

# Counseling Internship Report

Submitted to:

707589

**Dr.Syed Asghar Ali Shah**

Submitted By:

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**MS.3<sup>rd</sup> Semester  
Educational Psychology**

**07-FSS/MSPSY/F08**

**Department of Psychology  
Faculty of Social Sciences**



**International Islamic University  
Islamabad**

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# Counseling

## Report

By

Maud Akhter

07-FSS/MSPSY/F08

Supervised By: DR ASGHAR ALI SHAH

*ASL A.*

**DEDICATION  
TO  
Sweet Heart Shmily,  
Loving Daughters  
Manahil,  
Fatima -tuz- Zahra**

# Acknowledgement

I have the only pearl of my eyes to admire the blessing of the compassionate and omnipotent because the words are bound, knowledge is limited and time is short to express his dignity. It is one of infinite blessing of Allah that bestowed me with the potential and ability to complete the clinical internship report in time and make a material contribution towards the deep oceans of knowledge already existing. My special praise for the holy Prophet Muhammad (PBHU) who is for even humanity as a whole.

My grateful thanks are given to honorable, cooperative teacher and also my supervisor Sir Dr. Asghar Ali Shah chairman of department of psychology Faculty of social sciences International Islamic University Islamabad for providing all possible help, valuable suggestions and sympathetic attitude throughout my report writing.

I extend my warm thanks to my very dear teachers Dr. Muhammad Javed, Dr. Anees- ul- Haq and Dr. Mzahar Iqbal Bhatti, and my dear fellows Mr. Muhammad Akbar Karim, Mr. Rana Ejaz Ahmed Khan, Mr. Murtaza Bodla, Mr. Ghulam Abass, Ghulam Mohy ud Din Mr. Umair Ahmed, Mr. Rana Kshif who encouraged my efforts.

I pay my heartiest thanks to Miss Rehana Noor and all who directly or indirectly supported me throughout the work

Masud Akhter

**CASE NO. 1**

**DEMOGRAPHIC DATA:**

Name	Kamran Akarm
Age	10 Years
Gender	Male
Marital Status	Single
Religion	Islam
Education	6th
Occupation	Student
No. of sibling	2 brothers & 2 sister
Birth Order	First
Name of Counselor	Masud Akhtar
Referral Source	NIRM. Islamabad

**Reason for referral**

The client is referred to NIRM Islamabad with Aggression, careless about studies less interested attitude towards studies, understanding and comprehension about studies

**FINDINGS:**

The family history of the client indicates that the father of the client is an engineer. He has two brothers & two sisters in the same school. He's eldest in all. He shifted to this school from Pioneer international School last year. In final term she took 14<sup>th</sup> position out of 20. Currently test report is good in Pak studies. English is average, and rest is fine.

English + science are favorite subjects. Arabic is little difficult. Takes tuition of Math + English at home. Studies normal for 2 hrs overall. Understanding of Geography is difficult. This week sitting on back benches. In Geography the terminology is difficult & teacher's way of teaching isn't much easy & understandable. Having problem in Arabic from the very beginning. Mother helps in studies as well almost 4 days in a week. Watches T.V. for 1 hr. No games, no walk or exercise. Sleeps at 11 o'clock. Studies after night meal as well. He doesn't know the solution of all complaints of teachers against him like, lack of attention, talkative, careless etc. Advised to listen carefully to him



teachers, ask questions to teachers if feels difficulty, in studies. Take mother's help at home. No favourite teacher. More friendly with father but he is in Abbaspur. Grandfather also sometimes helps in studies often. He isn't much satisfied with most of the teachers. He's left joining writing. Advised more to work hard, participate actively in class & try to improve improvement himself. He denied the fact that some domestic problem affecting him studies & no major problem is there in school which is disturbing him.

So according to counselor it is here own carelessness, which is the root cause of him weakness in studies. Client's was well mannered decent girl He has an outspoken personality. His eye contact was good. He has impressive way of communication.

He was in good mood and dressed up properly and his hairs were neatly combed, his eye contact was very good and was cooperative and communicative. Him way of talking was impressive. Client was speaking normally. Him pitch was normal; speech is well organized and so talkative. His perception was normal. He has good sense of auditory visual, olfactory, tactile or gustatory. No illusions or no misinterpretation. Client was alert at the time of interview. The memory of the client was normal. The Client is totally aware of his problem.

### **TEST ADMINISTRED**

- 1: Rotters Incomplete Sentence Blank (RISB)
- 2: Human Figure Drawing Test

## **RECOMMENDATION, SUGGESTIONS AND MANAGEMENT PLAN**

The following steps were taken in the form of suggestions and recommendations and management plan for the client.

- To built rapport with client
- Make structural interview and take case history
- Educate client about her problem
- To change her irrational beliefs
- Improve her relationship with family members.
- To improve her socialization
- To realized her responsibilities
- To acknowledge her potentials.
- To cope her educational problem
- Encourage her for better life style.

## **COUNSELLING SESSIONS**

### **SESSIONS: 1-10**

In order to reporting session of my client. I conduct first session with my client. In the first session I tried to develop good relations with my client and show some empathy. After introduction with my client. I ended the first session. Next week. I started second session with my client my client was very outspoken so I never face any problem while communicating. My counselee helps me in her case history. She told me about her problem which is one of source of weakness in studies. My client was 12 years old young girl. I tried to ensure her that INSHALLAH very soon she will recover from this condition. After the end of the second session, in third week I started next session with my client. My client takes 35 minutes during the second session and becomes tired so I leave the work on next week. Next week I started with present complaints noted them. I also was looking after the family history and personal educational history as well. In all these data gathering session the client herself help me. After knowing all these things. I ended the third session.

### **TERMINATION**

Counselee feels better about her study habits. Class teacher report improvement her class work and home work activities. Therefore no further need for counseling sessions.

# CASE NO. 2

**DEMOGRAPHIC DATA:**

Name	AHMAD BANO
Age	14 Years
Gender	Female
Marital Status	Single
Religion	Islam
Education	9th
Occupation	Student
No. of sibling	Two Brothers
Birth Order	2 <sup>nd</sup>
Name of Counselor	Masud Akhtar
Referral Source	NIRM, Islamabad

## REFERREL SOURCE

Client came with his mother to the counselor at NIRM Islamabad with study and learning problems Very slow learner, careless understanding Problem.

## FINDINGS:

Very slow learner, reserved and not active in class. Ahmad Fatima (9<sup>th</sup>) is her sister and a good student. Ahmed Bano got 20<sup>th</sup> positioning class 9<sup>th</sup>. In recent tests she has shown poor performances. Mother helps her in studies at home. Her study time is 2 hrs only 8 pm to 10pm. She said. Math is a difficult subject. Her mother is a teacher and father is a doctor in Attock. Her father only comes on weekend. She doesn't takes interest in studies and never participates in class. She needs more attention at home. She was advised to participate in class and focus on questioning. She doesn't know the solution of all complaints of teachers against her like. lack of attention, careless etc. Advised to listen carefully to her teachers, ask questions to teachers if feels difficulty. in studies. Take mother's help at home. More friendly with father but he is in Atock. She isn't much satisfied with most of the teachers. She's left joining writing. Advised more to work hard, participate actively in class & try to improve herself. She denied the fact that some domestic problem affecting her studies & no major problem is there in school which is disturbing her. So according to counselor it is here own carelessness. which is the root cause of her weakness in studies. Client's was well mannered decent girl she is a slow spoken personality. Her eye contact was good. She has not impressive way of

communication. So according to counselor it is here own carelessness. which is the root cause of her weakness in studies. Client's was well mannered decent girl she is a slow spoken personality. Her eye contact was good. She has not impressive way of communication. She was in good mood and dressed up properly and her hairs were neatly combed. her eye contact was very good and was cooperative and not good communicative. Her way of talking was not so impressive.

Client was speaking normally. Her pitch was normal; speech is not well organized and talkative. Thought form was normal. Thought content was normal.

Her perception was normal. She has good sense of auditory visual, olfactory, tactile or gustatory. No illusions or no misinterpretation. Client was not alert at the time of interview. Client's orientation was indicating in all dimensions. She has good sense to recognize person. Client's concentration is normal.

I check the recent memory I gave him name address and say to repeat it after 5 minutes. She repeats it without any single mistake. Her differentiation between the things was not good. Client is not well aware of her problem. She has not the power of good judgment.

### **TEST ADMINISTRED**

- a) Rotters Incomplete Sentence Blank (RISB)**
- b) Human Figure Drawing (HFD) & CPM**

## RECOMMENDATIONS, SUGGESTIONS AND MANAGEMENT PLAN

The following steps were used as the recommendations, suggestion for the management of the counselee.

- To built rapport with client
- Make structural interview and take case history
- Educate client about her problem
- To change her irrational beliefs
- Improve her relationship with family members.
- To realized her responsibilities
- To acknowledge her potentials.
- To cope her educational problem
- Encourage her for better life style.
- Progressive Relaxation Training
- self management techniques
- Modeling.
- assertiveness training
- Emotive Techniques



## COUNSELLING SESSIONS

### Sessions: 1-5

In order to reporting session of my client, I conduct first session with my client. In the first session I tried to develop good relations with my client and show some empathy. After introduction with my client, I ended the first session.

Next week, I started second session with my client my client was a little outspoken so I never face more difficulties while communicating. My counselee helps me in her case history. She told me about her problem which is one of source of weakness in studies. My client was 11 years old young girl. I tried to ensure her that INSHALLAH very soon she will recover from this condition.

### SESSIONS 6-10

After the end of the session, in third week I started third session with my client. My client takes 30 minutes during the second session and becomes tired so I leave the work on next week. Next week I started with present complaints noted them. I also was looking after the family history and personal educational history as well. In all these data gathering session the client herself help me. After knowing all these things, I ended the third session. Gave different assertive training techniques to break her passiveness.

**TERMINATION**

Counselee feels better about her study habits. Class teacher report improvement her class work and home work activities. There fore no further need for counseling sessions.

# CASE NO. 3

**DEMOGRAPHIC DATA:**

Name	Ishrat Ftima
Age	11 Years
Gender	Female
Marital Status	Single
Religion	Islam
Education	6th
Occupation	Student
No. of sibling	Three (Two B. One S)
Birth Order	1 <sup>st</sup>
Father's Education/Occupation	Businessman / Educated
Mother's Education/Occupation	House wife
Name of Counselor	Masud Akhtar
Referral Source	NIRM, Islamabad

## REASON FOR REFERREL

The client was brought to NIRM with Need educational improvement. Less participate in the class activities,

## FINDINGS

She lives in Sector B-5. Her father works at Lahore and comes at weekends. She joined here this session and shifted from Faran Model School. She also had studied in overseas and was not satisfied with studies and teachers over there in both schools. But here very happy overall with the discipline and manners to be followed by other fellows. In other schools students were used to address which others with "Tu" she is herself satisfied with current tests marks. Wearing the sash of best spoken. She takes English the most but having problem with Maths. Her main problem is being absent from school. She told that she often gets side. Having headaches frequently. Takes tension of studies sometimes. Noise in class and also is one of the factors of her headache or tension. She takes treatment from Jhelum but she doesn't go herself but mother brings the medicines for her. She complained that boys make too much noise due to which she can't understand many of the things. This problem is mentioned by the pervious girl as well.

She was worried about the Islamiyat test which was going on when she was called for the counseling.

