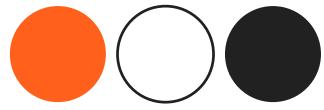


# **MAPC – Counselling Psychology**

## **Sample Internship Report**

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**Synopsis**

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**Internship Report**

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Client No. 7.

Address:

Name: [Redacted]

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 disorder: No.

Referred by: mother.

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Presenting complaint: Bad behaviour with parents. 2

Date of onset of problem: 2 months.

Precipitating factors 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 that

Do not want to do anything: does all activities well.

Interview with Family Member:

Mother: "Simi is an well behaved obedient child. loves to go to school, does her home work regularly obeys and respects elder. A God fearing child as well. But since last couple of months her behaviour has changed. She disrespects me and her father. She back 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 offlate is showing bad behaviour. Throwing 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 upto 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 pens and also matching foot wear to her dress.

Movement and Behavior: She walked into the counsellor's cabin with spring in her legs. Flashed 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.

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mood: was happy.

Speech:

volume: high as a enthusiastic child would speak

rate: was super speed.

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

clarity of the answer: clear and perfect.

### Introduction

Behaviour: Bad behaviour of a child with her parents. Many parents complaint 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 behavior of other people around them
  - 3) Realising that being disrespectful gets a reaction, laughs, shouting, shock - either way its 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
- Show to react to disrespectful behaviours.
- By ignoring such disrespectful behaviours. Such as backchat

001 sulking: Say, "I'll not not tolerate being talked to like that" and do not respond until your child is communicating appropriately.

For behaviours which are more offensive and rude naughty step technique can be used, make sure one warning clearly stating why the behaviour is disrespectful and not acceptable. "In 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 or hear 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 ignored 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

Date: 7/11/17

Time: 12 Pm.

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 counsellor's cabin. SHE was very cheerful and had springs in her feet. As soon as she said counsellor she flashed a smile and also shook the hands as soon as it was offered to her. Jumped and sat on the chair, her parents entered and after initial introduction took their seats. The counsellor asked her name and she said "simi agarwal". The counsellor offered her chocolates and she accepted it eagerly. She opened it on the spot and had it instantly. She also said a "thank you" while accepting the chocolates.

Now, the counsellor turned to her parents and asked the reason of their coming. So the mother started telling the counsellor, "this is our daughter simi. She is six year old and is studying in first standard. Good at studies, enjoys going to school, makes friends easily and plays well with her play mates and class mates. But at home also she use to be very obedient and respectful she never talk answered to anyone and always spoke gently. She never use to throw tantrums or act stubborn. But off late since last two months her behaviour has totally changed with

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us. She doesn't listen to us and have started back answering us. She also throws 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, rest 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 dairy she will keep it in front of me. For homework and studies she attentively sits and leaves when I'm teaching".

After hearing out all these the counsellor ask, is there any particular reason according to you that has triggered her attitude toward you so negative. The mother looked at the girl, the counsellor asked to pause rang the bell, the receptionist arrived at the counsellor's cabin door, addressing Simi the counsellor said, "Simi go with that didi she will give you some toys".

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Simi obediently got up from her seat and jumped hopped back her way towards the door, took hold of the receptionist finger and followed her. The counsellor turned back to her mother and asked her to continue.

The mother said, "all these started with the arrival of our new neighbours. 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 her feel more loved I guess they are going overboard in meeting all her demands. After hearing this the counsellor 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'm we presented the whole problem in front of you." The counsellor once again rang the bell. And before the receptionist arrived with the child, the counsellor 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 counsellor 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 the point and asked her, "Simi, tell me, why you don't like your parents?" Simi gave a look of surprise to the counsellor and said, "No aunty, I like my mom and dad the most in the world."

Again the counsellor asked, "Yes, why do you misbehave with them, why do you hurt them, why do you put unwanted and unaffordable demands to them? Why do you behave like a spoilt child with them? Why do you back answer them?" Simi said, "That is because Nisha told that, if I want to see whether my parents truly love me or not I should behave badly with them and if they still keep 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 just like the way her parents do it for her." The counsellor was touched by the innocence of her thoughts and actions. She said, "Ok I'll tell you a story even 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.

The counsellor started, "There were two little girls, Seema and Meera. They both were very good friends. Seema belonged to a rich family whereas 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 respected home. As soon as Seema took her plate, her mom and dad also came out with their plates with a cake piece each in their plate. Thus Seema, and her parents, all three of them enjoyed a piece of cake each.

On the other hand when Meera picked up her plate to eat, her parents were busy doing work and asked Meera to sit and finish the cake. Meera too ate the whole piece of cake, but Meera'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, "Shabish, you are truly an intelligent girl. So I will explain you in little detail and she said, since Seema's family could afford three pieces of cake all the three of them could eat one piece each but since Meera's family were poor they could afford only one piece, they let their child have that piece and the parents don't mind not having the 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 lesser."

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. The counsellor rang the bell, both her parents came to

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door. 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 counsellor smiled at them and said, "Take back your sweet child home". She is all yours with same sweetness. Both the parents had a big smile and thanked the counsellor bye bye to the counsellor and me.

My observation: Children at tender age of 6 are very influential thus it is very important that parents should have strong vigil, with whom the kids are making friends. Simi was brought for counselling 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 parents 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 has 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, "we 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 having me. 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 correcting 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. or "I noticed you asked your brother before taking his toy."

Keep an eye on the communication your child is exposed to. Swearing on tv, negative attitude in videogame etc. Always make sure, you listen to your child attentively. Backchat is often associated with your little one's resentment at being asked to do things she doesn't want to. minimise this frustration by using minimal clear commands and by offering choice. For eg: would you like to tidy your room ~~before~~ or after dinner?