MAPC – Counselling Psychology
Sample Internship Report

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Synopsis
Project Report
Internship Report

On

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Client No: 5

Name: [Blank]

Sex: Female

Date of birth: 11/11/1967

Age: 50 years

Educational Qualification: Graduate

Occupation: Housewife

Income: Not applicable

Marital status: Married

Whether client stays with Parents: No

Whether client stays with Spouse: Yes

Any Siblings: Yes, 1 elder brother

Position in the family: Youngest

Anyone in the family having conflict: No

Anyone in family suffering or suffered physical disc...
Referred by: Self.

Presenting Problem: OCD for cleanliness

Date of onset of problem: 1 year back.

Precipitating factor: Menopause.

Duration of problem: 1 year.

Any counselling taken: No.

How intense is the problem:

Sometimes cannot complete the work

Sometimes cannot finish the routine work

Sometimes if going out, comes back home from mid

Relationship with family members

Spouse: gets irritated at times due to her OCD
Her bouts for cleanliness goes overboard at times.
Sometimes in the middle of night she starts with cleanliness sprees. Many a times she yells at their
teenager daughter in the name of hygiene and the
appearance of the house gets very tense.
Relationship with family members:

Mother: She is a dutiful daughter and takes care of me.

Father: Very respectful and dutiful daughter.

Brother: Very loving sister.

Friends: Was very social but nowadays she is become very choosy and hardly enjoys our company. Get together, parties or meets?

Neighbors: Cordial relation with neighbors.

Educational History:

In school / college: Above average student

Academic performance: Above average performance throughout.

Did client come up to the expectations of parents, teachers: While studying, yes.

Was there ever any sudden deterioration in studies and academic performance: No.

Anytime during schooling have they received any complaints from school authorities: No.
If married
Relationship with spouse:

day to day dealings: According to Mohit Apte, client's husband, "Sushma is a very caring, loving and a dedicated housewife. But since last ten months, she is acting really funny. She is obsessed with cleanliness and doing the laundry. On the middle of the night, sometimes she wakes up and starts dusting and scrubbing. If I enter the house from outside, she will repeatedly ask me to wash my legs and hands and throw my clothes into the washing machine just washing even if I have worn it only 10 minutes."

Sex life: "There is no sexual relation between us since last ten months. Now she feels that as a duty and feels duty to go to temple or do her daily pujas at home after sex. Thus she completed stays away from it and doesn't even share bed with me."

Relationship with daughter: According to her only daughter Priya, "Mom is very loving, caring and the best one. But lately she has become very annoying. During my menstrual cycle every month, she just loses her temper and continuously keeps lecturing me on personal hygiene. She will ask to wash my hands a hundred times if I happen to visit loo during these days. She is totally hygiene.
break and is never satisfied in my personal hygi
e specially during my menstrual cycle days

Relationship with opposite sex person: 
Husband’s boss: “she is very polite, kind and a
good host.

Husband’s colleague: “she is a perfect home, 
a very good host and very kind and polite lady

Decision making: spouse (Husband) takes the decision.

Relationship with mother-in-law: “she is a sweet 
untamed daughter in law, takes very good care of
me. She is very disciplined, punctual daughter in

Relationship with sister in law: “she is very sweet, 
caring and loving sister-in-law. She takes care of
all of us equally but nowadays, she is becoming
jealous and loses her temper easily.

Relationship with brother-in-law: “she takes care 
of us all like a mother. Very helpful and kind in
nowadays she is acting really funny and is on
cleanliness spirit all the time. During any onset of
festivities she is highly strong and is always hype
during all cleaning jobs. She is very particular about
her prayer room’s utensils and always skeptical ab
anyone touching with dirty or non-pious hands.
MENTAL STATUS EXAMINATION

Appearance: A traditional looking, saree clad lady in her fifties entered the counsellor's cabin. She was short and had a smile on her face. Had a traditional turban on her head, red and gold bangles in her left hand and green and gold bangles in right hand.

Movement and behaviour: She walked inside the room with slow and soft strides. She took a little time walking and was little nervous and unsure in her body language. She made proper eye contact with the counsellor with a smile.

Affect: Her body language reflected little nervousness.