She doesn't know the solution of all complaints of teachers against her like, lack of attention, careless and slow picking and understanding capacity etc. Advised to listen carefully to her teachers, ask questions to teachers if feels difficulty, in studies. She's left

joining writing. Advised more to work hard, participate actively in class & try to improve herself. She denied the fact that she can't bear the noise during the studying.

So according to counselor it is here tolerant power, which is the root cause of her weakness in studies. Client's was well mannered decent girl she has outspoken personality. Her eye contact was good. She has impressive way of communication. She was in good mood and dressed up properly and her hairs were neatly combed, her eye contact was very good and was cooperative and communicative. Her way of talking was impressive.

### **TEST ADMINISTRED**

- A) Rotters Incomplete Sentence Blank (RISB)
- B) Human Figure Drawing (HFD)
- C) CPM

### **RECOMMENDATIONS SUGGESTIONS AND MANAGEMENT PLAN:**

- To built rapport with client
- Make structural interview and take case history
- Educate client about her problem
- To change her irrational beliefs
- Improve her relationship with family members.
- To realized her responsibilities
- To acknowledge her potentials.
- To cope her educational problem

- Encourage her for better life style.
- Progressive Relaxation Training
- Self management techniques
- Modeling.
- Assertive training

## **COUNSELLINGSESSIONS**

### **Sessions: 1-5**

In order to reporting session of my client, I conduct first session with my client. In the first session I tried to develop good relations with my client and show some empathy. After introduction with my client. I ended the first session.

Next week, I started second session with my client my client was quite ready and pick everything easily and told problems. She helps me in her case history. She told me about her problems which are one of source of weakness in studies. My client was 12 years old young girl. I tried to ensure her that INSHALLAH very soon he will control over her problems.

### **SESSIONS 6-10**

During these sessions, in third week I started third session with my client. My client takes 35 minutes during the second session. Next week I started with present complaints noted them. I also used psychoanalysis techniques free association and dream analysis to probe the unconscious of the client was looking after the family history and

personal educational history as well. In all these data gathering session the client can't himself help me. After knowing all these things. I ended the third session.

After the end of the these session. in third week I started next sessions with my client. My client takes 30 minutes during the third. Next week I started with present complaints noted them related weaknesses. Use different self monitoring techniques about weaknesses. Suggested take part in co-curricular activities. try to adjust herself in the situation and make herself permanent. create bearing power in any situation. participate in healthy activities.

In the next sessions I trained my client to face all conditions and situations and work hard to make herself as a good student. Participate in class during lecture of teacher and ask relative questions about her lesson.

## **TERMINATION**

Counselee feel better and improved a lot as for as her attitude. Class teachers also reported improvement her class work and home work activities. She also improved her confidence in class questioning. There fore no further need for counseling sessions.



**CASE NO. 4**

**DEMOGRAPHIC DATA:**

Name	Ayesha
Age	14 Years
Gender	Female
Marital Status	Single
Religion	Islam
Education	8th
Occupation	Student
No. of sibling	Two B
Birth Order	1 <sup>st</sup>
Name of Counselor	Masud Akhtar
Referral Source	NIRM, Islamabad

## REASON FOR REFERRAL.

The counselee referred him self with her sister with Less participate in the class activities, she is little slow learner and picking capacity is not too sharp

## FINDINGS

She joined this school last year. Her spoken is good, spent 3 months in England. She doesn't participate in the class. Her understanding and picking capacity is not too sharp. She is quite, shy and received in the class and tries to take help from her friend "Hifza" wants to become doctor "Child Specialist". She said that "she is in inferiority complex". She is satisfied with all teachers.

She doesn't know the solution of all complaints of teachers against her like. lack of attention, careless and slow picking and understanding capacity etc. Advised to listen carefully to her teachers, ask questions to teachers if feels difficulty. in studies. She's left joining writing. Advised more to work hard, participate actively in class & try to improve improvement herself. She denied the fact that some domestic problem affecting her studies & no major problem is there in school which is disturbing her. So according to counselor it is here joint family environment, which is the root cause of her weakness in studies. Client's was well mannered decent girl she has a slow spoken personality. Her eye contact was good. She has impressive way of communication. She was not in good mood and dressed up properly and her hairs were neatly combed. her eye contact was very good and was cooperative and communicative. Her way of talking was impressive.

**TEST ADMINISTRED**

- a) Rotters Incomplete Sentence Blank (RISB)
- b) Human Figure Drawing (HFD)
- c) CPM

**RECOMMENDATIONS SUGGESTIONS AND MANAGEMENT PLAN:**

- Make structural interview and take case history
- Educate client about her problem
- To change her irrational beliefs
- Improve her relationship with family members.
- To improve her socialization
- To realized her responsibilities
- To acknowledge her potentials.
- To cope her educational problem
- Encourage her for better life style.
- Progressive Relaxation Training
- Self management techniques
- Modeling.
- Assertive training
- Catharsis

## **COUNSELLING SESSIONS**

### **Sessions : 1-5**

In order to reporting session of my client, I conduct first session with my client. In the first session I tried to develop good relations with my client and show some empathy. After introduction with my client, I ended the first session.

Next week, I started second session with my client my client was very slow spoken and did not tell a lot about her problems. She doesn't more help me in her case history. She told me about her problems after a time which is one of source of weakness in studies. My client was 13 years old young girl. I tried to ensure her that INSHALLAH very soon he will control over her problems.

### **Sessions 6-10**

During these sessions, in third week I started third session with my client. My client takes 35 minutes during the second session. Next week I started with present complaints noted them. I also used psychoanalysis techniques free association and dream analysis to probe the unconscious of the client was looking after the family history and personal educational history as well. In all these data gathering session the client can't himself help me. After knowing all these things. I ended the third session.

After the end session, in third week I started next sessions with my client. My client takes 30 minutes during the third. Next week I started with present complaints noted them related weaknesses. Use different self monitoring techniques about

weaknesses. Suggested take part in co-curricular activities, try to adjust herself in the situation and make herself permanent in any condition and take a deep interest at first in education. participate in healthy activities. Improve the interpersonal relations in the joint family. Don't bother the comments of any person of the family. Rational, emotive techniques also used for her reasoning.

In next session I trained my client to face all conditions and situations and work hard to make herself as a good student. Prepare herself as a good person and participate in class during lecture of teacher and ask relative questions about her lesson.

## **TERMINATION**

Counselee feel better and improved a lot as for as her attitude. Class teachers also reported improvement her class work and home work activities. She also improved her confidence in class questioning. Therefore no further need for counseling sessions.

# CASE NO. 5

**DEMOGRAPHIC DATA:**

Name	Irm Imran
Age	13 Years
Gender	Female
Marital Status	Single
Religion	Islam
Education	8th
Occupation	Student
No. of sibling	3 (Sisters)
Birth Order	2nd
Name of Counselor	Masud Akhtar
Referral Source	NIRM, Islamabad



## REASON OF REFERRAL

The counselee came with her problems of too shy, less participate in the class Activities. She is little slow learner.

## FINDINGS:

He is the daughter of this school's teacher. She is still disturbed because of her father's death. This is affecting her studies. She said that she gets confused and nervous when she has to tell the teacher. Something orally but she feels normal when she has to tell something to the teacher in written form.

She misses her father and gets sad obviously but we therefore tried to make her feel the best she could by giving her examples of different people who are going through by different problems and dots of more things relating to religion.

She doesn't know the solution of all complaints of teachers against her like, lack of attention, careless etc. Advised to listen carefully to her teachers, ask questions to teachers if feels difficulty, in studies. She's left joining writing. Advised more to work hard, participate actively in class & try to improve improvement herself. She denied the fact that some domestic problem affecting her studies & no major problem is there in school which is disturbing her. So according to counselor it is here joint family environment, which is the root cause of her weakness in studies. Client's was well mannered decent girl she has a slow spoken personality. Her eye contact was good. She has impressive way of communication. She was not in good mood and dressed up

properly and her hairs were neatly combed, her eye contact was very good and was cooperative and communicative. Her way of talking was impressive.

### TEST ADMINISTRED

- a) **Rotters Incomplete Sentence Blank (RISB)**
- b) **Human Figure Drawing (HFD)**
- c) **CPM**

### RECOMMENDATIONS SUGGESTIONS AND MANAGEMENT PLAN:

- To built rapport with client
- Make structural interview and take case history
- Educate client about her problem
- To change her irrational beliefs
- Improve her relationship with family members.
- To improve her socialization
- To realized her responsibilities
- To acknowledge her potentials.
- To cope her educational problem
- Encourage her for better life style.
- Progressive Relaxation Training
- Self management techniques
- Modeling.

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- Assertive training
- Emotive Techniques
- Disputing irrational Thoughts
- Coping Statement
- Catharsis

## **COUNSELLING SESSIONS**

### **Session: 1-5**

In order to reporting session of client, I conduct first session with the client. In the first session I tried to develop good relations with my client and show some empathy. After introduction with my client, I ended the first session.

Next week, I started next session with the client. was very slow spoken and did not tell anything about her problems. She doesn't any help me in her case history. She told me about her problems after a long time which is one of source of weakness in studies. My client was 13 years old young girl. I tried to ensure her that INSHALLAH very soon he will control over her problems.

During these sessions, in third week I started third session with my client. My client takes 35 minutes during the second session. Next week I started with present complaints noted them. I also used psychoanalysis techniques free association and dream analysis to probe the unconscious of the client was looking after the family history and

personal educational history as well. In all these data gathering session the client can't himself help me. After knowing all these things, I ended the third session.

After the end of the third session, in third week I started fourth session with my client. My client takes 30 minutes during the third. Next week I started with present complaints noted them related weaknesses. Use different self monitoring techniques about weaknesses. Suggested take part in co-curricular activities. try to adjust herself in the situation and make herself permanent in any condition and take a deep interest at first in education. participate in healthy activities. Improve the interpersonal relations in the joint family. Don't bother the comments of any person of the family. Rational, emotive techniques also used for her reasoning.

In Fifth session I trained my client to face all conditions and situations and work hard to make herself as a good student. Prepare herself as a good person and participate in class during lecture of teacher and ask relative questions about her lesson.

## **TERMINATION**

Counselee feel better and improved a lot as for as her attitude. Class teachers also reported improvement her class work and home work activities. She also improved her confidence in class questioning. Therefore no further need for counseling sessions.

# CASE NO.6

**DEMOGRAPHIC DATA:**

Name	M. Saeed
Age	16 Years
Gender	Male
Marital Status	Single
Religion	Islam
Education	10th
Occupation	Student
No. of sibling	6 (4 sisters 2 brothers)
Birth Order	2 <sup>nd</sup> last
Name of Counselor	Masud Akhtar
Referral Source	NIRM, Islamabad

## **REASON FOR REFERRAL**

He is not attentive in studies, mentally absent in class. He was weak in studies. and showing non-attentive behavior.

## **FINDINGS:**

First of all Counselee did not share anything with anyone but gradually when I shared something with him and made a chit chat with him. I tried to get frank and casual like I asked him about his studies. How old are you? How many brothers and sisters are you? Your likes and dislikes? Why are you often absent? Do you have any problem from any teacher or from this school? He said that I don't have any complaint from any teacher. I am feeling good in this school now. Then he himself without any questioning about his personal life, he started talking about his problems. Like second marriage of father and when he was in KMC that black mailing drama. Then he shared a lot of things like his neighbors, the shopkeepers near his house, some old friends, now they don't like to meet him. Their mothers don't allow them to accompany him. Only Waqar, his old friend from KMC is the only sincere friend who never left him alone. Even he cried in front of him and shared everything with him. He had a complaint from a teacher of Pak studies, he didn't know the name, but he said that its OK now. His class fellow Awais Zafar he disturbed him a lot, because he knew everything about his past. I have delivered very long and heavy lectured which I think he enjoyed and liked it because he was taking and showing very much interest in the conversation. Moreover he said that he wants to recite Naat in Bazm-e-Adab (whenever it will be) in class. And he is very much interested in art like painting. He is eager to learn this art and take classes.

