MAPC – Counselling Psychology
Sample Internship Report

Brought to you by
MAPCHELP.com
If you get benefited from the content of this website

Then

Please share your

Synopsis
Project Report
Internship Report

On

mapchelp@gmail.com
Client No. 7

Name: 

Date of birth: 6/6/2011

Age: 6 years

Educational Qualification: 1 std.

Occupation: student

Income: nil

Marital status: not married

Client stays with Parents: yes

Client stays with spouse: no

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 disorders: no

Referred by: mother
Presenting complaint: Bad behaviour with parents.

Date of onset of problem: 2 months.

Precipitating factor if any: Bad friends.

Any counselling taken: No.

Duration of problem: 2 months

Intensity of the problem:

Has to take leave from school: No.

Cannot carry on even the routine work; nothing like the do not want to do anything: does all activities well.

Interview with family member:

Mother: 'Simi is a well-behaved obedient child. Loves to go to school, does her homework regularly, obeys and respects elders. A good, fearing child as well. But since last couple of months her behaviour has changed. She disrespects me and her father. She backs answers, she doesn't take a no for anything. She has become very stubborn and puts big demands in front of us, if we do not oblige she..."
uses bad language.

Father: a sweet child off late is showing bad behaviour. Showing tantrums and using bad language.

Neighbours: she is a sweet, well behaved and loving child. Enjoys playing with her playmates.

Classmates: good relationship with classmates.

Teachers: well behaved, obedient, disciplined child.

Playmates: plays fair games and enjoys playing with her.

In the game field: a fair player. Tries to win, puts good effort to win.

Educational History

How is the client in studies: regular, punctual and excellent in grasping and studying.

Does the client come up to the expectations of parents and teachers: yes.

How has the performance been over the years: excellent.
Do they find that there is sudden deterioration in studies and academic performance? No

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

Since when they have noted that the client is not the same in regard to academics as she used to be: not applicable.

Work History: Not applicable.

If married: Not applicable

MENTAL STATUS EXAMINATION

Appearance: a bubbly, well-dressed child with a smile on her face and awe in her eyes. Hair neatly oiled and combed with matching hair pins and also matching footwear to her dress.

Movement and Behavior: She walked into the counsellor's cabin with spring on her legs. Flash had a sweet smile to the counsellor and me and shook hands as soon as it was offered to her.

Affect: was happy-go-lucky type.
mood: was happy.

speech:
volume: high as a enthusiastic child would speak
rate: was super speed.

length of answers to question: longer than expected, just like a child.

Clarity of the answer: clear and perfect.

Introduction

Behaviour: Bad behaviour of a child with her parents. Many parents complain about disrespectful behaviour from their children. Backchat, sarcasm, bad manners, swearing and cheekiness can be frustrating and difficult to handle. Various factors may be responsible for children behaving disrespectfully.

1. Being frustrated by limitations and wanting to test limits.
2. Copying the behaviour of other people around them.
3. Realising that being respectful gets a reaction, whereas shouting, sulk, or whining get their attention.
4. Feeling they are being treated unfairly or are not being listened to. This can particularly be the case with backchat or mumbled comments.

How to react to disrespectful behaviour:

By ignoring such disrespectful behaviours, such as backchat.
on. Sulk ing. Say, "I'll not not tolerate being talked to like that," and do not respond until your child is communicating appropriately.

For behaviour which are more offensive and rude, naughtily, stop technique can be used, make sure one warning clearly stating why the behaviour is disrespectful and not acceptable. "Oh, our family, we don't talk to each other rudely." Never laugh when a child talks rudely as this will give positive attention and encourage them to continue being rude.

However much we may cringe when we see our child being disrespectful in public, resist the temptation to correct them in front of others. Instead, take the child aside and describe the behaviour you disapproved and provide guidance. For eg: I noticed you shouted the librarian when she asked you to stop talking. She seemed upset by your lack of respect, either you can act more politely or we will have to leave story time.
Client's Name: Simi Agarwal

Interview No: 1.