Mood: was of little apprehension.

Speech:
- Volume: spoke very softly but audible enough
- Speed of speech: normal, with proper pausing
- Length of answers to question: appropriate
- Appropriateness of the answer: perfect and understanding
- Clarity of the answer: clear and to the point.
Introduction

Obsessive Compulsive Disorder (OCD)

an anxiety disorder characterized by unwanted thoughts and repetitive, ritualized behaviors you feel compelled to perform. If you have OCD, you probably recognize that your obsessional thoughts or compulsive behaviors are irrational, but even so you feel unable to resist them and break free. It's like a needle getting stuck on an old record, OCD causes the brain to get stuck on a particular thought or urge. You wash your hands until they are scrubbled raw or check your stove so many times to make sure it's really turned off.

Obsessions are involuntary thoughts images or impulses that occur over and over again in your mind. You don't want to have these ideas, but you can't stop them. Unfortunately, these obsessional thoughts are often disturbing and distracting. Compulsions are behaviors or rituals that you feel driven to act out again and again. Usually, compulsions are performed in an attempt to make an obsession go away.

For example, if you are afraid of contamination, you might develop elaborate cleaning rituals. However, these behaviors never last. In fact, the obsessive thoughts usually come back stronger. As the compulsive rituals and behaviors often end up causing anxiety themselves as they become more demanding and time-consuming. This is the vicious cycle.
Client's Name: Sushama Apte. Date: 31/11/80

Interview No. 1. Time: 2:00 P.M.

Session No. 1

Purpose of Interview: Rapport building understanding the problem counselling.

Start of session:

A short lady in her fifties enter the counsellor's cabin with her husband and her mother-in-law. She lady though looked nervous, greets the counsellor with folded hands as in namaste, and also had a smile on her face. She then turned me also and wished me too with a namaste and so her husband and mother-in-law also greeted with a namaste. The counsellor offered them all seat and then turning to the client Sushma, to introduce herself and her companions.

Sushama said, "M'am, my name is Sushama, this is my husband and that is my mother-in-law. I am a housewife. I've a problem to share with you and I want you to help me solve this problem." Again the counsellor as the client, "Is it OK for you to share your problem in presence of your husband and mother-in-law?" she said, yes m'am, they are also equally worried and are more harassed.
me due to my problem."

The counsellor asked her "tell me in detail what is your problem?" The client said, "I have developed a strong feeling towards cleanliness. I am unable to bear the sight of untidiness, dirt, unhygienic places etc. If I happen to see something like that, I soon want to have a bath and change myself into fresh clothes at home, if all the places are spotless. I feel there are places which need to be cleaned and the feeling to clean that place becomes so strong that till and till I don't clean, I shall not be able to concentrate on any other works sometimes."

They may be on the way to a market, or a place of worship, or to a friend's place, but if I happen to see garbage piled up, I may go away from that place taking a little longer. I always go back home and feel the compelling change my clothes and sometimes to the extent taking a bath too. And my husband comes a little bit so the compulsion for cleanliness is disturbing my daily routine, my outside work.

The counsellor asked "how are behaving with others at home?" For this the client replied, "My husband, my daughter are also affected badly due to my obsession for cleanliness." She said, "As soon as my husband comes home from work or from any other places, the moment he enters the door, compulsion for cleanliness becomes so strong..."
I forget to even give him glass of water, and instead ask him to go to bathroom and get his clothes changed and wash his hands and legs. A time he must have just gone for a Society me can just say a hi to a neighbor and need, even bother about dust, pollution, dirt on garg and still the sight of him entering inside the door from out make me compulsive for his change of clothes and his taking wush! She counsellor shifted her attention towards her husband and asked, "is it true, whatever is saying?" Her husband replied, "yes ma'am, her compulsion for cleanliness is getting on our nerves." But since she herself realises the compulsion is out of her control and this is hurting people who are close to you, we a here to seek your help."

Now, the counsellor turned to her mother in law and asked her, "tell me, what you have to say about your daughter in law?" For this the mother in law said, "she is a very nice, loving and caring daughter in law, but she is having trouble with her behaviour nowadays." At times it keeps cleaning the prayer room in to 20 times in a day. She doesn't want anyone by mistake happens touch anything kept in prayer room, all hell breaks loose. She takes the whole house on head and she cleans everything in that room. She forgets the time, forgets about cooking and her sole concern..."
would be cleaning of puja room.”

