A PRACTICUM REPORT ON INDIVIDUAL AND GROUP COUNSELLING.

A PRACTICUM REPORT SUBMITTED IN PARTIAL FULFILLMENT FOR AWARD OF A BACHELORS DEGREE IN COUNSELLING PSYCHOLOGY AT MOUNT KENYA UNIVERSITY.

APRIL 2022

PRESENTED BY: PURITY MUTHONI NG’ANG’A

DECLARATION

This practicum report is my original work and has not been presented for award of a Bachelor’s Degree in this or any other University.

Sign ……………………………. Date ……………………….

PURITY MUTHONI NG’ANG’A

BCP/2019/88227

**Approval by the Supervisor**

This practicum report has been submitted to the School of Social Sciences, Psychology department at Mount Kenya University with my approval as the course supervisor.

Sign ………………………………… Date ……………………………

Dr.Gilbert Maroko Mokua,

Mount Kenya University

**DEDICATION**

I dedicate this practicum report to my parents, Mr. Simon Ng’ang’a and Ms. Tabitha Karanja with gratitude for their constant moral and financial support throughout my entire study at Mount Kenya University.

**ACKNOWLEDGEMENT**

First and foremost, I would thank to express my gratitude to God for his guidance and blessings through my entire attachment period.

I would also like to thank LIL MAGIC FOUNDATION who gave me an opportunity to able to intern at their institution in order to fulfill my practicum requirement.

I extend my deepest gratitude to Mr. Charles Githae, who heartily welcomed me for the attachment and guided me through the practicum.

I would also like to convey my heartiest thanks to Dr. Gilbert Maroko Mokua for his valuable support.

Finally, yet importantly, I would like to express my heartfelt to my beloved parents for emotional and financial support, my lecturers and friends for their assistance during the practicum period.

**Abstract**

This practicum report gives a comprehensive review of the 3 months practicum experience running from January 2022 to April 2022.It explains the nature of the practicum and my roles and duties throughout the period I was attached at the institution. It also gives an overview of the organization and the activities carried out in the institution and the challenges faced during the practicum period and the suggested recommendations.

I undertook my practicum at Lil Magic Foundation in Thika. The Lil Magic Foundation is a non-profit making organization dedicated to the improvement of quality of life for all, alleviation of poverty, provision of healthcare, human rights and promoting a holistic life to the needy. My duties and roles involved offering counselling services to clients.

The main goals of the practicum period is to enable the student to develop competency in the provision of individual psychotherapy, to gain skills and experience in individual and group counselling. The student is also able to expand their repertoire of theoretical counselling approaches and to practice professional ethical standards. The student expands on their self-awareness and have an opportunity to explore and receive feedback.

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**PRACTICUM OBJECTIVES**

The following are practicum objectives:

• To enable the student to experiment a variety of counselling techniques.

• To enable the student to integrate skills learned in class.

• To be able to work with clients from a variety of settings.

• To be able to develop cognitive counselling skills such as case conceptualization and treatment planning.

• To be able to develop self-supervision skills by learning self-critique techniques.

• To be able to articulate the client’s problems and make a workable intervention plan.

• To consult and practice the professional codes of ethics.

**INDIVIDUAL COUNSELING**

**CASE 1**

**Biographical Data**

Date 24th January 2022

Client Code A01

Age 35 years

Gender Female

Marital Status Married

Number of sessions 8

Duration of sessions 1 hour

Total number of hours 8 hours

**Background information**

The client started school at the age of six years. The client has 6 siblings. She was unable to complete school due to financial constraints. The client later on got married at a very young age. The client had a very close relationship with the mother who died 5 years ago. The client was sad and frustrated when her mother passed away. The client has 3 children with her husband and she struggles to provide basic needs for them. The client had been selling cakes and groceries but she had stop due to back problems and lack of finances.

**Presenting Problem**

The client referred herself for counselling. She complained of having disturbing thoughts and being frustrated. The client was experiencing stress due to the fact that her 18 year old daughter who is a form two had been raped and infected with HIV/AIDS. She was also experiencing sleepless nights since the perpetrator had not been taken for real. She feared that her daughter would not get justice. The client immensely despised the man who had infected her daughter with HIV/AIDS.