He himself doesn't know the solution of all complaints of teachers against him like, lack of attention, careless etc. Advised to listen carefully to his teachers, ask questions to teachers if feels difficulty, in studies. Advised more to work hard, participate actively in class & try to improve interpersonal relations. Advised to work hard of wants to fulfill his dreams and bring a positive change in his behavior. So according to counselor it is his own carelessness, which is the root cause of his weakness in studies and lack of participation in classroom. Client's was a well mannered boy. He has a low spoken personality. His eye contact was good. His way of communication is not impressive. He was in off mood and dressed up properly; his eye contact was very good and was cooperative and passive. His way of talking was not impressive. Client was speaking normally. His pitch was normal. Confused about his personality. I asked the client, anything you feel or not? He replied, he is less hardworking than his peers he never took studies so serious, despite of that he included in below average students. Thought form was normal. Thought content was normal. His perception was normal. He has good sense of auditory visual, olfactory, tactile or gustatory. No illusions or no misinterpretation. Client was alert at the time of interview. Client's orientation was indicating in all dimensions. He has good sense to recognize person. Client's concentration is normal. Immediate memory is very good. I check the recent memory I gave him name address and say to repeat it after 5 minutes. He repeat it without any single mistake. He differentiates between the things. I asked, what is the difference between mental hospital and general hospital? He replied, in mental hospital there are mental people and in general hospital there are people with physical problems. Client is well aware of his problem. He has good judgment.



## TEST ADMINISTERED

### a) Rotters Incomplete Sentence Blank (RISB)

## RECOMMENDATIONS SUGGESTIONS AND MANAGEMENT PLAN

The counselor suggested for the rehabilitation of the client in the form the following suggestions for the betterment of the client.

- To built rapport with client
- Make structural interview and take case history.
- Educate client about his problem
- To change his irrational beliefs
- Improve his relationship with peer group.
- To improve his socialization
- To realized his responsibilities
- To acknowledge his potentials.
- To cope his educational problem
- Encourage his for better life style.
- To improve control on aggression.
- Self monitoring attitude.
- Focus on some aspect of client's adjustment. development or decision making needs.
- Progressive Relaxation Training
- management techniques

- Modeling.
- Emotive of irrational Thoughts
- Coping Statement
- Supporting counseling techniques.

## **COUNSELLING SESSIONS**

### **Session: 1-8**

In order to reporting session of my client, I conduct first session with my client. In the first session I tried to develop good relations with my client and show some empathy. After introduction with my client, I ended the first session.

Next week, I started second session with my client my client was very low spoken and active to avoid to face the consular. My counselee doesn't help me in his case history. He doesn't tell me much about his problem which he faced. My client was 16 years old young boy. I tried to ensure him that INSHALLAH very soon he will control over his problems. After the end of the second session, in third week I started third session with my client. My client takes about 30 minutes during the second session. Next week I started with present complaints noted them. I also was looking after the family history and personal educational history as well. In all these data gathering session the client himself help me. After knowing all these things. I ended the third session. After ending of third session I met with the counselee's father to know about his home environment and necessary consultation about the problem faced by him.

After the end of this session, in third week I started fourth session with my client. My client takes 30 minutes during the third. Next week I started with present complaints

noted them related weaknesses. Use different self monitoring techniques about weaknesses.

### **TERMINATION**

Counselee still not feels better about his study habits. Class teacher report not to improve his class work and home work activities. Therefore further need to family counseling for betterment of his habits.

**CASE NO.7**

**DEMOGRAPHIC DATA:**

Name	M. Abbas Bashir
Age	11 Years
Gender	Male
Marital Status	Single
Religion	Islam
Education	8th
Occupation	Student
No. of sibling	Six (three B. three S.)
Birth Order	4th
Name of Counselor	Masud Akhtar
Referral Source	NIRM, Islamabad

## REASON FOR REFERRAL

The counselee came with his mother with in national institute of rehabilitation and Medicine. Islamabad OPD with Lack of confidence, less responsive. He needs educational improvement and with some inferiority complexes.

## FINDINGS

His father has passed away in a collapse of house during earthquake 2005. At that time client was in school. His leg got wounded and later recovered. Four brothers and 1 sister. He is on the last second one. He lives in the trust (Kashmir Orphan Relief Trust). He is here since last six months. He got third position in 6<sup>th</sup> (Revenue Foundation School). Here current test report is not much satisfactory. Overall performance is average. He is regular in school. Don't feel any difficulty in studies. Trust has arranged the teacher to help in studies. Participates in class activities but not up to the mark. Goes home back in vacation for mostly 10 days. They make a call on Sunday and he often misses his home related persons but don't want to go back and wants to continue his studies here. He himself thinks that he can take either 5<sup>th</sup> or 6<sup>th</sup> position in exam but not much confident about that. He often sees the doings of earthquake event and sees dead bodies in the dreams having day dreaming of the incident as well as often. He shifted after 6 months of the earthquake. His area was Hayatabad.

He doesn't know the solution of all complaints of teachers against him like, lack of attention, careless and frustration etc. Advised to listen carefully to his teachers, ask questions to teachers if feels difficulty, in studies. Advised more to work hard, participate

actively in class & try to improve interpersonal relations. Advised to work hard if wants to fulfill his dreams and bring a positive change in his behavior.

Phobia of earthquake after dramatic event is established. therefore. Josef Wolpey's systematic desensitization behavioral technique will used for the Treatment.

### **TEST ADMINISTRATION**

- a) Rotters Incomplete Sentence Blank (RISB)
- b) Human Figure Drawing (HFD)
- c) CPM

### **RECOMMENDATIONS SUGGESTIONS AND MANAGEMENT PLAN**

The counselor suggested the following program for counseling management under the following steps.

- To built rapport with client
- Make structural interview and take case history
- Educate client about his problem
- To change his irrational beliefs
- Improve his relationship with peer group.
- Addressing inferiority complex and passiveness
- To improve his socialization
- To realized his responsibilities

- To acknowledge his potentials.
- To cope his educational problem.
- Encourage his for better life style.
- To improve control on aggression.
- Self monitoring attitude.
- Behavioral Approaches
- Progressive Relaxation Training
- Self management techniques
- Modeling.
- Systematic desensitization

## **COUNSELLING SESSION**

### **Session 1: 5**

In order to reporting session of my client, I conduct first session with my client. In the first session I tried to develop good relations with my client and show some empathy. After introduction with my client, I ended the first session.

Next week, I started second session with my client my client was out of control. He did not open him and made difficulty for me in communication. In the second session, the counselee helps me in his case history. He told me about his problems and the main source of weakness in studies. My client was 13 years old young boy. I tried to assure him that INSHALLAH very soon he will control over his problems.



After the end of the second session, in third week I started third session with my client. My client takes 35 minutes during the second session. Next week I started with present complaints noted them. I also used psychoanalysis techniques free association and dream analysis to probe the unconscious of the client. was looking after the family history and personal educational history as well. In all these data gathering session the client himself help me. After knowing all these things. I ended the third session.

After the end of the third session, in third week I started fourth and fifth session with my client. My client takes 30 minutes during the third. Next week I started with present complaints noted them related weaknesses. Use different self monitoring techniques about weaknesses. Suggested take part in co curricular activities. Use psychoanalytical catharsis techniques, free association and dream analysis to explore the past unconscious disturbing material.

Fifth Session, I trained my counselee relaxation methods then Bulled Hierarchy of phobic events and used systematic desensitization for addressing the phobic illness.

## **TERMINATION**

Counselee feels better about his study habits. Class teacher report improvement his class work and home work activities. After relaxation changing and systematic desensitization client feel much better. Therefore no further need for counseling sessions.

**CASE NO. 8**

**DEMOGRAPHIC DATA:**

Name	Umair Ahmad
Age	13 Years
Gender	Male
Marital Status	Single
Religion	Islam
Education	Matric
Occupation	Student
N . of sibling	Five (two B. three S)
Birth Order	2 <sup>nd</sup>
Name of Counselor	Masud Akhtar
Referral Source	NIRM. Islamabad

**REASON FOR REFERRAL**

The client came to NIRM with some behavioral and studies related problem

## **FINDINGS**

He is in Matric. He feels problem in Islamiyat, Physics and in Maths. In physics because, he thinks 3 to 4 teachers have come and gone which has created disturbance and he don't feel comfortable with Maths' teacher, his is not satisfied with his teaching style. He thinks that if previous teacher is asked to teach them, it will be better. He thinks that previous teacher is better teacher than the present. He feels difficulty in speaking English because he makes any mistake the whole class laughs

He also feels bad at home due to strict behavior by the parents. They don't even allow him to fly kite and to go and play with other boys in street. So he feels he is in prison. They have no cable network. So there is nothing interesting on only PTV to watch and he has no entertainment at home at all.

Himself doesn't know the solution of all complaints of teachers against him like, lack of attention, careless attitude etc. Advised to listen carefully to his teachers, ask questions to teachers if feels difficulty, in studies. Advised more to work hard, participate actively in class & try to improve interpersonal relations. Advised to work hard if wants to fulfill his dreams and bring a positive change in his behavior. Client's was good minded mannered young boy. He has outspoken personality. His eye contact was good. His way of communication is not impressive.

## **TEST ADMINISTERED**

### **a) Rotters Incomplete Sentence Blank (RISB)**

## **RECOMMENDATIONS SUGGESTIONS AND MANAGEMENT PLAN**

The following counseling plan was used on the client or counselee for the solving the problem in the form

- To built rapport with client
- Make structural interview and take case history
- Educate client about his problem
- To change his irrational beliefs
- Improve his relationship with peer group.
- Addressing inferiority complex and passiveness
- To improve his socialization
- To realized his responsibilities
- To acknowledge his potentials.
- To cope his educational problem
- Encourage his for better life style.
- To improve control on aggression.
- Self monitoring attitude.
- Progressive Relaxation Training
- Self management techniques
- Modeling.
- Systematic desensitization
- Assertiveness training

## COUNSELLING SESSIONS

### Session 1-8

In order to reporting session of my client, I conduct first session with my client. In the first session I tried to develop good relations with my client and show some empathy. After introduction with my client. I ended the first session.

Next week. I started next session with my client my client was outspoken and openly told everything about his problems. He also helps me in his case history. He told me about his problem which is one of source of weakness in studies. My client was 11 years old young boy. I tried to ensure him that INSHALLAH very soon he will control over his problems.

After the end of this session. I started third session with my client. My client takes 35 minutes during the second session. Next week I started with present complaints noted them. I also used psychoanalysis techniques free association and dream analysis to probe the unconscious of the client. was looking after the family history and personal educational history as well. In all these data gathering session the client himself help me. After knowing all these things. I ended the third session.

After the end of the session. I started fourth session with my client. My client takes 30 minutes during the third. Next week I started with present complaints noted them related weaknesses. Use different self monitoring techniques about weaknesses. Suggested take part in co curricular activities.

Fifth and seventh Session. I trained my counselee relaxation methods then improve his conversation in English language. Suggested to his family arrange some entertainment according to his educational and environmental needs.

