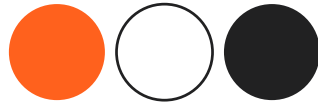


MAPC – Counselling Psychology
Sample Internship Report

Brought to you by





**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. 9.

Address:

Name:

Sex: male.

Date of Birth: 3/8/2008.

Age: 9 years.

Educational Qualification: 4th Std.

Occupation: Student

Income: Nil.

Married Status: Not Applicable.

Client stays with Parents: Yes.

Any siblings: No.

Position in the family: single child.

Anyone in the family having conflict: No

Referred by class teacher.

Presenting Problem: vansh always cries.

Date of onset of problem: last one month.

Precipitating factor: quarrel between parents.

Duration of problem: 1 month.

Any counselling taken: No.

Intensity of the problem:

Have to take leave from school: yes.

Cannot carry on even routine work: routine work not affected.

Does not want to do anything: does everything but suddenly starts crying.

Interview with the Family members:

Mother: vansh is a sweet kid. Academically also he is brilliant. Grasps the subjects easily. Is punctual and regular with his work. But since last one month, he is a different kid. He stays always sad. On asking anything he starts crying. His classmates, but mates stopped talking to him as they too are concerned about his crying bouts.

Father: Vansh is an obedient, respectful, well behaved child. He enjoys studying and going to school. He enjoys his bus mates, classmates and playmates company. But last one month he doesn't enjoys anyones company and just starts crying for no reason at all.

Grandmother: "I am worried about my grandchild, how much he use to enjoy his school, tuition, school bus travel, but now a days everything has come to a standstill and for no reason he starts crying."

Friends: How many friends Vansh has: many.

Neighbours: like Vansh very much

classmates: likes Vansh but now worried. due to his crying bouts.

Teachers: are all praise for Vansh's behavior, academic performance, his participation in extra curricular activities etc. but nowadays they are also concerned about his crying bouts.

Playmates: enjoys playing with Vansh. But he cries a lot now a days.

Educational History:

How is the client in studies: excellent.

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

Do they find that there is a sudden deterioration in studies and academic performance: Yes.

Have they received any complaints from school authorities regarding client's performance: Yes.

Since when they have noted that the client is not the same in regard to academic as he used to be: during his last unit test.

Have they done anything so far? No.

When did they decide to consult a counselor: due to his poor performance in the last unit test

MENTAL STATUS EXAMINATION.

Appearance: A young boy of 9 looking well in his neatly ironed shorts and T-shirt. Hair oiled and combed neatly.

Movement and behavior: was walking by holding mom's hand. Behavior was of a very disturbed

FOR EDUCATIONAL USE

and confused frame of mind.

Affect: confused and disturbed looks in his eyes

Mood: little perturbed.

Speech:

volume: feeble.

rate of speech: slow

length of answer: monosyllable very short.

appropriateness: ambiguity

clarity of the answer: not very clear.

Introduction

Crying is an important means of communication for children especially babies who have not started using words. It plays a crucial role in ensuring the survival, health, and development of the child. Being able to recognize different types of crying is therefore the key to effectively meet the child's needs and relief for many parents. All children cry when they are hungry, tired, uncomfortable, sick or in pain. They also cry if they are frustrated, sad or angry. But sometimes children may not speak out the reason of their crying and thus becomes difficult to find out the reason. So when a child cries, start by checking he isn't sick or hurt. If the child is physically okay then give your child a chance to calm down, then ask him what has made him so upset. Show you're listening by repeating his feelings back to him. For eg: "you're feeling sad because Sam wouldn't play with you." Give your child some other ways to deal with the situation. For eg: "How about you ask to join in Tai's game instead?" Also it is important that you make sure that your child understands that sometimes it's ok to cry. For eg: if something sad happens or when she gets hurt. But if the child seems to spend a lot of time crying and acting sad medical intervention is required.

Client's Name: Vansh Patel

Date 15/11/2017.

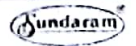
Interview No. 1

Time: 1 P.m

Session No. 1.

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

Start of the session: A young boy accompanied by his mother entered the room where I was sitting. This counselling session our Counsellor has asked me to understand the problem and counsel as per the training the centre gave me all these days. The boy was neatly dressed in shorts and matching T-shirt. He had held his mom's hand. Though he came inside the room and his mother wished me with a hello, this boy didn't lift up his head. I asked them to take a seat and addressing the boy asked him, "Hello young boy, how are you?" Still there was no reply. So I looked at his mother and asked the purpose of her visit. She took out an envelope and placed it in my hand. I opened and start reading. It was a letter from Vansh's class teacher regarding his sudden deterioration in academic performance in the last unit test and since last few days he is acting weird and keeps crying for no reason. I looked up at Vansh's mom and asked her to go out so that I can speak to Vansh alone. So she told Vansh that she will drink



FOR EDUCATIONAL USE

water use washroom and come and by that time
 he answers my queries. When his mother left I took
 out a chocolate and offered him which he took
 from my hand. The chocolate lifted up his spirit
 a little. So I asked him, "So Varsh tell me what
 makes you smile"? On the word smile itself Varsh
 flashed me a smile. I got an opportunity to
 compliment on his beautiful smile. I told him
 "Varsh you look so handsome when you smile, any
 producer may take you and make you Shah Rukh
 Khan's son in any film". This made him laugh
 out louder, even I laughed out with him. Next
 I asked him "whom does he idolise"? He stared
 at me as he couldn't understand my question so
 I simplified my question and asked him "who is
 his hero"? He said, "my dad" and then he burst
 out in tears, so I could feel, dad is his
 touchy point. I offered him a glass of water and
 he took a sip and kept it back. To lighten the
 mood I asked him which sports he like to play?
 He said "cricket". I asked him "Varsh how many
 friends do you have"? Again he started crying.
 I asked him why he is so upset with his friends.
 In between sobs he replied all his friends tease him
 calling him Potato as he is fat. I told him, "Varsh
 you are not fat, you are cute chubby little boy". His
 eyes sparkled a little on my compliment. This I got
 his two points one his dad, another his friends that
 makes him cry. Then I asked him "which is your
 favourite subject"? He was little taken aback by the question.

