

It is
Psychogenesis
presentation





**Page Arrangement starts
below**

IGNOU INTERNSHIP



Ms.Aratrika Roy
Enrollment No.: 2100310934
Psychogenesis College
(Code-44404)

IGNOU INTERNSHIP

2023


Indira Gandhi National Open University

Program Code : MAPC
Assignment No : MAPC -015
Enrollment No :
Study Centre
Code & Address : 44404
Psychogenesis
11/1, Fern Road
Ballygunge
kolkata-700019

Name Of
The Student : Ms. Aratrika Roy
Address : VAI 2nd Floor,
215 I, A.P. Nagar,
Son: 700150

Contact No : 9230623333 / 9133219612
Date : 09 June, 2023

Signature



APPENDIX-II FORMAT FOR REFERENCE LETTER

Date:

To,

PSYCHOGENESIS
RESEARCH FOUNDATION

Dear Sir/ Madam,

This is state that Mr./ Ms. TANU DUTTA, Enrollment No. 2100 16801 is a student of IGNOU and is presently pursuing MA in Psychology from KOLKATA Regional 28 Centre ASUTOSH COLLEGE, Study Centre 28158. As a part of MA Psychology programme he/ she has to carry out internship (MPCE-015/MPCE-025/MPCE-035) for 240 hours. You are requested to kindly provide him/her with permission to undergo internship at your esteemed organization.

You are also requested to assign one supervisor under whom the learner will carry out his/ her internship. The supervisor will also have to evaluate the learner as per the given criteria.

Yours faithfully,


Academic Counsellor/Study-Centre Coordinator
/Regional Director

Subhaya . N . D . A
ASSISTANT COORDINATOR
IGNOU REGIONAL STUDY CENTRE
28158
ASUTOSH COLLEGE



CONSENT LETTER (Agency Supervisor)

This is to certify that the internship in MPCE-0 for the partial fulfillment of MAPC Program of IGNOU will be carried out by Ms. **Taree Dutta**, Enrollment no. **21071801** under my supervision.

Partha Pratim Roy Clinical
Psychologist

Name of the Agency Supervisor:

Designation:

Head, Department
of Clinical Psychology and Human Recourse
Development,

Psychogenesis Research Foundation
11/1, Fern Road, Ballygunge
Kolkata -700019

Date: 1 June , 2023



CERTIFICATE

This is to certify that, **Ms. Tarunee Dutta** of MA Psychology Second Year (MAPC Program) has conducted and successfully completed the Internship in MPCE-0 (please tick one organization / clinic/agency)

Psychogenesis Research Foundation

in the place _____

Name: **Ms. Tarunee Dutta**

Enrollment No.: **2100. 1801**

The Study Centre:

Asutosh College (28158)

Regional Centre:

Bikash Bhawan,
Fourth Ave, DF Block, Sector I, Bidhannagar,
Kolkata,

West Bengal 700091

Place: **Kolkata**

Date: **9 August, 2023**

Partha Pratim Roy

Clinical Psychologist

Name of the Agency Supervisor:

Designation:

Head, Department
of Clinical Psychology and Human Recourse
Development,

Psychogenesis Research Foundation

11/1, Fern Road, Ballygunge

Kolkata -700019

Date: 9 August, 2023



APPENDIX-IV RECORD OF VISITS/ACTIVITIES CARRIED BY LEARNER–

Ms. T. Sree Dutta Enrollment no. 21012001

Date of Visit June, 2023	Time Duration		Place Visited	Nature of Work	Name and Signature of Concerned Authority (Partha Pratim Roy)	Remarks
	From	To				
1	11 am	2 pm		Introduction of Internship		
2	11 am	2 pm		Case-History Recoding		
5	11 am	2 pm		Case-History Recoding		9 hrs covered
6	11 am	3 pm		Case-History Fill up		
7	11 am	3 pm		Case Study		
8	11 am	3 pm		Case Analysis		
9	11 am	3 pm		Counseling methods & Techniques		
10	11 am	3 pm		Counseling methods & Techniques		
12	11 am	3 pm		Roll Play		
13	11 am	3 pm		Roll Play		
14	11 am	3 pm		Discussion of case Dynamics		
15	11 am	3 pm		Discussion of case Dynamics		
16	11 am	3 pm		Discussion of case Dynamics		
17	11 am	3 pm		Roll Play with Case		Total 53 hrs covered

Note:

- This includes visit to the organization/institute where the internship is carried out and interaction with the academic counselor allotted to the learner.
- This is to be duly signed and attached in the final Internship report.
- Multiple copies of the blank form can be taken.