Now, turning back to the client, she asked, “what about your daughter?”

The client replied, “ma'am I have a daughter aged 19 years. Even, she made her life a living hell due to my obsession for hygiene. During her menstrual periods, I just can’t bear the sight of her coming out of the loo. Though my daughter is very clean and maintains personal hygiene well, my compulsion for cleanliness makes me tell her to wash herself very well again and again, and at times when adults are at home and I keep repeating, ask her to wash herself as she just visited too a as you are suffering from your periods. This embarrasses my daughter.

The counsellor asked her when does this compulsion for cleanliness is stronger.” For this, the client explained, “we are Marathi, so during Ganapati festival, we bowing the idol of Ganapati at home. So just before the onset of the festival, I’m really compelled for the urge for cleanliness and repeatedly clean all puja utensils, and the place where Ganapati will be placed. She counsel asked, “what is the thought that arises due to that particular point which drives you to the bout of cleanliness” the client replied, “if the place and things of Lord Ganapati are not clean, God will punish us severely. That
thought leads me to the bout of cleanliness.

After hearing out the client and her husband and mother-in-law, the counsellor said, "I will give you a homework assignment. Practice it at home and let me know after two weeks." The client replied, "I'll do whatever you ask me to do, as I myself want to get rid of this compulsion." The counsellor said, "See when you get a thought which precipitates your compulsion for cleanliness try to block that thought by asking rationally yourself how it is going to harm you? (e.g. if you are on broad and you see pile of garbage and if your thought process starts working overtime a compels you to return back home to clean you hands, stop thinking for a second and try to bring back your attention to the work; you started your way to? How important it is to reach the place where you have started go about what else is on today's agenda etc... th directing your attention from the thoughts that compels you for cleanliness to something else u reduce your OCD generally. Because OCD is a obsessive compulsive disorder, which is develops because of a particular habit so once we try avoid the habit slowly our brain will forget send us its message.

On this note, the counsellor asked the client, to write down how many in the irrational thoughts of cleanliness count to.
mind and how many times she could divert her thoughts and could control the urge of act of cleanliness. So she asked to maintain a book wherein she will write, what thoughts trigger the bout for cleanliness and what are the things, thoughts that helped her divert her attention from cleanliness. And every time she succeeded, asked her to get herself a star. So the counsellor asked to copy the book in which she will write down the irrational thoughts and diverted attention from cleanliness. She wrote down, she spent, her husband and mother-in-law stood up, said Namaste once a week, and left the cabin promising to come after six weeks.

My Observation: The lady who entered the cab with her husband and mother-in-law was seen disturbed due to her obsessive compulsion disorder for cleanliness. She was not able see anything distinctly. Maybe the hormones after menopause can also be the reason. But as OCD is triggered through irrational thoughts, it can be controlled through our rational thinking.

My Interpretation: All her irrational thoughts should be counter-attacked through rational thoughts. She should spend more time to divert her mind in getting rational thoughts rather...
than acting impulsively on any irrational idea she should always spend time thinking how much she will be benefited if she stops acting on irrational thoughts and weakening all rational thoughts. She should have faith in almighty rather than fear of almighty.

Therapy

Since her OCD was based on superstitious element she was feeling that her ceaseless cleaning will somehow stop from something bad happening. But what that "something" would be is not clear. Thus far Sushma Aprt I would suggest "Interrupt the Pattern" technique. Since her OCD tends to be stereotypical the behavior tends to become fixed in a narrow pattern with recognizable steps and repeated in order say. There is a specific hypnotic scrambling technique to first elicit the steps then hypnotically jumble them in the wrong order, but also scrambling - loosen such patterns can also be done.

For eg. I might ask her to wash her hands 10 times after going in bathroom in order with garbage to still wash the hands until 30 seconds before doing wash their hands go thru then stop. Complete the alphabet then wash the hands in order with this way I would direct her behavior this way she that her behavior is not as fixed and unchallengeable as it appears.