## **TERMINATION**

Counselee feels better about his study habits. Class teacher reported improvement his class work and home work activities. He also improved his confidence in class questioning. Therefore no further need for counseling sessions.

# CASE NO.9



**DEMOGRAPHIC DATA:**

Name	Waseem Akhter
Age	13 Years
Gender	Male
Marital Status	Single
Religion	Islam
Education	8th
Occupation	Student
No. of sibling	4 (4 brother)
Birth Order	1st
Name of Counselor	Masud Akhtar
Referral Source	NIRM, Islamabad

## REASON FOR REFFERAL

The counselee came to National Institute of Rehabilitation, Islamabad with careless attitude towards studies, talkative and has aggressive attitude.

## FINDINGS

He has aggressive attitude. Quarrel in school with every class fellows and other persons. He is very careless in studies. Every time his mind goes to make useless things. He feels difficulty in Maths, Arabic, Islamyat and Urdu. His results are very poor. Most of the times counselee tells a lie. Client's teachers' complaint about student's cheating.

Himself doesn't know the solution of all complaints of teachers against him like, lack of attention, careless attitude etc. Advised to listen carefully to his teachers, ask questions to teachers if feels difficulty, in studies. Advised more to work hard, participate actively in class & try to improve interpersonal relations. Advised to work hard if wants to fulfill his dreams and bring a positive change in his behavior. Client's was not a well mannered. He has outspoken personality. His eye contact was good. His way of communication is not impressive.

## TEST ADMINISTERD

- a) **Rotters Incomplete Sentence Blank (RISB)**
- b) **Human Figure Drawing (HFD)**

## RECOMMENDATIONS SUGGESTIONS AND MANAGEMENT PLAN

- To built rapport with client
- Make structural interview and take case history
- Educate client about his problem
- To change his irrational beliefs
- Improve his relationship with peer group.
- Addressing inferiority complex and passiveness
- To improve his socialization
- To realized his responsibilities
- To acknowledge his potentials.
- To cope his educational problem
- Encourage his for better life style.
- To improve control on aggression.
- Self monitoring attitude.
- Systematic desensitization
- Assertiveness training
- Coping Statement
- Supporting counseling techniques.

## COUNSELLING SESSIONS

### Session I to 10:

In order to reporting session of my client, I conduct first session with my client. In the first session I tried to develop good relations with my client and show some empathy. After introduction with my client. I ended the first session.

Next week, I started session with my client my client was outspoken and openly told everything about his problems. He also helps me in his case history. He told me about his problem which is one of source of weakness in studies. My client was 11 years old young boy. I tried to ensure him that INSHALLAH very soon he will control over his problems.

In third week I started session with my client. My client takes 35 minutes during the second session. Next week I started with present complaints noted them. I also used psychoanalysis techniques free association and dream analysis to probe the unconscious of the client was looking after the family history and personal educational history as well. In all these data gathering session the client can't himself help me. After knowing all these things. I ended the third session.

After the end of these sessions. I started ten sessions with my client. My client takes 30 minutes during the third. Next week I started with present complaints noted them related weaknesses. Use different self monitoring techniques about weaknesses. Suggested take part in co curricular activities try doing to tell a lie. participate in healthy

activities and don't tease any person. Rational, emotive techniques also used for his reasoning.

In ten sessions I trained my client to face all conditions and situations and work hard to make himself as a good student. Prepare himself as a good student and participate in class during lecture of teacher and ask relative questions about his lesson. Respect all teachers, class fellows and other persons in school.

**TERMINATION** Counselee feel better and improved a lot as for as his attitude. Class teachers also reported improvement his class work and home work activities. He also improved his confidence in class questioning. There fore no further need for counseling sessions.

**CASE NO.10**

**DEMOGRAPHIC DATA:**

Name	Naheed Akhter
Age	14 Years
Gender	Female
Marital Status	Single
Religion	Islam
Education	10th
Occupation	Student
No. of sibling	4 (2 Sisters 2 brothers)
Birth Order	2nd
Name of Counselor	Masud Akhtar
Referral Source	NIRM. Islamabad

## REASON FOR REFERRAL

The counselee came to National Institute of Rehabilitation and medicine, Islamabad  
With Inferiority complex, rude behavior, Need educational improvement and  
Assertiveness, addressing the inferiority.

## FINDINGS:

Her mother and father is doctor. She is good in studies but not very good. Her behavior complaint from teachers. When counsel starts talking to her and asked about her parents, her relationship with her parents. She started crying without any noise. Her tears were falling down nonstop. She seems to be very upset. She says that her parents especially mother. She often ignores me; she pays no attention on me. They prefer her elder brother and the one younger sister. Mother often beats her like slap. Father is also very strict. So she finds it difficult to even tell them her needs. She is not frank with them. No friends + no one else in the family and she shares nothing to anybody. She reads at home herself.

She doesn't know the solution of all complaints of teachers against her like, lack of attention, careless etc. Advised to listen carefully to her teachers, ask questions to teachers if feels difficulty, in studies. She's left joining writing. Advised more to work hard, participate actively in class & try to improve improvement herself. She denied the fact that some domestic problem affecting her studies & no major problem is there in



school which is disturbing her. So according to counselor it is here joint family environment, which is the root cause of her weakness in studies. Client's was well mannered decent girl she has a slow spoken personality. Her eye contact was good. She has impressive way of communication. She was not in good mood and dressed properly and her hairs were neatly combed. Her eye contact was very good and was cooperative and communicative. Her way of talking was impressive.

### **ADMINISTRATION OF PSYCHOLOGICAL TESTING**

- a) Rotters Incomplete Sentence Blank (RISB)
- b) Human Figure Drawing (HFD)

### **RECOMMENDATIONS SUGGESTIONS AND MANAGEMENT PLAN**

- Make structural interview and take case history
- Educate client about her problem
- To change her irrational beliefs
- Improve her relationship with family members.
- To improve her socialization
- To realized her responsibilities
- To acknowledge her potentials.
- To cope her educational problem
- Encourage her for better life style.

- Progressive Relaxation Training
- Self management techniques

## COUNSELLING SESSIONS

### Session:1-10

In order to reporting session of my client, I conduct first session with my client. In the first session I tried to develop good relations with my client and show some empathy. After introduction with my client, I ended the first session.

Next week, I started second session with my client my client was very slow spoken and did not tell anything about her problems. She doesn't any help me in her case history. She told me about her problems after a long time which is one of some weakness in studies. My client was 14 years old young girl. I tried to ensure her well INSHALLAH very soon he will control over her problems.

After the end of this session, in third week I started third session with my client. My client takes 35 minutes during the second session. Next week I started with present complaints noted them. I also used psychoanalysis techniques free association and dream analysis to probe the unconscious of the client was looking after the family history and personal educational history as well. In all these data gathering session the client can't himself help me. After knowing all these things, I ended the third session.

After the end of the t session, I started next session with my client. My client takes 30 minutes during the third: Next week I started with present complaints noted them related weaknesses. Use different self monitoring techniques about weaknesses. Suggested take part in co-curricular activities, try to adjust her in the situation and make she permanent in any condition and take a deep interest at first in education, participate in healthy activities. Improve the interpersonal relations in the joint family. Don't depend on other for help, but make her as important that you become need of everybody and everybody love you. Make easy herself for others don't compare her always with others make you as easy as possible.

In ten sessions I trained my client to face all conditions and situations and work hard to make herself as a good student. Prepare herself as a good person and participate in class during lecture of teacher and ask relative questions about lesson.

## **TERMINATION**

Counselee feel better and improved a lot as for as her attitude. Class teachers also reported improvement his class work and home work activities. She also improved his confidence in class questioning. Therefore no further need for counseling sessions.

**CASE NO. 11**

## DEMOGRAPHIC DATA:

Name	Ijaz
Age	12 Years
Gender	Male
Marital Status	Single
Religion	Islam
Education	8th
Occupation	Student
No. of sibling	Five (two S. three B)
Birth Order	3 <sup>rd</sup>
Name of Counselor	Masud Akhtar
Referral Source	NIRM. Islamabad

## REASON FOR REFERRAL

The client came with the Need of educational improvement and Addressing shyness and depressive behavior.

## FINDINGS

Difficulty in Math + Geography because of teachers teaching style. He is careless in studies. Now within a few days he will start tuition and he promised to work hard. Himself doesn't know the solution of all complaints of teachers against him like lack of attention, careless attitude etc. Advised to listen carefully to his teachers, ask questions to teachers if feels difficulty, in studies. Advised more to work hard, participate actively in class & try to improve interpersonal relations. Advised to work hard if wants to fulfill his dreams and bring a positive change in his behavior. Client's was not a well mannered. He has not outspoken personality. His eye contact was good. His way of communication is not impressive.

## PSYCHOLOGICAL TEST ADMINISTRATION

- a) Rotters Incomplete Sentence Blank (RISB)
- b) Human Figure Drawing (HFD) & CPM

## RECOMMENDATIONS SUGGESTIONS AND MANAGEMENT PLAN

For counseling process the following steps has been taken for an effective counseling process.

- To built rapport with client
- Make structural interview and take case history
- Educate client about his problem
- To change his irrational beliefs
- Improve his relationship with peer group.
- Addressing inferiority complex and passiveness
- To improve his socialization
- To realized his responsibilities
- To acknowledge his potentials.
- To cope his educational problem
- Encourage his for better life style.
- To improve control on aggression.
- Self monitoring attitude.
- Focus on some aspect of client's adjustment. development or decision making needs.
- Behavioral Approaches
- Progressive Relaxation Training
- Self management techniques
- Modeling.

- Systematic desensitization
- Assertiveness training
- Rational emotive counseling techniques
- Emotive Techniques
- Disputing irrational Thoughts
- Coping Statement
- Supporting counseling techniques.
- Catharsis

## **COUNSELLING SESSIONS**

### **Session 1-10**

In order to reporting session of my client, I conduct first session with my client. In the first session I tried to develop good relations with my client and show some empathy. After introduction with my client, I ended the first session.

Next week, I started second session with my client my client was not outspoken and not openly told everything about his problems. He helps me in his case history. He told me about his problem which is one of source of weakness in studies. My client was 12 years old young boy. I tried to ensure him that INSHALLAH very soon he will control over his problems.

After the end of the second session, in I started next session with my client. My client takes 35 minutes during the second session. Next week I started with present



complaints noted them. I also used psychoanalysis techniques free association and dream analysis to probe the unconscious of the client was looking after the family history and personal educational history as well. In all these data gathering session the client can't himself help me. After knowing all these things. I ended the session.

After the end of the session, I started next session with my client. My client takes 30 minutes during the third. Next week I started with present complaints noted them related weaknesses. Use different self monitoring techniques about weaknesses. Suggested take part in co curricular activities try doing to tell a lie. participate in healthy activities and don't tease any person. Rational, emotive techniques also used for his reasoning.

In next sessions I trained my client to face all conditions and situations and work hard to make himself as a good student. Prepare himself as a good student and participate in class during lecture of teacher and ask relative questions about his lesson. Respect all teachers, class fellows and other persons in school.

## **TERMINATION**

Counselee feel better and improved a lot as for as his attitude. Class teachers also reported improvement in his class work and home work activities. He also improved his confidence in class questioning. There fore no further need for counseling sessions.

# CASE NO.12

**Demographic Data**

Name of the patient: Mr. Farhan

Sex: Male

Age: 19

Education: F.A.

Marital status: Single.

