MAPC – Counselling Psychology
Sample Internship Report

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Synopsis
Project Report
Internship Report

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Client No. 8
Name: 
Sex: Male.
Age: 20 years.
Educational Qualification: M.B.B.
Occupation: Business.
Income: 30 lakhs yearly.
Marital status: Married.
Client stays with parents: No.
Client stays with spouse: Yes.
Any siblings: 1 younger brother.
Position in the family: eldest.
Anyone in the family having conflict: No.
Refereed by self:
Presenting Problem: Wife not interested in sex and hesitant to start a family.

Date of the onset of problem: 1 year back.

Precipitating factors: Abortion (miscarriage)

Duration of the problem: 1 year.

Any counselling taken: No.

Intensity of the problem:

Has to take leave from work place: No

cannot carry on even the routine work: Nothing like

Does not want to do anything: Nothing like that

Relationship with family members:

Mother: Close relation

Father: Respectable personality

Brother: Friendly relation

Neighbours: Cordial and friendly relation
Educational History: Has done his MBA.

Work History: Doing textile business.

Client's relationship with subordinates: cordial relationship.

If married:
Relationship with spouse in terms of day to day dealing: perfectly fine.

Sex life: area of problem. No relationship since last one year.

Sharing of work at home with spouse: Yes.

Relationship with spouse's relatives: good.

Relationship with spouse's friend: cordial.
MENTAL STATUS EXAMINATION

Appearance: A decently dressed young man in his early thirties. Hair well kept, shoes clean, suit unzipped. Normally dressed in full sleev, slacks.

Movement and behavior: Long easy strides. Very confident. Straight posture, good eye contact, smiling face.

Affect: Composed and calm.

Mood: Disturbed.

Speech:
Volume: was loud enough to be heard out.
Rate and speed: was normal with occasional pauses.
Length of answers: were appropriate.
Appropriateness of the answer: was perfect & clear.
Clarity of the answer: was to the point perfect.
Introduction

Lack of interest in sex known as Hypoactive Sexual Desire disorder.

This is considered a sexual dysfunction and is characterized as a lack or absence of sexual fantasies and a desire for sexual activities, as judged by a clinician. For this to be regarded as a disorder, it must be marked distress for interpersonal difficulties and not be better accounted for by another mental disorder, a drug (legal or illegal) some other medical condition or inadequately. A person with HSDD will not start or respond to their partner's desire for sexual activity. There are various types of HSDD. It can be general (general lack of sexual desire) or situational (has sexual desire but not at current situation) also acquired (HSDD started after a period of normal sexual functioning) lifelong (the person always had no or low sexual desire) or though at times it becomes difficult to find out the true type of HSDD, they generally doesn't have same cause. The acquired or generalised HSDD includes various medical, health, psychiatric problems. One theory suggests that sexual desire is controlled by a balance between excitatory and inhibitory factors. A decrease in sexual desire may be therefore due to a imbalance between neurotransmitters with excitatory activity like dopamine noradrenaline norepinephrine and neurotransmitters with inhibitory activity like serotonin. HSDD possible causes include relationship issues, relationship problems, sexual addiction, incident in regards to sexual activity, relationship problems, sexual addiction.
Client's Name: Rajeev Nambiar  Date: 12/11/17

Interview No. 1  Time: 2:30 Pm

Session No. 1

Purpose of the interview: To present the problem.

Start of session:

A formally dressed man with confidence dropped in his strides entered the counsellor's cabin. He introduced himself as:

"I am Rajeev Nambiar, and I do business of textile manufacturing. She counsellor offered
him a seat and asked for water, which he readily accepted and gulped it down within seconds. Then the counsellor asked him, "What is your issue Mr. Rajeev?" He said, "Ma'am, I am going to share some very deep secrets of
me and my wife's married life. The counsellor
assured him that no talk of his shall leave that
room and pointing at me said, "She is a
student studying the practical knowledge how to
do counselling for various problems.

