. A person suffering from anxiety is looked down as a weak person. Some of the types of anxiety are:

- Panic attacks, separation anxiety disorders, selective mutism,
- Includes impairment in social, academic, or occupational achievement.
- Specific phobia, social anxiety disorders,
- Agoraphobia, Generalized Anxiety Disorder, substance-induced
- Induced Anxiety Disorder, erection, hoarding disorder,
- Abuse stress, adjustment anxiety.
Client's Name: Prashant Vyas  
Date: 24/10/2017  
Time: 3 Pm.

Interview No: 1.

Session No: 1.

Purpose of the Interview: Rapport building and understanding the problem

Start of the session:

A good looking man in his early thirties walked into the house counselor's cabin. His strides were long and confident. Though he had a broadening expression while entering the cabin, his expression changed to a smile when he made eye contacts with the data counselor. And then to me. After the initial introductions, the counselor offered him a glass of water which he politely refused. He said, "I am without wasting time, I would like to directly tell you the reason why I am here." The counselor politely smiled and assured him total privacy and confidentiality.

The man began, "I am 32 years old. I have done my Bachelors in Mechanical Engineering, but till date, I am unemployed. I have been searching for a good job of my stature and calibre since last 10 years. But in vain. I have attended many interview calls, but from nowhere I got any job offer. Now, I'm on the verge of giving up everything. I feel total hopelessness."
Now, I feel I'll never get any job and I shall have to live as a burden to my parents. All these thoughts makes me restless, anxious, and stressed. Kindly help.

The counsellor in her calm and composed voice said, "See, Prashant. I heard all that you spoke and truly can understand your feelings, but I can assure you, with our team work, you shall bounce back with full positivity towards life.

"The counsellor said, "See Prashant, first let us find out the reason why you are failing in your interviews."

Prashant said, "Yes, ma'am exactly that's what even I would like to know."

At this point, the counsellor said, we shall play a role model act and find out if there is anything that during interview is failing you. He agreed for the same.

So the chairs were so arranged that the counsellor and myself were seated side by side as interviewers and Prashant would sit opposite to us and would take the interview. Prashant, the client was asked to again walk into the cabin as if he is coming for an interview. Thus, again the client slightly knocked at the door, pushed and walked in confidently. Greeted us both with a 'Good afternoon' shook hands with us on asking to take a seat, seated himself on the
Chair provided to him.

Counsellor asked the client to introduce himself. The client began, "Good afternoon ma'am, I'm Prashant Vyas, have completed my Bachelor's in mechanical engineering.

Counsellor asked, 'why you want to join our company?' The client said, 'I have read about this company and its progressive graph and the type of work this company undertakes, thus am inclined to join this company for its reputation in the market too.

Counsellor asked, 'Do you know the latest accident and insurance policies of engineering works companies?' The client got little disturbed and looked down at his palm which he had placed it on his thigh. When the counsellor was sure that he won't be answering that question, she asked him, 'okay tell me when was our company established?' Again the client had no answer and he became more nervous. Suddenly the client got up from his chair, mumbled something and started walking towards the door.

The counsellor suddenly stood up and called him back. He came and sat back in chair. The counsellor offered him a glass of water and asked him to relax. When he gained back his composure the counsellor said, 'see Prashant you need not worry, we shall work out a plan and soon you will master the art of not losing your confidence at any point of your job interview.' This made Prashant relax a bit.
Then the counsellor said to Prashant, "the first and foremost rule of giving an interview is:

1. never lose your confidence at any point of interview.

2. Secondly when you are going for an interview you should do your homework thoroughly regarding the company you are going.

3. If you do not know the answer of any question asked, be bold, confident and politely reply that you are not aware of it.

4. Always say to yourself, this is not the last company in the world, this is just one amongst many other companies. This thought will definitely give you the confidence to face the interview positively.

5. Never leave your seat before the interview is over.

6. Always leave the room with utmost confidence.

Prashanth noted down all the above points and said he shall keep these in his mind.

Then, the counsellor said, "Prashanth, jobs are ample lot in the market but we need to keep the opportunities open. Securing a good job is possible only if you continue giving interview until and till you don't stop trying, you are never a failure. So search for job opportunities, apply the suitable one, and also..."
attend more and more interviews, because the more interviews you attend, the more the opportunities shall be open for you.

After that the counsellor did the relaxation therapy on him. Also called 'yognidra'. When he came back after the therapy he said, he feels happy, positive and confident: As soon as he reaches home he will start searching for job advertisements and shall soon start applying for the same. On this note, the counsellor asked Prashant, "Do you need to discuss any more things?" Prashant said, "No man I'm feeling very positive and happy and also has the feeling that soon I shall get a job as per my 'calibre'." The counsellor wished him luck and asked him to visit the clinic after 3 weeks. Prashant left the cabin with a big smile.

My observation: A handsome young man in his early thirties with confident stride entered the counsellor's cabin. Anxiety due to joblessness was writ largely on face. His confidence is bit shaken as the is the only chap from his college group who is still unemployed and vast all well settled in their field of specialization. His self-esteem and confidence is shaken as he has failed interviews after interviews all these years.
My Interpretation: updating oneself in one's field of specialization, positive approach toward life. Being self-motivated and self-taught in front of the mirror shall lead to successful job interviews. It is always preferable to accept jobs even in small firms for experiences. One should always carry confidence with oneself.

Therapy Recommended.

Relaxation Technique: I would recommend relaxation technique to combat mental and physical signs of anxiety. Meditations, deep breathing exercises, desiring an aim, long and leisure baths, yoga etc.

Exercises to replace negative thoughts with positive one: to make a list of negative thoughts the client experiences which makes him anxious and write down a list of positive, believable though to replace them. Picture yourself successfully facing and conquering a specific fear can also be beneficial if the anxiety symptoms are related to specific cause like in this case joblessness.