Siblings: (Brothers: - 2 Sisters: - 5)

Birth order: 6th

Family structure: Joint

Socio-economic Status: Middle

Father's Education: B.A

Mother's Education: Matric

Religion: Islam

Address: Islamabad

Name of counseling psychologist: Masud Akhter

Referral source: NIRM (OPD)

## **Reason for Referral**

The client was referred to the Psychology department of NIRM

## **Tests Administered**

For the purpose of psychological assessment following methods were being used.

1. Mental State Examination.
2. Standard Progressive Matrices (SPM).

## **Findings:**

The client's result on Mental State Examination shows following observations that apparently he was tall and health was also good. He showed no restless behavior, showed full attentive behavior, cooperation and motivation. He maintained proper eye contact and facial expressions were also normal. During the interview session he was comfortable and open.

He showed full attention and concentration. His memory was good. He remembered all of his experiences

His results on Standard Progressive Matrices (SPM) show that he lays 30<sup>th</sup> percentile which shows that he is intellectually average.

An informal and unstructured interview with the client's mother was done. And interview was also conducted with the client's friend. The interview information revealed that the client has no family problem and never faced any sort of problem in school and home. But when he went to Kamalia to stay with his uncle for further studies then he

faced problems related to social situations. His friends also criticize and make fun of him. Criticism killed his self-confidence.

As the interview behavior is concerned the client was dressed up neatly. He was tall and health was also good, he was not weak. During the interview session client was very relax, motivated and cooperative and did not feel any sort of hesitation. He was fully attentive and did not show distractive and restless behavior during the session. As far as his speech is concerned he was fluent and clear. He also maintained proper eye contact.

### **RECOMMENDATIONS SUGGESTIONS AND MANAGEMENT PLAN:**

- To built rapport with client
- Make structural interview and take case history
- Educate client about her problem
- To change her irrational beliefs
- Improve her relationship with family members.
- To realized her responsibilities
- To acknowledge her potentials.
- To cope her educational problem
- Encourage her for better life style.
- Progressive Relaxation Training
- Self management techniques
- Modeling.
- Assertive training

## COUNSELLING SESSIONS

### Sessions 1-4

During these sessions positive relationship rapport was built. At the beginning of the sessions he was with drawl and hesitating to share his problem but giving some empathy he looked confident and shares his some problem. He was confused about his sharing problem. He was made assured that his information will be confidential. Try to keep his confident and relaxed. So after that he feels comfortable and discussed about his worries and problem. He introduces himself in detail and provides all information about his problem. In these sessions he was realized that psychologist has better understanding about his problem so be comfortable and tell all of his problems. He was assured that psychologist is a well-wisher of him.

### Session 5-10

In this session tried to get patient's confidence and encouraged him to be happy and relax. He was also encouraged to discuss all of his problems and worried. He wanted to discuss his problem but worried how to share himself. But he was so confident and relaxes when used unconditional positive regard and showed empathy towards him. In these sessions rapport was successfully developed. Patient has developed some association or attachment. Now patient was full willing to discuss himself. He told about his personal matters without any hesitation. He told that he is unable to communicate his feelings with fluently with others.

**CASE NO.13**

## Demographic Data:

Name of the patient: Miss Anam

Sex: Female

Age: 21

Education: B.A.

Marital status: Single.

Siblings: (Brothers: 2 .Sisters: 5)

Birth order: 6th

Family structure: Joint

Socio-economic Status: Middle

Father's Education: B.A

Mother's Education: Matric

Religion: Islam

Address: Islamabad

Name of counseling psychologist: Masud Akhter

Referral source: NIRM (OPD)



## Reason for Referral

Ms. Anam was referred to Psychology department OPD due to complaints of avoidance and distress and loss of interest in usual activities.

## Tests Administered

Following tests were administered for screening:

1. Standard Progressive Matrices (SPM)
2. Manifest Anxiety Scale (MAS)

## Findings:

The client's test result on Standard Progressive Matrices (SPM) is "42" that yields 50<sup>th</sup> percentile her grade is III +, that falls in "average intellectual capacity".

The performance of the client shows that she is an average. She might have clear thinking and observational sense. Intellectually, she is capable enough to adjust to her environment.

Manifest Anxiety Scale (MAS) the client scored "36" reflecting excessive concerns with body. She mostly complains stomachache, headache and is overwhelmed with the

anxiety, fears, and apprehensions that adds to her incapacitating and ineffectiveness behavioral tendencies.

#### RECOMMENDATIONS SUGGESTIONS AND MANAGEMENT PLAN:

- To built rapport with client
- Make structural interview and take case history
- Educate client about her problem
- To change her irrational beliefs
- Improve her relationship with family members.
- To realized her responsibilities
- To acknowledge her potentials.
- To cope her educational problem
- Encourage her for better life style.
- Progressive Relaxation Training
- Self management techniques
- Modeling.
- Assertive training

## **COUNSELLINGSESSIONS**

### **Sessions: 1-5**

During these sessions intake information has taken and filled the history form and asked about her problems and show unconditional positive regard or empathy towards the patient. It was very helpful in developing a rapport. At the beginning of the sessions she was withdrawal and hesitating to share his problem. She was confused about his sharing of problem. She was made assured that his information will be confidential. So after that he feels comfortable and discussed about his worries. She introduces himself in detail and provides all intake information. She was realized that psychologist has a better understanding about his problems so be comfortable and tell all of his problems

### **Session 6-10**

During these sessions after developing a rapport catharsis technique of psychoanalysis was applied on the patient. In these sessions she was said that which kind of negative feelings which he keeps in his mind should keep out from his mind. The patient burst out about her feelings' during this session tried to explore the patient's complexities and problems. During catharsis he was encouraged to make specific behavioral changes during his everyday life.

**CASE NO.14**

**DEMOGRAPHIC DATA:**

Name	Aslam Iqbal
Age	134 Years
Gender	Male
Marital Status	Single
Religion	Islam
Education	7th
Occupation	Student
No. of sibling	5 (3 sisters2 brothers)
Birth Order	4
Name of Counselor	Masud Akhtar
Referral Source	NIRM, Islamabad

## REASON FOR REFERRAL

Behaviour problem and fights with other fellows and too much talkative in class.

## FINDINGS

Two brothers and two cousins jointly studied in the same school apparently. Client is very confident and active. He is good in his studies but very very talkative and naughty student. Create very much disturbance in class. He doesn't know the solution of all complaints of teachers against him like, lack of attention, interpersonal relation. Enjoy school and home environment. Advised to listen carefully to his teachers, ask questions to teachers if feels difficulty, in studies. Advised to manage impulsive and aggressive behavior, more to work hard, participate actively in class & try to improve interpersonal relations. Improve self monitoring behavior. Advised to work hard if wants to fulfill his dreams and bring a positive change in his behavior. Client's was not a well mannered. He has not outspoken personality. His eye contact was good. His way of communication is not impressive and aggressive.

## PSYCHOLOGICAL TEST ADMINISTRATION

- a) Rotters Incomplete Sentence Blank (RISB)
- b) Human Figure Drawing (HFD) & SPM

## RECOMMENDATIONS SUGGESTIONS AND MANAGEMENT PLAN

- rapport with client
- Make structural interview and take case history
- Educate client about his problem
- To change his irrational beliefs
- Improve his relationship with peer group.
- inferiority complex and passiveness
- To improve his socialization
- To realized his responsibilities
- To acknowledge his potentials.
- To cope his educational problem
- Encourage his for better life style.
- To improve control on aggression.
- Self monitoring attitude.
- Focus on some aspect of client's adjustment. development or  
decision
- Making needs.

## COUNSELLING SESSIONS

### Session 1-10

In order to reporting session of my client, I conduct first session with my client. In the first session I tried to develop good relations with my client and I showed some empathy. After introduction with my client, I ended the first session.

Next week, I started next session with my client my client was outspoken and openly told everything about his problems. He helps me in his case history. He told me about his problem which is one of source of weakness in studies. My client was 14 years old young boy. I tried to ensure him that INSHALLAH very soon he will control over his problems.

After the end of this session I started third session with my client. My client take 35 minutes during the second session. Next week I started with present complaints noted them. I also used psychoanalysis techniques free association and dream analysis to probe the unconscious of the client was looking after the family history and personal educational history as well. In all these data gathering session the client can't himself help me. After knowing all these things, I ended the third session.

In third week I started next sessions with my client. My client takes 30 minutes during the third. Next week I started with present complaints noted them related weaknesses. Use different self monitoring techniques about weaknesses. Suggested take



part in co curricular activities. participate in healthy activities. Rational, emotive techniques also used for his reasoning.

During session I trained my client to face all conditions and situations and work hard to make himself as a good student. Prepare himself as a good student and participate in class during lecture of teacher and ask relative questions about his lesson. Respect all teachers, class fellows and other persons in school. Cognitively suggested for control of aggressive and impulsive behavior and also talkative behavior.

### **TERMINATION**

Counselee feel better and improved a lot as for as his attitude. Class teachers also reported improvement in his class work and home work activities. He also improved his confidence in class questioning. Now he is friendly with his class mates and school fellows. There fore no further need for counseling sessions.

**CASE NO.15**

**DEMOGRAPHIC DATA:**

Name	Imran khan
Age	11 Years
Gender	male
Marital Status	Single
Religion	Islam
Education	6th
Occupation	Student
No. of sibling	4 (3 sisters 1 brother)
Birth Order	1st
Name of Counselor	Masud Akhtar
Referral Source	NIRM. Islamabad

## REASON FOR REFERRAL

The client came with the Sensitivity and emotional instability, and assertiveness, and inferiority feelings

## FINDINGS

She lives in Sector A-5. Father has died one year before. 3 sisters and one brother. She is here since last year and shifted from Read Foundation. She got very emotional when the question was asked about her father. Tears came to his eyes but later on she got settled. She was good in studies in previous school. She is satisfied herself with current test marks. English is her favorite subject but having problem with Maths. She was satisfied with previous teacher but not happy with the present teacher. According to her, that the teacher of Math speedily and let the confusion solve by students themselves. She takes tuition of Math right now but before exam she will take of other subjects as well. Tutor is her Aunt (Father's sister) who teaches in Beacon House. Even her teacher sometimes explains the things twice even then things get not cleared to students. Students demand to be always slow but he says that "being speedy" is a part of his habit and even if he tries to be slow but can't succeed. She studies for almost 3 hrs sleeps till 9 – 9:30 and awakes up at 6. She offers prayers and recites Holy Quran also in the morning. Watches T.V. for max. half an hour. She is very determined to take position.

She doesn't know the solution of all complaints of teachers against her like, lack of attention, careless and slow picking and understanding capacity etc. Advised to listen

carefully to her teachers, ask questions to teachers if feels difficulty, in studies. She's left joining writing. Advised more to work hard, participate actively in class & try to improve herself. She explained that fast teaching method is difficult for her. So according to counselor it is her family environment is not satisfactory, financial constraint which is the root cause of her study problems. Client's was well mannered decent girl she has an outspoken personality. Her eye contact was good. She has impressive way of communication. She was in good mood and dressed up properly and her hairs were neatly combed, her eye contact was very good and was cooperative and communicative. Her way of talking was impressive.