Signature of the Learner

Signature of Academic Counselor

APPENDIX-I

DECLARATION

I Ms./Mr./Dr. hereby declare that I am a
Learner of M.A. Psychology (Part II), January / July _____ year, at the Study Centre
Code _____ Regional Centre _____ and I want to do my Internship
(MPCE-015/MPCE-025/MPCE-035) at **Bikash Bhawan**

Psychogenesis Research Foundation on my own free will.

I will adhere to the standards of the organization and display professionalism during my
internship.

Name of the Learner:

Enrollment No.:

Signature of the Learner

Place:

Date:

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PLEASE NOTE

For IGNOU STUDENTS

Total 10 Case History

You have to Submit

-If possible add TWO

Psychometric Test Report

AND

Few Cases with Report of

Counselling Session

Case-01

RESHMI is a 48-year-old female who presented to an outpatient Psychiatric Department of a private nursing home for evaluation of depressive symptoms.

Over the past eight weeks she has experienced sad mood every day, which she describes as a feeling of hopelessness and emptiness. She also noticed other changes about herself, including decreased appetite, insomnia, fatigue, and poor ability to concentrate. The things that used to bring RESHMI joy, such as gardening and listening music, are no longer bringing her the same happiness they used to. She became especially concerned as within the past two weeks she also started experiencing feelings of worthlessness, the perception that she is a burden to others, and fleeting thoughts of death/suicide.

RESHMI acknowledges that she has numerous stressors in her life. She reports that her daughter's grades have been steadily declining over the past two semesters and she is unsure if her daughter will be attending college anymore. Her relationship with her son is somewhat strained as she divorced her husband and her son feels RESHMI is at fault for this.

She feels her career has been unfulfilling and though she'd like to go back to studies, but it is no longer possible to carry out her studies on a single income in the family.

RESHMI has experienced symptoms of depression previously, but she does not think the symptoms have ever been as severe as they are currently. She has taken antidepressants in the past and was generally adhere to them, but she believes that therapy was more helpful than the medications. She denies ever having history of manic or hypomanic episodes. She has been unable to connect to a doctor in several years due to lack of time and feeling that she

could manage the symptoms on her own. She now feels that this is her last chance and she must move forward with this treatment.

Past Medical History

- Hypertension, diagnosed at age 41

Past Surgical History

- Wisdom teeth extraction, age 22

Pertinent Family History

- Mother with history of Major Depressive Disorder, treated with antidepressants
- Maternal grandmother with history of Major Depressive Disorder, Generalized Anxiety Disorder
- Brother with history of suicide attempt and subsequent inpatient psychiatric hospitalization,
- Brother with history of Alcohol Use Disorder
- Father died from lung cancer (2012)

Pertinent Social History

- Works full-time as an enrollment specialist for Southern City Schools since 2006
- Has two children, a daughter age 17 and a son age 14
- Divorced in 2015, currently single
- History of some emotional abuse and neglect from mother during childhood, otherwise denies history of trauma, including physical and sexual abuse
- Smoking 1/2 PPD of cigarettes
- Occasional alcohol use (approximately 1-2 glasses of wine 1-2 times weekly; patient had not had any alcohol consumption for the past year until two weeks ago)

((O))

PSYCHOGENESIS RESEARCH FOUNDATION

11/1, FERN ROAD BALLYGUNGE, KOLKATA - 19
PSYCHIATRY CASE HISTORY RECORD SHEET

Regn. No. 040623/23/35 Date 04 June 2023
Indoor Regn. No. _____ Refd. By _____
Name Ms. Reshmi Age 48 Sex Femal
Religion Hindu Marital Status Divorced
Education _____
Address _____

Phone / Mobile No. _____
Informant's Name _____ Relation with Patient _____

Reliability of source of information: Satisfactory/ Unsatisfactory _____

CHIEF COMPLAINTS

Sadness, anxiety, loss of interest, poor appetite, poor sleep, fatigue, poor concentrate, worthlessness, suicidal ideation, feeling of hopelessness and emptiness

Duration of current illness Last 8 weeks

Mode of Onset slowly increased

Precipitating factors apprehension for daughter and son

Course and Progression gradually increased

HISTORY OF PRESENT ILLNESS

*Over the past eight weeks she has experienced sad mood every day, which she describes as a feeling of hopelessness and emptiness. She also noticed other changes about herself, including decreased appetite, insomnia, fatigue, and poor ability to concentrate. The things that used to bring RESHMI joy, such as gardening and listening music, are no longer bringing her the same happiness they used to. She became especially concerned as within the past two weeks she also started experiencing feelings of worthlessness, the perception that she is a burden to others, and fleeting thoughts of death/suicide. She also consuming alcohol -last two weeks
Now she is taking medicine*

TRETMET HISTORY (Current Episode) _____

PRF-Pg-01

PAST HISTORY:

Medical (Symptoms and Treatment)

