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Synopsis
Project Report
Internship Report

On

mapchelp@gmail.com
Client No.: 6

Name: 

Age: 21

Date of birth: 5/8/1996

Sex: Male

Educational Qualification: B.com Graduate

Occupation: Nil

Income: Not Applicable

Marital status: Not married

Whether client stays with parents: Yes

Any siblings: No

Position in the family: Single child

Anyone in the family having conflict: No

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

Referred by: Mother
Presenting Problem: Social Phobia. shy to meet people.

Date of onset of Problem: last 4 years.

Precipitating factor: during college years, he was teased by his classmates for being overweight.

Duration of problem: 4 years.

Any counselling taken: No.

How intense is the problem:

Has to take leave from work/place/school/college: No.

Cannot carry on even the routine work: not affected.

Does not want to do anything: nothing like that.

Client's relationship with:

Mother: close to mother, mother is his guiding force and emotional anchor.

Father: looks upon to him as an idol. All major decisions he seeks from his father.
With friends:

How many friends does the client have? How does he relate to them?
He has two friends and they are good friends.

With neighbours: not much relation.

School and classmates: does not mingle much.

Teachers: obedient.

Playmates: does not have any.

Game field: not interested.

Educational History:

School and college

Client on studies and academic performance: brilliant.

Does client come up to the expectations of parents and teachers: Yes, always be use to.

How was the performance over the years: excellent.

Was there any sudden deterioration in studies and academic performance: No, never.
Have they received any complaints from the school authorities regarding client's performance? No, never.

Since when have they noted that the client is not the same as regard to academics as he or she used to be? There was no such thing. His performance was always up to the mark.

Had they done anything about it? Not applicable.

After their efforts had there been any improvement? They need not put any effort.

When did they decide to consult a counselor? Post academic purpose, they need not visit a counselor.

Work history - not applicable, he is still a student.

If married: not applicable as he is still unmarried.
MENTAL STATUS EXAMINATION.

Appearance: An obese or over weight boy in his early twenties in a jeans and T-shirt. Hair blown out in wind, not applied oil on hair. He was stinking of sweat and thus got an impression of lack of personal grooming.

Movement and behavior: His obesity or excess weight led to slow walking. His behavior was though polite but had nervousness seen largely on his face. He had difficulty in making eye contact.

Affect: He looked totally nervous.

Mood: He was confused and disturbed.

Speech:
Volume was hardly audible.
Rate of speech: very slow.
Length of answer: very short.
Appropriateness of answer: ambiguous answers.
Clearity of the answer: not at all clear.
Introduction

Social phobia is the fear of being the centre of attention, being evaluated negatively or showing physical signs of anxiety in social situations. This usually leads to avoidance of certain situations such as social gatherings and job interviews or eating, speaking and writing in front of others. The key feature of social phobia is the fear of being scrutinised and being evaluated negatively by others. A person with social phobia worries that they may do something embarrassing or act in a way that may be humiliating which include showing signs of anxiety. The fear may be circumscripted to particular situations (e.g., public speaking) or may be generalised to most social situations.

Social phobia is often not recognised because these people are very uncomfortable in a clinic waiting room and do not like to talk about their fears. Clinicians often fail to make the diagnosis either because they confuse social phobia with normal shyness or judge the secondary depression or substance dependence to be the underlying disorder. Social phobia people commonly fear to (1) talking in front of others, (2) going to parties, (3) talking to strangers, (4) eating, drinking, visiting, not using the phone in front of others, using public toilets, using public transport, queueing in line.

The fear of negative evaluation in specific social situations usually results in avoidance.

FOR EDUCATIONAL USE
Client's Name: Gaurav Chopra  Date: 6/11/2014

Interview No. 1  Time: 1.00 Pm.

Session No. 1

Purpose of the interview: Rapport building and understanding the problem.

Start of the session:

A young boy in his early twenties but looking literally shudered entered the counselor's cabin along with a lady in her early fifties. The boy looked nervous and disturbed and was making no eye contact. The lady greeted the counselor and me with a "Hello. After taking the seat by the lady and lady pulling the boy to make him also sit to the chair adjacent to her. The counselor straightened herself on the chair, flashed a smile to the lady and greeted the boy with a "Hello young man what is your name." But the boy just looked down with a shy smile. The lady said this is problem that i'm going to help you with. She began to tell the boy's story in detail.