### **TEST ADMINISTRED**

- a) Rotters Incomplete Sentence Blank (RISB)
- b) Human Figure Drawing (HFD)

### **RECOMMENDATIONS SUGGESTIONS AND MANAGEMENT PLAN**

The following steps were taken for suggestions and recommendations

- To built rapport with client
- Make structural interview and take case history
- Educate client about her problem
- To change her irrational beliefs
- Improve her relationship with family members.
- To improve her socialization
- To realized her responsibilities
- To acknowledge her potentials.
- To cope her educational problem
- Encourage her for better life style.
- Behavioral Approaches
- Progressive Relaxation Training
- Self management techniques
- Modeling.
- Assertive training
- Emotive Techniques
- Disputing irrational Thoughts
- Coping Statement

## **COUNSELLING SESSIONS**

### **Session 1-10**

In order to reporting session of my client, I conduct first session with my client. In the first session I tried to develop good relations with my client and show some empathy. After introduction with my client, I ended the first session.

Next week, I started next session with my client my client was very excellent spoken and tell a lot about her problems. She helps me in her case history. She told me about her problems which are one of source of problems of studies. My client was 12 years old young girl. I tried to ensure her that INSHALLAH very soon her will be over her problems.

After the end of the these sessions. I started third session with my client. My client takes 35 minutes during the second session. Next week I started with present complaints noted them. I also used psychoanalysis techniques free association and dream analysis to probe the unconscious of the client was looking after the family history and personal educational history as well. In all these data gathering session the client can't himself help me. After knowing all these things, I ended the third session.

After the end of the sessions. I started fourth session with my client. My client takes 30 minutes during the third. Next week I started with present complaints noted them related weaknesses. Use different self monitoring techniques about weaknesses.

Suggested take part in co-curricular activities, try to adjust her in the situation and make herself permanent in any condition and take a deep interest at first in education. Improve the interpersonal relations in the school and family. Adjust her as well as time and with the teachers.

In last sessions I trained my client to face all conditions and situations and work hard to make herself as a good student. Prepare herself as a good person and participate in class during lecture of teacher and ask relative questions about her lesson.

### **TERMINATION**

Counselee feel better and improved a lot as for as her attitude. Class teachers also reported improvement her class work and home work activities. She also improved her confidence in class questioning. Therefore no further need for counseling sessions.



**CASE NO.16**

## REASON REFERRAL

The client came to NIRM with the complaints of Weak in studies.

## FINDINGS

Come in this school in 7<sup>th</sup> class. He is very weak in studies. He says he helps his father in cleaning that's why he gets less time for studies. He finds difficulty in Arabic and math. He has started taking tuition recently and now he will improve his studies. He is trying his best. He is quiet child. May be disturbed because of his father's illness.

He doesn't know the solution of all complaints of teachers against him like. lack of attention, interpersonal relation. Disturbed school and home environment. Advised to listen carefully to his teachers, ask questions to teachers if feels difficulty. Advised to manage home related difficulties, more to work hard, participate actively in class & try to improve interpersonal relations. Improve self monitoring behavior. Advised to work hard if wants to fulfill his dreams and bring a positive change in his behavior. Client was not a well mannered. He has not outspoken personality. His eye contact was not very good. His way of communication is not impressive and lazy.

## TEST ADMINISTRED

- a) Rotters Incomplete Sentence Blank (RISB)

**DEMOGRAPHIC DATA:**

Name	Nadeem Ahmed
Age	12 Years
Gender	Male
Marital Status	Single
Religion	Islam
Education	8th
Occupation	Student
No. of sibling	Three (two B. one S)
Birth Order	1st
Name of Counselor	Masud Akhtar
Referral Source	NIRM, Islamabad

## RECOMMENDATIONS SUGGESTIONS AND MANAGEMENT PLAN

- To built rapport with client
- Make structural interview and take case history
- Educate client about his problem
- To change his irrational beliefs
- Improve his relationship with peer group.

To improve his socialization

- To realized his responsibilities
- To acknowledge his potentials.
- To cope his educational problem
- Encourage his for better life style.
- To improve control on aggression.
- Self monitoring attitude.
- Behavioral Approaches
- Progressive Relaxation Training
- Self management techniques
- Modeling.
- Systematic desensitization
- Assertiveness training
- Rational emotive counseling techniques

- Disputing irrational Thoughts
- Coping Statement

## COUNSELLING SESSIONS

### Session 1-10

In order to reporting session of my client, I conduct first session with my client. In the first session I tried to develop good relations with my client and show some empathy. After introduction with my client, I ended the first session.

Next week, I started next session with my client my client was not outspoken and not openly told everything about his problems. He helps me in his case history to some extent. He told me about his problem in home which is one of source of weakness in studies. My client was 13 years old young boy. I tried to ensure him that INSHALLAH very soon he will control over his problems.

After the end of this sessions, I started session with my client. My client takes 35 minutes during the second session. Next week I started with present complaints noted them. I also used psychoanalysis techniques free association and dream analysis to probe the unconscious of the client was looking after the family history and personal educational history as well. In all these data gathering session the client can't himself help me. After knowing all these things, I ended the session.

After the end of these sessions, I started session with my client. My client takes 30 minutes during the third. Next week I started with present complaints noted them related weaknesses. Use different self monitoring techniques about weaknesses. (p. 1)

self assertive training techniques to improve social skills. Suggested take part in co curricular activities, participate in healthy activities. Rational, emotive techniques also used for his reasoning.

In these sessions I trained my client to face all conditions and situations and work hard to make himself as a good student. Prepare himself as a good student and participate in class during lecture of teacher and ask relative questions about his lesson. Respect all teachers, class fellows and other persons in school. Cognitively suggested for control of home related problems, improve study hours; actively participate in class room activities

## **TERMINATION**

Counselee feel better and improved a lot as for as his attitude. Class teachers also reported improvement in his class work and home work activities. He also improved his confidence in class questioning. Now he is not much worried about illness of father and home difficulties. Friendly with his class mates and school fellows. Take studies seriously and obey teacher's commands. Therefore no further need for counseling sessions.

**CASE NO.17**

**DEMOGRAPHIC DATA:**

Name	Irm Manzoor
Age	11 Years
Gender	Female
Marital Status	Single
Religion	Islam
Education	7th
Occupation	Student
No. of sibling	2
Birth Order	1 <sup>st</sup>
Name of Counselor	Masud Akhtar
Referral Source	NIRM. Islamabad



## REASON FOR REFERRAL

The client came with educational improvement and assertiveness problem

## FINDINGS

She lives in Sector B-5. Her father works at Lahore and comes at weekends. She joined here this session and shifted from Irm Model School. She also had studied in overseas and was not satisfied with studies and teachers over there in both schools. But here very happy overall with the discipline and manners to be followed by other fellows. In other schools students were used to address which others with "Tu" she is herself satisfied with current tests marks. Wearing the sash of best spoken. She takes English the most but having problem with Math. Her main problem is being absent from school. She told that she often gets side. Having headaches frequently. Takes tension of studies sometimes. Noise in class and also is one of the factors of her headache or tension. She takes treatment from Jhelum but she doesn't go herself but mother brings the medicines for her. She complained that boys make too much noise due to which she can't understand many of the things. This problem is mentioned by the previous girl as well.

She was worried about the Islamyat test which was going on when she was called for the counseling. She doesn't know the solution of all complaints of teachers against her like. lack of attention, careless and slow picking and understanding capacity etc. Advised to listen carefully to her teachers, ask questions to teachers if feels difficulty, in studies. She's left joining writing. Advised more to work hard, participate actively in class & try to improve herself. She denied the fact that she can't bear the noise during the

studying. So according to counselor it is here tolerant power, which is the root cause of her weakness in studies. Client's was well mannered decent girl she has outspoken personality. Her eye contact was good. She has impressive way of communication. She was in good mood and dressed up properly and her hairs were neatly combed. her eye contact was very good and was cooperative and communicative. Her way of talking was impressive.

### **TEST ADMINSTRED**

**A) Rotters Incomplete Sentence Blank (RISB)**

**B) Human Figure Drawing (HFD)**

### **RECOMMENDATIONS SUGGESTIONS AND MANAGEMENT PLAN**

- Make structural interview and take case history
- Educate client about her problem
- To change her irrational beliefs
- To improve her Improve her relationship with family members.
- socialization
- To realized her responsibilities
- To acknowledge her potentials.
- To cope her educational problem
- Encourage her for better life style.
- Progressive Relaxation Training

- Self management techniques
- Modeling.
- Assertive training
- Emotive Techniques
- Disputing irrational Thoughts
- Coping Statement

## **COUNSELLING SESSIONS**

### **Session I - 5:**

In order to reporting session of my client, I conduct first session with my client. In the first session I tried to develop good relations with my client and show some empathy. After introduction with my client, I ended the first session.

Next week, I started next session with my client my client was quite ready and pick everything easily and told problems. She helps me in her case history. She told me about her problem which is one of source of weakness in studies. My client was 12 years old young girl. I tried to ensure her that INSHALLAH very soon he will control over her problems.

### **Session 6-10**

After the end of this session, I started third session with my client. My client takes 35 minutes during these sessions. Next week I started with present complaints noted them. I also used psychoanalysis techniques free association and dream analysis to probe

the unconscious of the client was looking after the family history and personal educational history as well. In all these data gathering session the client can't himself help me. After knowing all these things. I ended the session.

After the end of the third session, I started session with my client. My client takes 30 minutes during the third. Next week I started with present complaints noted them related weaknesses. Use different self monitoring techniques about weaknesses. Suggested take part in co-curricular activities, try to adjust her in the situation and make she permanent, create bearing power in any situation. Participate in healthy activities.

In these sessions I trained my client to face all conditions and situations and try hard to make herself as a good student. Participate in class during lecture of teacher and ask relative questions about her lesson.

**TERMINATION**    Counselee feel better and improved a lot as for as her attitude. Class teachers also reported improvement her class work and home work activities. She also improved her confidence in class questioning. There fore no further need for counseling sessions.

**CASE NO.18**

## Demographic Data:

Name: Mr. Liaqat

Age: 25 Years

Gender: Male

Religion: Islam

Marital Status: Single

Qualification: Master (Islamic Studies)

Father's Name: Abdul Qayum

Mother's Name: Mrs. Qayum

Number of siblings: Five, (Three B. two S)

Birth order: Third born

Address: Islamabad

Name of counselor: Mr. Masud Akhter

Referral source: NIRM (OPD)

## Reason for Referral

Mr. Liaqat referred to Psychology department due to complaints of aggressive behavior in work setting and at home also.

## Tests Administered

Following tests were administered for screening:

1. Standard Progressive Matrices (SPM)
2. Human Figure Drawing (HFD)

## Findings:

The client's test results on Standard Progressive Matrices (SPM) is "47" that falls in "defiantly above average intellectual capacity".

His results on Human Figure Drawing (HFD) test shows signs of overtly aggressive, instability, poorly integrated personality, impulsivity, neurological impairment, regression due to serious emotional disturbance.

His result also indicates anxiety, psychosomatic complaints, guilt feelings for aggressive impulses, impulsivity, physical awkwardness, physical inadequacy, acting out behavior, conflict. His protocol indicates that he has striving for love and affection, ambition for achievement, guilt over failure and possibility of castration anxiety & helplessness. There is sign of escaped from reality into fantasy, socially withdrawn and tends to deny problems.

He is third born among seven siblings. He was working in Federal Secondary School as Khateeb. He was casually dressed and was comfortably seated on his bed. He was able to maintain his eye contact easily.

The family history indicates that he married with a girl and has two kids. His family life is going on very well.

The occupational history reveals that he is running his business. He is much worried about his business. His business is not running very well. Day by day he is losing his confidence in this regard. He lives hopeless and helpless about his business. Due to disturbance of his business his family life is becoming worsening. So he is much disappointed and hopeless.