**Exploration stage**

In the initial session, there was building of rapport and development of an in depth relationship with the client. The client was encouraged to expand and elaborate on her story and also to help her identify her emotions.

**Commitment to action**

**Therapeutic goals.**

* To develop coping strategies for dealing with stress.
* Educating the client on the practice of drug adherence, the client was to ensure that her daughter was taking the drugs consistently. The counsellor emphasized to the client on exercise and diet for the daughter.
* To increase the client’s ability to become more self-reliant.

**Counselling Skills**

**Confidentiality**

The client was assured of confidentiality in the initial session. The terms of breaching confidentiality were comprehensively explained to the client. The client become trustful and was able to share her story at a deeper level.

**Active listening**

The aim of active listening was to acquire information and to understand the client much better.

**Reflecting and paraphrasing**

Reflecting and paraphrasing were used to enable the client to feel listened to and that she was receiving attention.

**Questioning**

Use of open-ended questions during the sessions helped in clarifying certain issues.

**Counselling Techniques**

**Breathing exercises**

Deep breathing exercises were used during the session. This exercise helped the client when she felt overwhelmed. The exercise had calming effects which enabled the client to relax.

**Psychoeducation**

The client was educated on how to take care of her daughter who had been infected with HIV/AIDS. Emphasis was laid on the need to practice drug adherence.

**Mindfulness Meditation**

This method involved sitting comfortably, focusing on breathing and bringing the mind’s attention to the present moment without drifting into concerns about the past or future. The client learnt how the technique worked and was able to use at home to cope with stress.

**Theoretical Approaches**

**Cognitive Behavioural Therapy.**

This approach was used to help the client learn destructive or disturbing thought patterns that had a negative influence on behaviour and emotions. Great emphasis was laid on the present and the future rather than the past. The client accepted that self-blame was actually causing more harm to her and was willing to change that cognitive distortion. The client replaced the negative thoughts with positive thoughts.

The client was to make lifestyle modifications in order to provide a relaxing environment for her daughter. But also to assist her daughter in maintaining her a healthy diet. The client was committed to adopting to the changes. The client was introduced to coping skills such as mindfulness techniques which include meditation, deep breathing and muscle relaxation techniques.

**Person Centred Theory**

This approach requires a client to take an active role in his or her treatment with the therapist being nondirective and supportive. Rodgers believed that people are capable of self-healing and personal growth, which leads to self-actualization.

The client suggested several businesses that she could venture in that would help her provide for the children. She also started saving money so as to raise capital necessary for the business.

**Termination**

After thorough assessment and evaluation the counselling sessions were terminated. In reducing the levels of stress, the client was able to address her essential needs.

The client was positive about the therapy sessions and had reported immense progress in her quality of life. The client was able to adapt to the new changes and had learnt on how to care of the ailing daughter. The client gained a positive attitude towards life.

**INDIVIDUAL COUNSELING**

**CASE 2**

**Biographical Data**

Date 24th January 2022

Client code A02

Age 22 years

Gender Male

Marital status Single

Number of sessions 6

Duration of sessions 1 hour

Total number of hours 6 hours

**Background information**

The client was a 22 year old male. He has 2 siblings. He is a student who does online jobs to sustain himself. The client was referred to counselling by a friend. He was experiencing anxiety and frustrations. The client had lost his father a year ago.

**Presenting Problem**

The client came for counselling because he was feeling depressed. He had been suspended from school due to examination malpractices. The client expressed that he had lost hope of completing school and was struggling financially. The client also expressed that he feared becoming like his brother who had lost direction. The client also complained of having insomnia.

**EXPLORATION STAGE**

In the initial session, there was building of rapport and development of an in depth relationship with the client. The client was assured of confidentiality which enabled him to tell their story without fear and feel safe. Unconditional positive regard was employed and this helped the client to be more open as he felt accepted.

**Therapeutic Goals**

* To enable the client to tackle emotional issues that maybe causing frustrations and anxiety.
* To help the client to change maladaptive behaviours which have negative consequences.
* To identify ways of dealing with unresolved grief that might be affecting him
* Identify grief and loss issues linked with anxiety symptoms.
* To develop ways of express feelings of loss and grief.
* To enable the client to become more self-sufficient.
* To reduce the sense of helplessness around the anxiety experienced.