Session No: 1.

Start of the session: Rapport building and understand the problem.

Start of the session: A bubbly little girl accompanied with her father and mother entered the counselor's cabin. She was very cheerful and had sprigs in her feet. As soon as she said counselor, she flashed a smile and also shook the counselor's hand. She started to talk. The counselor asked her name and she said “Simi Agarwal.” The counselor offered her chocolates and she accepted it eagerly. She opened it on the spot and devoured it instantly. She also said a “thank you” while accepting the chocolates.

Now, the counselor turned to her parents and asked the reason for their coming. So the mother started telling the counselor, “This is our daughter Simi. She is six years old and is studying in first standard. Good at studies, enjoys going to school, makes friends easily, and plays well with her playmates and class mates. But at home also she use to be very obedient and respectful. She never back answered to anyone and always spoke gently. She never use to throw tantrums or act stubborn. But lately since last two months, her behaviour has totally changed with...
us. She doesn't listen to us and has started back answering us. She also knows tantrums demanding high price things. Day to day her demands have increased. She doesn't appreciate anything that is bought for her. Everyday her demand changes and if we say no for it, she would use foul language. But her behaviour outside the house is still the same sweet child. Nobody other than us has any complaints against her. Even the teachers at school have no complaints. Her behaviour has only changed towards us. Most with everyone she is the same sweet child. Even with every other relative she is well behaved kid.

"The counsellor asked, how is her behaviour with you both when someone is visiting you? Her mother said, "she doesn't ill behave nor she speaks much with us".

The counsellor asked, "how does she represents her genuine demands for food, water, milk, help for homework, open house in school etc.? The mother said, "for food, water, milk etc. she will make loud noise and speaks loudly demanding it. Open house day she will keep it in front of me. For homework and studies she attentively sits and learns when I'm teaching." After hearing out all these the counsellor ask, is there any particular reason according to you that has suggested her attitude towards you so negative. The mother looked at the girl, the counsellor asked to pause rang the bell, the receptionist around at the counsellor's cabin door, addressing Simi. The counsellor said, "Simi go with that, didn't she will give you some toys"
Simi obediently got up from her seat and jumped back her way towards the door, took hold of the receptionist finger and followed her. The counselor turned back to her mother and asked her to continue.

The mother said, "all these started with the arrival of our new neighbors. They are well to do family. They have spoilt their only child who is same age as my daughter by fulfilling all her demands. Also we have come to know through some sources that, the girl is an adopted daughter and not their biological one. So just to make them feel more loved, I guess they are going overboard in meeting all her demands. After hearing this, the counselor got the root of the cause and then asked both the parents, if there is anything more they want to share.

The mother said, "no ma'am we presented the whole problem in front of you." The counselor once again rang the bell. And before the receptionist arrived with the child, the counselor requested her parents to wait outside till she talks to Simi alone. Both the parents got up from the chair and began to leave when the door opened and Simi was ushered inside. On seeing her parents leaving the room, she was bit confused, whether to walk inside the room or go out with her parents.

Seeing the confusion, the counselor called her out and said, "Simi you come inside and take this chocolate and let your parents go and see this full place. She hopped back inside and sat on the same chair where previously she was sitting. She accepted the two more chocolates offered to her with a thank you and a smile of gratitude."
Now the counsellor straight away came to like you parents. Simi, tell me, why you don't like your parents? Why do you behave like a spoilt child with them? Why do you ask them to buy anything for you? Why do you want to buy anything for yourself? Simi said, "That is because Nisha told that, if I want to see whether my parents really love me or not, I should behave badly with them and they will come to me in their house and do not throw me out, that means they love me. If they love me they will meet my all demands."