#### RECOMMENDATIONS SUGGESTIONS AND MANAGEMENT PLAN:

- To built rapport with client
- Make structural interview and take case history
- Educate client about her problem
- To change her irrational beliefs
- Improve her relationship with family members.
- To realized her responsibilities
- To acknowledge her potentials.
- To cope her educational problem
- Encourage her for better life style.
- Progressive Relaxation Training



- Self management techniques
- Modeling.
- Assertive training

## COUNSELLINGSESSIONS

### **Session 1-5**

During these sessions the deep rapport was built with the client. In these session the client was asked that you should disclose your problem. You should realize that all the information must be kept in secrete. The client was suggested behave you should not lose your confidence. It was given suggested and giving insight this is not your problem. It is country wide problem people are facing the problem of loss in their business.

### **Session 6-10**

During these sessions the emotional catharsis technique was applied on the patient. And he was asked that he should discuss every negative feeling which you have in your self. He expressed every mater of his life and about his business. After catharsis the client was relaxed and gained confidence.

**CASE NO. 19**

## Demographic Data

Name	Shahid
Sex	Male
Age	12 years
Education	8th
Siblings	6 (brothers 4, sister 2)
Birth order	3 <sup>rd</sup>
Family structure	joint
Socio economic status	Middle
Father education	Metric
Mother education	None
Language known	Urdu
Religion	Islam
Address	Islamabad
Name of Counselor	Masud Akhtar
Referral Source	NIRM Islamabad

## Reason for Referral

Mr. Shahid referred to NIRM with along with his father with worried mood and anxiety. He was feeling restlessness. The attitude of his father was much aggressive.

## Test Administered

For the client's psychological assessment the following test battery was used.

1. Colored Progressive Matrices (CPM)
2. Human Figure Drawing test (HFD)

## FINDINGS

On mental state examination (MSE), the client was looking a young man of 13 years. Apparently he was having a sound health and normal height. He was looking sad. He tried to maintain his eye contact but on some stages he loses his confidence. His volume of speech was clear, but some time due to the blockage of thoughts flow he stopped his communication during interview. He remained obedient and submissive during interview. During interview he seemed attentive.

For intelligence measurement the CPM was applied on the patient, and he got score of 50<sup>th</sup> percentiles on this test which reveals that the he is having averaged intellectual ability. Projective techniques HFD, was applied for personality assessment, on HFD test, shows emotional indicators that are over emphasis on hair, over shading, poor integration, improper place of organ, showing of joint of the body, petals type fingers of foot, and over extended hand, open mouth, reveals open mouth, sociality withdrawn and sexual conflicts.

The client's family history indicates that, he belongs to a middle class family. He lives with his parents. He has six sibling consisted on two sisters and four brothers. His birth order is third. He is having good relations with his siblings. His father is having an authoritative attitude and style of life in the family, but he is cooperative also.

The father said that his son is not studying properly in school. His teachers complain that he is not working properly in school. He did not attend the class regularly. His attitude in family is not better. He does not pay full attention about his studies.

#### RECOMMENDATIONS SUGGESTIONS AND MANAGEMENT PLAN:

- To built rapport with client
- Make structural interview and take case history
- Educate client about her problem
- To change her irrational beliefs
- Improve her relationship with family members.
- To realized her responsibilities
- To acknowledge her potentials.
- To cope her educational problem
- Encourage her for better life style.
- Progressive Relaxation Training
- Self management techniques
- Modeling.
- Assertive training

## COUNSELLINGSESSIONS

### Session 1-5

During these sessions intake information has taken and filled the history form. In these sessions also asked about his problems and show unconditional positive regard and empathy towards the patient. It was very helpful in developing a rapport. At the beginning of the session he was withdrawal and hesitating to share his problem but with some reinforcement. He looked confident and shares some problems. He introduces himself in detail and provides all intake information. He was realized that psychologist has a better understanding about his problem so become comfortable and tells about all problems.

### Session 6-10

During these sessions Client's family is very supportive and taught him necessary tasks at home. He now can perform his own tasks by himself and does not take help from anyone. Client was not aggressive and stubborn, he was a calm and cooperative child who was always willing to learn new task and obey elders.

Teachers over there used to beat the children very badly. The client got scared from the environment and refused to go to school. When his parents forced him to go to school he

used to shout a lot and run away from the school. Parent suggested that they should treat their kid with kindness.

The teachers were suggested that they should pay full attention to their students and especially to this student. They should avoid punishing him. Treated him under psychological principle. Give him proper coaching and guidance in educational perspective. After that the session were terminated and they were asked if they need any psychological help in this regard.

**CASE NO.20**



**Demographic Data**

Name	Najam Hussain
Age	13 Years
Sex	Male
Education	8th
Marital status	Unmarried
No. of Siblings	6 <sup>th</sup>
Birth order	3 <sup>rd</sup>
Father's occupation	Worker
Mother's occupation	House Wife
Residence	Islamabad
Name of counselor	Masud Akhtar
Referral source	NIRM Islamabad

## Reason for referral

The counselee with his father came to NIRM for suggestions and recommendation for his problem.

## Presenting Complaints

The counselee was brought with his father with irritation, low mood, and irregularity from class, and consulted the counselor for suggestions and recommendations.

## Findings

The counselee with depressed mood with his father came to the National Institute of rehabilitation and medicine and was told about the complaints of the counselee. The counselee was assessed under a systematic, the standard progressive matrices and human figure drawing test was applied on the counselee. The obtained results of these tests were reveals that on CPM the counselee have average intellectual ability. While human figure test was administered on the counselee for understanding the emotional problems, on this test the emotional indicators remained poor integration, cut off legs over shading, reveals the insecure feeling anxiety, and conflict poor self-image were indicated the core aspects of the counselee.

The family history indicates that the counselee belongs to a middle class family. His father works in a factory and having middle education. The school history indicates that he is studying in class ninth. His school studies and other activities are not very sound. The father reported that he is not committed towards his education. The counselee was conducted initial interview indicates that he dislikes his teachers due to their harsh attitude. They gave him much home work. He cannot fulfill the whole home work. So he escapes from school. The home environment was not satisfactory and all the people of his family do not give him proper attention.

#### RECOMMENDATIONS SUGGESTIONS AND MANAGEMENT PLAN:

- To built rapport with client
- Make structural interview and take case history
- Educate client about her problem
- To change her irrational beliefs
- Improve her relationship with family members.
- To realized her responsibilities
- To acknowledge her potentials.
- To cope her educational problem
- Encourage her for better life style.
- Progressive Relaxation Training
- Self management techniques
- Modeling.
- Assertive training

## COUNSELLINGSESSIONS

### Session 1-2

In these sessions the parents were suggested that they should give proper attention and support to their kid. They should provide support to him in completing his homework. They should arrange a tutor for guidance and other subject related matters.

### Sessions 3-5

In these sessions the relationship was carry on with the parents. In these sessions the child was asked that you are the future of your parents they gave you all basic necessities of your life. You should work hard for you and for your future. It was told him that the people works hard reach at the top of their future and gain all type of satisfaction. During these sessions it was tried that the counselee should gain confidence and motivation about his studies.

### Sessions 6-9

During these sessions the teacher of the child was consulted and he was suggested that he should pay proper attention to this student. It told to teacher that he has not much intellectuality ability. So pay him proper attention in this regard. He was also suggested that give him separate time in this regard.

## Termination

Termination session is considered the most aspect of the counseling process. It is a sensitive stage at this stages the counselee and his parents were asked that the counselor and counselee relationship is only professional. It is only a relationship for the purpose of the solution of the counselee problem. If you think that any sort of problem. Then you will consult the counselor in future. All the information which we discussed will be remained secrets.

## Demographic Data:

Name:	Fariha
Age:	24 Years
Gender:	Female
Religion:	Islam
Marital Status:	Married
Qualification:	B.Sc
Husband's Name:	M. Farman
Number of siblings:	2
Birth order:	Last born
Monthly Income:	15 thousand
Address:	Islamabad
Date of Assessment:	9 <sup>th</sup> July 2009
Name of Psychologist:	Mr. Masud Akhtar
Referral source:	NIRM (OPD)

## Reason for Referral

Mrs. Fariha was referred to Psychology department due to complaints of crying spell, lack of appetite, lethargic ness, insomnia, loss of interests and hopelessness.

## Tests Administered

Following tests were administered for screening:

1. Beck Depression Inventory (BDI)
2. Human Figure Drawing (HFD)

## Findings:

Her score on Beck Depression Inventory (BDI) is "52" that falls in "Sever depression".

Her results on Human Figure Drawing (HFD) test shows signs of maladjustment, intellectual inadequacy to resolve problems, obsessive tendencies, immaturity and insecurity.

Her result also indicates psychosomatic complaints, insecurity, passive resistance, refusal to communicate with others, fears and depression. Test protocol shows that she has limited ability, do not dare to strike out at others, turn her anger inward toward herself, and feel threatened by others, adults and parents.

Mrs. Fariha is a 24 years old female belongs to "Punjabi" speaking family. She visited Psychiatry Department OPD of PIMS along her mother. After psychiatric consultation she was referred to Psychotherapist for psychological testing and therapy.

She was properly dressed and was comfortably seated on chair. She was not able to maintain her eye contact easily. She was speaking very slowly and seemed to be very lethargic. She was feeling hectic while administration of psychological tests and repetitively asked about solution of her problems.

She is last born among two siblings. She got married eight months before. She reported that she has history of miscarriage 3 months before. She said that she has love marriage and his husband is cooperative but she has disturbed relationships with her mother in law. She told that she does not like her way of working and has very critical opinion about her.

She said that she was shocked when her mother in law take her jewelry after two months of her marriage and said she will not give back. She also told that after this she started criticizing her on small mistakes. She told that she has same attitude with all daughters in laws. She said that she is in her mother's house from last two months and feels very upset after miscarriage opinion about her.. She also said that her husband used to come in her mother's house and asks about her health. She said that she is losing interest day by day in activities of daily living and avoid social interactions with her friends and family members also.

Her score on Beck Depression Inventory falls in "Sever depression" that correlates with her state as she has insomnia, lack of appetite & interests. Her results on Human Figure Drawing (HFD) test shows signs of immaturity and insecurity, as she is last born and was pampered child and she was attached with her mother now she has feelings of insecurity due to her mother in law's behavior and attitude  
Her result also shows that she has maladjusted



Her result also depicts poor adjustment. person who does not strike on other turn her anger inward toward herself feel threatened by others and world and under pressure. her history also shows that she has lose her interest in social activities and remain isolated at home.

#### RECOMMENDATIONS SUGGESTIONS AND MANAGEMENT PLAN:

- To built rapport with client
- Make structural interview and take case history
- Educate client about her problem
- To change her irrational beliefs
- Improve her relationship with family members.
- To realized her responsibilities
- To acknowledge her potentials.
- To cope her educational problem
- Encourage her for better life style.
- Progressive Relaxation Training
- Self management techniques
- Modeling.
- Assertive training

#### COUNSELLINGSESSIONS

### Session 1-5

Cognitive therapy can also be beneficial to amend the wrong condition of the client and his misperception. In this session tried to get patient's confidence and encourage patient to be happy and relax. He was also encouraged to discuss all of his problems and worried. He wanted to discuss his problem but worried how to share himself. But he was so confident and relaxes when used unconditional positive regard and showed empathy towards him. In these sessions rapport was successfully developed. Patient has developed some association or attachment. Now patient was full willing to discuss himself. He told about his personal matters without any hesitation. He told that he is unable to communicate his feelings with fluently with others. In of the events as over threatening. Her cognition need to be altered so that he can comprehend the situations logically. He himself tried hard to overcome his problem and for this purpose he used different self-made strategies to overcoming his problem.