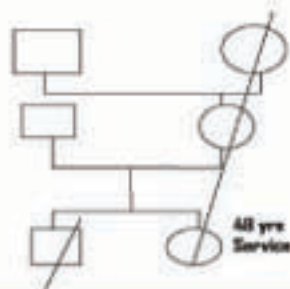
Wisdom teeth extraction, age 22, Hypertensio diagnosed at age 41

Psychiatric (Symptoms and Treatment)

she has a history depression used to take anti-depression

FAMILY HISTORY

The client has a small family of three members.
She divorced her husband, relationship with son is poor.
The client is coming under Lower income group.
The client has a family history psychiatric illness
(grand-mother, mother and brother)



PERSONAL HISTORY:

Birth and Development NA

Sexual and Menstrual History Sexual feeling is intact, menopausal

Occupation full-time job as an enrollment specialist

Marital Relation Divorced Habits and Addictions consuming alcohol

PREMORBID PERSONALITY: Social but there was history of mood fluctuation

MENTAL STATUS EXAMINATION

1. General Appearance & Behaviors normal but little thoughtful

2. Speech slow but appropriate

3. Volition a little poor

4. Affect slow emotional response

5. Mood sad

6. Thought career has been unfulfilling

7. Perception normal

8. Attention on off

9. Memory Normal
10. Language slow ,soft , monotonous
11. Intelligence level of intellectuality is quite normal answer all the test questions properly
12. Judgment logical, rational
13. Orientation normal
14. Insight present

DIAGNOSTIC FORMULATION _____

At present, the client (Reslmi) **presents** to the nursing home psychiatric department with *Sadness, anxiety, loss of interest, poor appetite, poor sleep, fatigue, poor concentrate, worthlessness, suicidal ideation, feeling of hopelessness and emptiness*

The problem seems to be **precipitated** by *her daughter's grades have been steadily declining over the past two semesters and she is unsure if her daughter will be attending college anymore. Her relationship with her son is somewhat strained as she divorced her husband and her son feels ,it is her fault for this.*

At the same time, the client increased alcohol use.

Predisposing factors *include family history of mental disorders and substance use.*

In this case, the **perpetuation factors** *include ongoing discord in his love relationship, ongoing financial difficulties with her son and daughter.*

However, the client has a number of **strengths and supports** *including self inspiration for treatment maintaining doctor visit.*

Works full-time in Schools.

She has faith in Psychotherapy and she has a history of being psychologically-minded and insightful

She is an educated girl.

PROVISIONAL DIAGNOSIS the client has been diagnosed as suffering for **Depression**

MANAGEMENT PLAN _____

- *Medicine first*
- *Regular psychometric checking for measure of degree depression*
- *CBT with*
- *Deep breathing*
- *Relaxation practice (JPMR) / exercise*
- *Family education (session with children)*



27 January, 2023

REPORT ON PSYCHOLOGICAL ASSESSMENT

Name: Reshmi
Age: 48 yrs
Gender: Female
Handedness: Right
Referred By: Dr. Basu
Reason for Referral: Depression Assessment
Date(s) of assessment: XX-XX-XX
Venue of assessment: Psychogenesis Research Foundation

Tests administered on:

1. Beck Depression Inventory (BDI-II)

Test Results:

BDI

The analysis of raw score of BDI test is 25 which is signifying Moderate Depression.

OVERALL IMPRESSION

The subject has Moderate Depression

RECOMMENDATION

She needs

1. Socialization with regular basis
2. Individual Counseling (CBT)
3. Family Orientation Program

Partha Pratim Roy
Clinical Psychologist

Note: This information is intended for professional use only. This is a report on the basis of data gathered through case history, clinical interview, and reflects the current psychological profile of the client.

Thank you for the opportunity to work with you



Last Page

This Evaluation Marks has to submit in a sealed Envelope

APPENDIX-V EVALUATION SCHEME FOR INTERNSHIP— (AGENCY SUPERVISOR)

Name of the Programme MAPC:

Course Code: MPCE-

Study Centre: Asutosh College (28158)

Regional Centre: Kolkata

Name of the Learner: Ms.  ae Dutta

Enrollment No.: 2100516801

Internal Marks by Agency Supervisor

Details	Maximum Marks	Marks Obtained
Sincerity and professional competence	10	07
Assessment (Case history, Mental Status Examination, Interview, Psychological Testing etc.)	15	12
Overall interaction with patients, clients & employees and handling of cases	05	04
Total Marks	30	23

Date: 10 July, 2023

 10.07.23

Partha Pratim Roy
Clinical Psychologist

Name of the Agency Supervisor:

Psychogenesis Research Foundation
11/1 Fern Road, Ballygunge,
Kolkata—700019



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