His eyes started falling again. I asked him stay wait let us play a game. His tears got a sudden break and he wiped it off and paid full attention towards me. I said I will take the name of each subject and let me see which subject you like or which you don't. He flashed a smile and I started the game. I said, "Hindi" and he smiled. I said "History" he smiled, I said science and he smiled. I said "maths" again he smiled. I said English and his smile vanished.

I asked him "Varsh, what happened, don't you like English?" He again started crying and saying, "I don't know English." I said, "OK let's see how much you know English." I handed him a pad and a pen and asked him to write 10 lines on himself. He started writing and after 10 minutes he handed me the pad, I read through the sentence and I complimented him as he had written all the 10 lines on himself in grammatically correct way. I complimented him "Varsh, your English is so awesome". You have not made a single mistake, you need not worry at all about that subject. You pay attention in class, do your homework regularly, if you want extra coaching go for a tuition class and you will be one amongst the toppers in your class. This again lifted up his spirit. He was all smiles again.

Now I wanted to know what his equation is with his dad and mom. So I asked him, "So Varsh do you, mom and dad go out on Sundays."

The boy had a gloomy look and eyes welled up with tears. I slowly put my hands on his palms and asked him, is your dad very strict with you, does he beats you? He instantly replied, "No no he is very nice, he never beats me but my mom and dad fights. my mom always tell, that my dad is not a good man, but I like my dad very much. But he comes home late and full day I miss him a lot." But mom always tells me, my dad is not a good man, he doesn't take care of my mom. But I like my mom and dad very much.

Now, I understood the dilemma of the kid. I asked Varsh's mother to come inside and asked her if she can call her husband to the clinic as I wanted to speak to both. His mother dialled his number and within 10 minutes he was sitting in front of me. Varsh was taken out and I was sitting in front of Varsh's mom and dad.

I told them, Varsh is a brilliant but sensitive little child. He is brilliant enough to understand the fight and pressure you people indulge with each other. That's the reason he is losing his confidence. I'll tell you my observation and the plan of action you guys should carry out to bring back the confidence in Varsh again.

My observation: Varsh the 9 year old kid is a brilliant sensitive boy. He enjoys studying as well as playing with his classmates and playmates. He was doing fine till he understood

the tension between you two. He idolises his father as a hero but on the other hand his mother brainwashes the kid's little brain with negative thoughts regarding his father. This confuses the child as to whether his dad is a nice man as he feels or is he a bad man as his mother tells him. A child's self esteem, dare to face challenge, level of confidence, to deal with study and peer pressure, he needs strong parental support. But when he sees that both his parents doesn't keep same opinion or even a silly matter the child gets confused as to with whom he should share his problems. Which source will be his strongest support. For a child, both his mom and dad are the source of emotional anchoring. So he can't handle even a slightest pressure if his mom and dad are not united.

My Intervention: I told Vansh's parents, to get back Vansh's bubblyness, his academic performance and his excellence in all the fields of performance he should see and feel that his parents are united and together heartily. Go for outings together with them even if it is a small walk to a nearby park. But make sure atleast he get couple of hours in a week with you both together. Also do not forget, he is just a baby of 9 years old, so please do not dump your emotional woes on his head. Let him enjoy a normal childhood as children of his age would do.

FOR EDUCATIONAL USE

11
Do not talk to him matters which he cannot understand. Give him the confidence to share all the good and bad incidents that are happening with him on a day to day basis. Prove it to him you both as a united support is there with him whenever he needs you both together.

Both father and mother realized what mistakes they were doing and promised to sort out and work on all the points explained to them. I asked Vansh to come in. When he joined his parents, I told him "Vansh, wish you all the best for your exam. I will wait for the box of chocolates which you shall bring once your final exam results are out. Study well and be a successful person in life."

On this note, they bade me goodbye. But before leaving Vansh turned to me and asked, Ma'm can you become my tuition teacher, and we all burst into laughter.

Therapy - Psychotherapy

Here again psychotherapy or talk therapy will do wonders. It can help ease stress, it can give the child a new perspective about the problem he is going through. It makes way for the child to express to others how exactly he is feeling about his present situation. It can check the child from going into depression. Cognitive therapy, behavioural therapy and cognitive behavioural therapy can also be used in this situation. Interpersonal therapy which focuses

on practical issues also helps in this situation
Psychodynamic therapy: is more traditional. The
child's sadness can be detected with this therapy
This can explore the behaviour patterns and
motivations that may not be aware of which could
contribute to the depression

Individual Counselling: is a one-to-one session
which can help in understanding child's exact reasons
of crying and sadness.