The lady began, 'My problem is my only son aged 21. He completed his commerce...
graduation and at present preparing to appear for entrance exam to further study MBA. When I see his result with minimum loss of marks I wonder what is making him feel shy in meeting new people. Academically he is brilliant but socialising, making friends, appearing for interviews etc. makes him nervous. But I should also tell you, till 12th Std. he was very active debate contestant and has infact won trophy as a second place in inter-school debate competition. There was no issue till he was in 12th Std. He developed these fear only after he entered college.

After hearing out the lady patiently the counsellor listened her attention to the client, who was all these while simply sitting and listening attentively whatever his mom was speaking. There was no change of expression on his face throughout that time. Now counsellor asked, “Gaurav, is these all true, just what you are doing is same as what your mom has described or is then anything else you need to tell me?” But Gaurav just shook his head and sat muti.

Now, the counsellor said, “Gaurav now I will ask you few questions and let me see do you ever need a counsellor in your life. So, not worry as a team we shall work towards building up your confidence work, lower your shy feelings and make you socially bold person.”
Again, the counsellor asked, "Gaurav, are you really going for it?" He mumbled something and nodded his head, as if yes.

Now the counsellor asked, tell me why are you shy of meeting people? Initially he sat mute, but after continuous prodding, he just showed himself and said a word "fat" so the counsellor understood his out of shape figure as he is fat is making him shy.

Then, the counsellor asked, "Did anyone tease you saying you are fat? Again he nodded his head in a "yes". The counsellor asked, now what else make you shy and frightened in socialising, meeting people, going out with friends etc. After a short pause, again Gaurav said "fat". Now the counselor understood his body shaming by his friends have made him the way he is at present.

So, before she started with any counselling she wanted Gaurav to be ready to do whatever she asks him to do as homework assignment. She asked Gaurav, "will you do I ask you to do?" He again nodded his head in a "yes'.

Thus the counsellor gave him a page and a pen and asked him to write down whatever she was saying. First she told, "Gaurav, daily morning and evening take a brisk walk for 30 minutes each for next 15 days without fail. Secondly, wear clothes that shall suit your figure. Thirdly, dress up yourself as well as you can and..."
see that you do not stink of sweat, so use perfumes and deodorants.

Fourthly to avoid eating your foods, binge eating, only foods, avoid foods that would pile up his weight again.

Fifthly to talk to strangers in phone as a salesmen who is trying to avoid sell his product.

Sixthly next fifty days whenever you pass through the gate of your building, politely smile at the watchman and greet him.

Seventhly to make it a point, that whenever you are alone you stand in front of a mirror and give your introduction to loud and accented clear voice.

After assigning him those seven tasks to do for next 15 days, she asked him come back after 15 days and fixed an appointment on 18th of octobar.

Before leaving the cabin, once again the counsellor reminded Gaurav that these homework assignment has to be done seriously and without fail. Gaurav again nodded his yes and kept that paper in his pocket. His mother and Gaurav both stood up from their seats, made us both goodbye and left the cabin.

My observation: Right from the time the client and his mother entered the cabin, I've been noticing that the client was pulling his t-shirt loosening it.
from his body which was a clear sign that he is very conscious of his extra weight. His self confidence is very low because he feels he is fat and people shall tease him for the same. Thus, to remove his social phobia he has to first slowly work out on correction of his physique.

Interpretation: Exercise and proper diet with good self grooming will do wonders to his confidence as academically he is a brilliant boy. Once he works out a proper plan for coming back to shape, he shall surely succeed in his life exceptionally well. Once a proper solution is sought to bring him back to physically good shape, everything shall fall back in place.
Session No. 2.  
Date: 18/11/2017.
Interview No. 2  
Time: 1 Pm.

Purpose of the session: To see the progress of homework assignment  
To motivate him and counsel against social phobia.

Start of the session: The client entered the counsellor’s room after a light tap on the door. He was dressed in a jeans and shirt. He was looking little leaner as compared to his previous visit. His stride into the room was also a little faster. Also he greeted the counsellor with a light hand shake and a brief eye contact. He did glance at me, though he didn’t smile at me. After that he took his seat, removed a book and a pen and placed it on the table.

The counsellor asked, “So, how are you?” The client replied, “Fine.”

The counsellor complimented the client on his little slimmer look. He was little thrilled at the compliment and opened the book and showed a page which the dietician has charted out a diet plan for 15 days wherein he lost 3 kg. The counsellor appreciated his effort and will power.