The counsellor was touched by the innocence of her thoughts and actions. She said, "Ok, I'll tell you a story. I will let me know whether the parents loved the child in the story or not. Simi agreed to listen to the story and at the end to answer the question.

She counselled started, "There were two little girls, Seema and Meera. They both were very good friends. Seema belonged to a rich family, where as Meera belonged to a poor family. One day when both the girls reached back home from school, they saw a piece of cake was kept on the table for them both at their expected home. As soon as Seema took her plate, her mom and dad also came out with their plate with a piece of cake piece each to their plate. Then Seema, and her parents, all the three of them enjoyed a piece of cake each.
on the other hand when meena picked up her plate to eat, her parents were busy doing work and asked meena to sit and finish the cake. Meena ate all the whole piece of cake, but meena’s parents did not eat because they were poor and so couldn’t afford three pieces instead, they could afford only one piece which they made their daughter eat. Thus the story ends and now the counsellor said, I would like to ask you my question, “tell me whose parents loved which kid the most?”

Simi thought for a while and said both parents loved their child the most.” Counsellor said, “Shashu, you are truly an intelligent girl. So I will explain you in little detail and she said, since meena’s family could afford three pieces of cake all the three of them could eat one piece each but since meena’s family were poor they could afford only one piece, they let their child have that piece and the parents didn’t mind not being like cake to eat. Thus each parents try their level best to give their child the best things they can afford. So if your friend is more richer than you, her parents may buy more things than what your parents can buy for you. That doesn’t make your parents love you less.

Hearing this Simi broke down in tears. I got up from my seat, wiped her tears with tissue, made her drink little water and then when she regained her composure, counsellor asked her, “Simi do you think your parents deserve your bad behaviour?” She shook her head and was looking towards the door. She counselled rang the bell, both her parents came to
Dear Simi got up from her seat, ran towards them and hugged them both with teary eyes. Her father picked her up and walked towards the chair. The counselors smiled at them and said, "Take back your sweet child home." She is all yours with some sweetness. Both the parents had a huge smile and thanked the counselor before saying goodbye to the counselors and me.

My observation: Children at tender age of 6 are very influential thus it is very important that parents should have strong vibes with whom the kids are making friends. Simi was brought for counseling at the right time before any damage had happened. Being a brilliant girl also helped in making her understand the true moral of the story.

My interpretation: Every parent should spend more time with their kids. They should be bought up telling them the reality of one's situation. Value of money should be taught from early childhood. Meaning of need, comfort, and luxury, kids to be educated to the children. Comparison should be avoided. Value of everything should be taught to children. Parent's small small sacrifices should also be let known to children at very young age.

Children learn from "Modelling" i.e., they learn behaviour watching and emulating people around them. Treat your child with respect and let them see you treat others too with respect, as action speaks louder than words.
Let the child know what type of behaviour is strictly not acceptable. Like “No swearing” at dinner time, “sit nicely at table.”

Teach your child social manners by giving continual gentle reminders about appropriate communication and behaviour. For eg: telling a child, “when you leave your friend’s house, it is good to say “thank you” for letting us pay close attention to your voice tone, words or body language, not just with your child but with everyone else around. Comments using sarcasm, swearing, or shouting, seen rolling your eyes or making faces at people will make you a bad role model to your child. Good manners and respectful has to be used for correctly disrespectful behaviour.

Make sure you respond positively to good behaviour, when your child behaves nicely, respond with praise, approval and affection. Every time your child uses the type of manners and behaviour you want to see more of, comment approvingly. For eg: “Thank you for waiting for me to finish talking on the phone before asking me for a drink.” “I noticed you asked your brother before taking his toy.”

Keep an eye on the communication you child is expose to. Swearing on tv, negative attitude in video game etc. Always make sure, you listen to your child attentively. Back talk is often associated with your child’s resentment at being asked to do things she doesn’t want to minimize this frustration by using minimal clean commands and by offering choice. For eg: would you like to tidy your room before or after dinner?”