### Sessions 6-10

In these sessions cognitive behavior therapy was used to modify the wrong cognitions which were developed by the patient towards his problem. Through this therapy tried to explore the wrong cognitions of the patient and complexities of the problems, and emphasized the patient to change his cognitions which are developed in his mind. He was encouraged to make many efforts to remove his hesitations. In this therapy the counselee keeps the concentration on the patient's current interpersonal relational

difficulties. He was giving idea that he has potential. and can remove his hesitation during communication.

Reinforcement was also giving to the patient in the form of admiration which promotes the client's confidence and create a realization in the patient his problem can be minimized. Through this therapy the patient shows a good behavior. Therapy in order to resolve her conflicts with her mother in law. Above all the marital therapy is also recommended because it is also helpful to include her husband in.

**CASE NO.22**

**Demographic Data:**

Name: Kashifa  
Age: 14 Years  
Gender: Female  
Religion: Islam  
Marital Status: Single  
Family structure: Nuclear  
Qualification: A level  
Number of siblings: One brother  
Birth order: First born  
Address: Islamabad  
Name of Psychologist: Masud Akhter  
Referral source: NIRM (OPD)

**Reason for Referral**

Kashifa was referred to Psychology department due to complaints of frequent, general

## Tests Administered

The following test was administered for screening unhappiness, low self-esteem, and helplessness about her family situation.

1. Human Figure Drawing (HFD)

## Findings

Her results on Human Figure Drawing (HFD) test shows signs of maladjustment, intellectual inadequacy to resolve problems, immaturity and insecurity. Her result also indicates psychosomatic complaints, insecurity, withdrawn, Isolation, passive resistance, refusal to communicate with others, fears and depression

Kashifa's depression had its roots in numerous unresolved emotional issues. She suffered from a deep sense of shame about her life and accomplishments, anger and frustration, and chronic helplessness

## RECOMMENDATIONS SUGGESTIONS AND MANAGEMENT PLAN:

- To built rapport with client
- Make structural interview and take case history
- Educate client about her problem
- To change her irrational beliefs
- Improve her relationship with family members.

- To realized her responsibilities
- To acknowledge her potentials.
- To cope her educational problem
- Encourage her for better life style.
- Progressive Relaxation Training
- Self management techniques
- Modeling.
- Assertive training

## COUNSELLINGSESSIONS

On the basis of psychological assessment and clinical intake interview it is recommended that she needs individual psychotherapeutic sessions along with psychiatric medication.

Cognitive therapy can also be beneficial to amend the wrong condition of the client and his misperception of the events as over reacting. Her cognition need to be altered so that she can comprehend the situations logically.

Above all the Family therapy is also recommended because it is also helpful to include her mother in therapy in order to resolve her conflicts with her mother.

**CASE NO.23**



## Demographic Data:

Name:	Adnan
Age:	14 Years
Gender:	Male
Religion:	Islam
Marital Status:	Single
Family structure:	Nuclear
Qualification:	7 <sup>th</sup> Class
Number of siblings:	Four (two S. two B)
Birth order:	First born
Address:	Islamabad
Name of Psychologist:	Masud Akhter
Referral source:	NIRM (OPD)
Name of Counselor	Masud Akhtar

## Reason for Referral

Mr. Adnan fourteen years of old is having adjustment problems in his home. He came with his father with worried and annoyed mood and consulted with the counseling psychologist.

## Test Administered:

1. Colored Progressive Matrices
2. Humana Figure Drawing Test

## Findings

On mental state examination the client was worried and annoyed mood. He was not attentive not cooperative attitude at the time of interview. The CPM test and HFD were administered on the client. The client gain 50<sup>th</sup> percentile which reveals that the client is average intellectuality. On HFD the client showed emotional indicators. Human Figure Drawing(HFD) test shows emotional indicators that are poor integration, internal body organ, genital area, cut off of hands and feet, doted eyes, emotional indicators reveals, poor inner control, aggressiveness, helplessness, insecurity feelings.

The family history of the client indicates that the client belongs to upper class family; the style of family is modern style. The parents of the client do not pay proper attention to their children. Their children feel loneliness. The mother of the client is social worker type lady. She mostly attends the parties of the social based activates. She gave less time to her home.

The school history of the client indicates that the client is not brilliant student. He often does not like to go to school regularly. His academic record of the client is not satisfactory. The school teacher does not like this student.

#### RECOMMENDATIONS SUGGESTIONS AND MANAGEMENT PLAN:

- To built rapport with client
- Make structural interview and take case history
- Educate client about her problem
- To change her irrational beliefs
- Improve her relationship with family members.
- To realized her responsibilities
- To acknowledge her potentials.
- To cope her educational problem
- Encourage her for better life style.
- Progressive Relaxation Training
- Self management techniques
- Modeling.
- Assertive training.

## COUNSELLING SESSIONS

### Sessions 1-4

During these sessions the client's father was given suggestion that he should pay proper attention to his children. Most of time should he pay to his children. Listen them carefully and provide them their basic needs. He was given awareness that these children are your future.

### Sessions 5-10

During these sessions the child was given suggestion that you are not worth less. You have potential and you should utilize your abilities. Pay proper attention to your studies. If you want to get success in your life obey the parents, pay proper attention to your work or studies. The mother was suggested that cut off your social duties pay attention to your home and your children.

During sessions the teachers of the school were suggested that they should provide best guidance to the client. Give him extra time in school times and occasionally after school timing. Regularly check the home work of the client. After week consult with the parents and tell them the running conditions of the client. At the termination of the sessions the parents was asked that if they need any sort of help in this regard they should consult with the counseling psychologist.

**CASE NO.24**

**IDENTIFICATION DATA:**

Name	Musrat
Age	15 Years
Gender	Male
Marital Status	Single
Religion	Islam
Education	10th
Occupation	Student
No. of sibling	8 (3 sisters 5 brothers)
Birth Order	last
Referral source:	NIRM (OPD)
Name of Counselor	Masud Akhtar

## REASON FOR REFERRAL

Behavior problem, emotional, fights mostly with others. does mind if ask him to sight and naughty as well. Need educational improvement.

## FINDINGS:

Counselee has behavioral complain and weak in studies. His mother died 9 years ago when he was six years old. He is the youngest one and elder sister and bhabi at home. He studies at home. In previous class he got just passing marks. He loves his dad.

He doesn't know the solution of all complaints of teachers against him like, lack of attention. Advised to listen carefully to his teachers. ask questions to teachers if feels difficulty in studies. more to work hard, participate actively in class. He needs more confidence. Control absent mindedness, pay more attention in class lecture. Take interest in studies to show satisfactory performance. Client was well mannered. He has not much outspoken personality. His eye contact was good. His way of communication is not so much impressive.

## Tests Administered

1 Rotters Incomplete Sentence Blank (RISB)

## RECOMMENDATIONS SUGGESTIONS AND MANAGEMENT PLAN:

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- Make structural interview and take case history
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- Self management techniques
- Modeling.
- Assertive training



## COUNSELING SESSION

### Session I to 9:

In order to reporting session of my client. I conduct first session with my client. In the first session I tried to develop good relations with my client and show some empathy. After introduction with my client, I ended the first session.

Next week, I started second session with my client my client was not outspoken and not openly told everything about his problems. He helps me in his case history to some extent. He told me about his problem related to lack of attention and motivation. My client was 15 years old young boy. I tried to ensure him that INSHALLAH very soon he will control over his problems.

After the end of the second session, in third week I started third session with my client. My client takes 35 minutes during the second session. Next week I started with present complaints noted them. I also used psychoanalysis techniques free association and dream analysis to probe the unconscious of the client was looking after the family history and personal educational history as well. In all these data gathering session the client himself help me. After knowing all these things. I ended the third session.

After the end of the third session, in third week I started fourth session with my client. My client takes 30 minutes during the third. Next week I started with present complaints noted them related weaknesses. Use different self monitoring techniques

about weaknesses. Suggested take part in co curricular activities. participate in healthy activities. Rational, emotive techniques also used for his reasoning.

In Fifth session I trained my client to face all conditions and situations and work hard to make himself as a good student. Prepare himself as a good student and participate in class during lecture of teacher and ask relative questions about his lesson. Friendly with teachers. class fellows and other persons in school. Cognitively suggested for control lethargic behavior, improve study hours, actively participate in class room activities.

### **TERMINATION**

Counselee feel better and improved a lot as for as his attitude. Class teachers also reported improvement in his class work and home work activities. He also improved his confidence in class questioning. Friendly with his class mates and school fellows. Take studies seriously and obey teachers commands. Therefore no further need for counseling sessions

**CASE NO. 25**

**IDENTIFICATION DATA:**

Name	Sumaira
Age	15 Years
Gender	Male
Marital Status	Single
Religion	Islam
Education	9th
Occupation	Student
No. of sibling	3 (1 sister 2 brothers)
Birth Order	Elder
Referral source:	NIRM (OPD)
Name of Counselor	Masud Akhtar

## **RASON FOR REFERRAL**

The client came with his parents to NIRM with Need educational improvement and individual guidance.

## **FINDINGS**

Counselee has behavioral complain and weak in studies. He is the elder one in siblings. Apparently feel very sensible student but basically he is naughty student when join his company. Less time consume in studies, back to home. Disturbing the class is his favorite work. Lame Excuses.

He doesn't know the solution of all complaints of teachers against him like, lack of attention. Advised to listen carefully to his teachers, ask questions to teachers if feels difficulty in studies, more to work hard, participate actively in class & try to improve confidence. Control absent mindedness, pay more attention in class lecture. Take interest in studies to show satisfactory performance.

Client was well mannered. He has outspoken personality. His eye contact very good. His way of communication is impressive.

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The client came with his parents to NIRM with Need educational improvement and individual guidance.

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Client was well mannered. He has outspoken personality. His eye contact very good. His way of communication is impressive.

## Test Administered

a) Rotters Incomplete Sentence Blank (RISB)

### RECOMMENDATIONS SUGGESTIONS AND MANAGEMENT PLAN:

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## SESSION REPORTING

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Reporting session of my client, I conduct first session with my client. In the first session I tried to develop good relations with my client and show some empathy. After introduction with my client. I ended the first session.

Next week. I started second session with my client my client was not outspoken and not openly told everything about his problems. He helps me in his case history to some extent. He told me about his problem related to lack of attention and motivation. My client was 17 years old young boy. I tried to ensure him that INSHALLAH very soon he will control over his problems.

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about weaknesses. Suggested take part in co curricular activities, participate in healthy activities. Rational, emotive techniques also used for his reasoning.

In Fifth session I trained my client to face all conditions and situations and work hard to make himself as a good student. Prepare himself as a good student and participate in class during lecture of teacher and ask relative questions about his lesson. Respect all teachers, class fellows and other persons in school. Cognitively suggested for control lethargic behavior, improve study hours; actively participate in class room activities. Much work done on his disobedient behavior and lame excuses.

### **TERMINATION**

Counselee feel better and improved a lot as for as his attitude. Class teachers also reported improvement in his class work and home work activities. He also improved his confidence in class questioning. Friendly with his class mates and school fellows. Take studies seriously and obey teacher's commands. Give up the habit of lame excuses. There fore no further need for counseling sessions.