Then the client started his narration:

He said, "I am a married man since last three
years but still we don't have children because my
wife has developed an aversion to sexual act.
This all started long back though I knew my
wife one year prior to marriage, it was ago.
marriage we realised we have a huge cultural differences though I belong to an affluent business class family and we can afford maids for different works in the house, the ladies in the house did all the cooking, cleaning, mauntenance of house, dusting, mopping etc., initially it was a cultural shock to my wife she is brought up like a queen as she is the only child thus after marriage she has to work in India she has to take care of the family and also when preparing special food the family members do not enter kitchen. It was all maids were paid so when she saw that these all women does their work household work on their own, she was also compelled to finish her daily work soon. Three months after completion of a year she got pregnant. Still the stressful work and all other work of household she was doing. Suddenly one early morning she started bleeding at that hospital to be aborted. That was like a shock to her and since then, she is scared to conceive. Thus she never lets me go near her. Today its more than a year, we have never done sex main me being a one woman man. I have not listened to any other lady. It leaves me really frustrating. The counsellor asked whether they are still staying in joint family. Rayken said, no no, I have separate from the family. business and thus I'm doing it
separately. We visit our family once in a while. My family and my wife are living away from our family but still she does all household work. Rest everything in our family is going perfect except it is next to impossible for me to convince her about my need as well as desire to have a baby.

After hearing him out the counsellors asked Rajeev, “is there anything else that now but yet I’ll shall able to get?”

“I would like to talk to your wife.” When is it possible, Rajeev said, “kindly give me tomorrow’s appointment.” Thus Rajeev took leave from counsellors and promising to return tomorrow with her.

My observation: The client Rajeev Nambiar is a calm and composed person. It is secretly appreciable that he is patiently waiting for his wife to realise his need and not solely demand it as a right of a husband on forcefully take it.

My interpretation: Sexual act is one of the most integral part in a couple’s strength of bonding between them both. Thus both husband and wife should understand each other’s need and oblige.
Session: No. 2

Date: 13/11/17

Interview No. 2.

Purpose of the interview: To know client's wife's opinion on having sex with her husband.

Start of session:

The client Rajeev Nambaray entered counsellor's cabin along with his wife. After initial greeting, he introduced his wife, saying, "Ma'am this is Geeta, my wife and addressing his wife said, "Geeta this is our counsellor madam. You can openly tell about your feelings, fear, frustration etc.

The counsellor turned to Rajeev and said, "Rajeev, I would like to talk to your wife separately." Rajeev stood up from his seat and telling something in his mother tongue to Geeta, she just shook her head. Taking cue, he left the cabin and walked outside of the reception.

Turning to Geeta, Counsellor said, "So Geeta now you can openly tell me whatever is inside your head and heart and flashed a smile to her. Initially Geeta was with apprehension later on assurance from the counsellor that Geeta can share everything and no detail shall go out of this room without you.
permission, thus Geeta started, “Ma’am, as you know I had a very bad experience due to abortion. I’m still not able to overcome that sadness. Thus, I feel what is use of having sex, what if again I conceive and then again I may lose it.”

She counselled told Geeta, “Listen since the age of 16 you have slurred walking, how many times you have tripped on a stone?” Geeta said, “Many times.” Counselor asked, after the first tripping did you stop walking or did you stop walking. That paved hit it home in Geeta’s mind. Net her cheerfulness eloped and in front of us what stayed back and was a nervous looking lady.

She counselled again stated to Geeta, “Listen Geeta you are truly lucky to have a husband like Rajeev. He truly loves you and doesn’t even in his wildest dream wants to go to any other lady for his physical satisfaction. You just listen, it’s been a long time that you have been punishing him.”

Geeta said, “Yes ma’am I realised my mistake. It was equally painful for me to stay away from him. I shall definitely work this out. I’m highly obliged for this eye opener session. At this juncture Rajeev was asked to come inside. Rajeev entered the cabin, glanced at his wife, saw her looking at him with lots of love in her eyes. He looked at
looked at the counsellor. She too smiled and asked Rajeev to take the seat. The counsellor said, Rajeev, your wife is really very sweet. She need not be persuaded much to make her understand, what is missing in your beautiful married life.

She has realised her mistake.

So I wish you both, a very truly blessed and happy married life. I shall wait for a box of sweets after the birth of your first child. On that note we all lined up to shake hands and Rajeev and Geeta left the cabin holding each other's hand and music in their heart.

My observation: Sometimes some incidents drift husband and wife away from each other. But soon that issue has to be sorted out and should not be pushed under the covers. When elders in the family do not intervene, at times it becomes difficult to sort out without the help of third person.

My Intimation: In this case since husband and wife both are educated, it was easy for the lady to understand the gravity of the situation and its grievances of her husband. Soon they would lead a love filled married life as the wife is made to realise the patience, love and anticipation her husband Rajeev is going through.
Therapy

Psychotherapy is the use of psychological methods primarily when based on regular personal interaction to help a person change and overcome problems in desired way. Psychotherapy aims to improve an individual’s well-being and mental health, to resolve or mitigate troublesome behaviors, beliefs, compulsions, thoughts, or emotions and to improve relationships. Psychotherapy which involves one to one sessions between the client and therapist works wonder.