Next she asked about other points from the homework assignments. He opened another page from the book and read out slowly that he did:
1. Take brisk walk daily morning and evening  
2. He started clearing and wearing clothes that makes
him look good, and after saying that pointing towards his shirt he asked the counsellor, "Isn't my shirt good today?" and flashed a smile also. The counsellor positively replied, "Yes of course the colour and style of shirt is complimenting your personality and you are looking slimmer and leaner today than your previous visit." This positive reinforcement from the counsellor lifted his spirits and the third point from the assignment homework was sealed off in more clearer and louder voice. "Mam I have also got myself deodorant for armpit and myself enjoying its fragrance. Now I'm not worried if someone stands or sits closer to me in public transport like local trains or best buses."

"Mam I have also stopped unhealthy eating habits and following strict diet chart by the dietician."

"Mam I am also practicing talking to strangers loudly. I'm feeling relaxed whereas I am able to express myself without any fear of rebuke or being a subject of tease."

After counting five task out of seven he kept quiet. Then the counsellor asked, "There are two more tasks pending." The client had a sheepish smile on his face and he said, these two task of talking on phone to strangers as salesman and greeting watchman of our building I haven't done yet." But from today I'll do that.

She counsellor praised him for his honesty and said "alongwith the two pending task I shall add three more task which you do for another fifteen days that will reduce your social phobia and you shall look
Counsellor asked the client, apart from studies what are you good at and passionate about. He said, “I am a movie buff and I like singing.” The counsellor was all praise for his hobby and said “so your next homework assignment would be to sing a song daily and record it on your mobile and doing it when you visit us next after 15 days. Practice each song well and then try to sing flawlessly loudly and clearly.

Next the counsellor said, “watch a movie of your choice, understand the movie and come and tell the story scene by scene here.”

“And the final task for next fifteen days would be to go to market and buy vegetables for mummy by going all alone and asking mummy as to what she would prefer to get from vegetable market” then the counsellor said, “Before we wound up today’s session, I would like to hear your self introduction or anything that you say as and when you are alone in the house to the mummy”.

The client felt little embarrassed and again smiled little sheepishly but a little praddling from the counsellor, he stood up from his chair and started introducing himself. “Hello, I’m Aniruddha Choppa here, a commerce graduate, pursuing MBA in H.R. I am 21 years old and I have passion for singing. I like watching movies. Thank you all for helping me out.” The counsellor and the client clapped their hands on his confidence. He was praised for his clear speech.
and thus asked him to continue this act of talking in front of the mirror for another 15 days. And next appointment was fixed after 15 days.

The client Gaurav Chopra stood up from his seat with smile shook hands with the counsellor and this time he came a little forward and offered a handshake to me as well and saying that, “main I shall come after 15 days, and I shall do all my homework, diet and exercise will continue after consulting the dietician. The counsellor wished him good luck and bade him bye.”

My observation: There was tremendous changes in the body language of Gaurav Chopra the 21 year old MBA fresher student. This little change in personality with a 2 kg weight loss in 15 days has boosted his morale. The counsellor’s positive reinforcement were doing wonders to his confidence and thus he was eagerly looking for more homework/assignments.

My Interpretation: By the step by step actions he is assigned with as homework assignments alongside positive reinforcement on successful completion of tasks would bring back his lost confidence. Good personality (physical) alongside correct dressing, good level of confidence and academic brilliance will see him through to contact his social phobia and will lead to successful H.R leader.
Therapy Recommended.

I would suggest cognitive behavioral therapy to treat his social phobia. Several types of cognitive behavioral therapy can be used to treat his social phobia, which includes:

Exposure therapy: in this he will be guided by the counsellors to imagine that he is facing the feared situation until he no longer feels it. Such as going into a room full of strangers until he no more feels of going back home. Social skill developing: this therapy will help him develop the skills that he needs in social situations through rehearsing and role playing. This would reduce his anxiety and he may become more comfortable with and prepared for the fear of social situations.

Cognitive restructuring: this therapy would help the client learn to identify and improve fearful thinking to help him to handle social situations.

Symptom management skill: this therapy would teach him how to reduce stress by controlling your breathing and other physical responses to anxiety.

Psychodynamic Therapy: is specifically developed to treat social anxiety disorders can also be used.