**COUNSELING SKILLS AND TECHNIQUES**

**Active listening**

This helped me to understand what the client’s experience in regard to his problems. Through active listening was able to know the underlying issue that was causing stress and anxiety to the client.

**Unconditional Positive Regard**

This was achieved by accepting the client unconditionally. Unconditional positive regard enabled the client to share his experiences without the fear of being judged.

**Empathy**

This was achieved by understanding the client’s experience and this helped the client to trust the client more.

**Techniques**

**Progressive muscle relaxation**

This technique involves checking in with sections of the body, one part at a time and focusing on relaxing parts of the body that are tensed. In this technique, the client was helped to release tension that often comes with anxiety. The client was able to practice progressive muscle relaxation at home and the client reported that the technique was helpful.

**Breathing**

Deep breathing exercises were also used for relaxation. This helped the client when he was feeling overwhelmed with anxiety.

**Guided imagery**

Guided imagery allowed the client to imagine that he was in an environment of that cultivated a feeling of calmness. The environment is a place where the client has visited before or one that is made up.

**Theoretical approaches**

**Person Centred Therapy**

This approach helped to draw out the client’s feelings in relation to his father’s death. The client was able to come in terms with his loss. He also became confident of his abilities and was no longer overwhelmed with anxiety.

**Cognitive Behaviour Therapy**

Through this approach the client was able to learn underlying patterns that were contributing to his anxiety. The client believed that he was not good enough and that he would not be able to achieve his goals due to being suspended.

This approach also enabled the client to change his negative thoughts into positive thoughts about the future. He was also able to set realistic goals.

**Gestalt Therapy**

This approach helped the client to understand his unresolved grief. The empty chair technique was used to give the client an opportunity to express his thoughts and feelings. This helped the client to deal with his buried feelings and unresolved grief.

**Termination**

The counselling process was terminated after 6 sessions. The client felt that the counselling sessions had made him better and he was able to focus on his goals with less anxiety.

**INDIVIDUAL COUNSELING**

**CASE 3**

**Biographical Data**

Date 25th January 2022

Client code A03

Age 19 years

Gender Female

Marital status Single

Number of sessions 8 sessions

Duration of sessions 1 hour

Total number of hours 8 hours

**Background information**

The client is a 20 year old, she has a 3 siblings. She is also a student. She experienced sexual assault and defilement at a very tender age. She was defiled by her neighbour and uncle. The client lived with her uncle due to financial constraints at her home and also her mother was very ill at that time. This made the client to become bitter and has been unable to form meaningful relationships. The client had never open up to anyone about the defilement. The client expressed that she resented the uncle a lot.

**PRESENTING PROBLEM**

The client expressed that she was overwhelmed with sadness and bitterness. She was unable to cope with her emotions at times. The client projected her anger towards those around her. The client felt that she was at a risk of harming those around her and that her anger would eventually get out of hand. The client was also experiencing anxiety.

**EXPLORATION STAGE**

A rapport building is done to ensure that the client feels comfortable telling her story. The client is assured of confidentiality and also circumstances under which it can be breached.

**Therapeutic goals**

* To enable the client to develop ways of managing anger and anxiety.
* To help the client to develop ways of communicating her feelings.
* To educate the client on sexual and its impact on her.
* To increase the client’s assertiveness.
* To enable the client to develop self-confidence.

**Counselling Skills**

**Unconditional Positive Regard**

This was employed to make the client feel accepted and judged due to her situation. The client was at ease when telling her story and she felt understood.

**Reflection**

This skilled allowed me to communicate with the client that I understood her experience and it helped to gain clarity on certain issues.

**Minimal responses**

The aim was to encourage the client to continue talking and to let the client know that I was listening to her.

**Questions**

This involved the use of open ended questions which helped in obtaining necessary information.

**Silence**

Silence was used when the client got overwhelmed by emotions and started crying. The client was allowed to cry and compose herself. The client was able to release the painful emotions she was carrying due to years of abuse.

**Counselling Techniques**

**Mindfulness technique**

Meditation helped the client to gain relaxation and was used in the long term for anxiety. Meditation was incorporated the client’s daily routine.

**Free association**

This allowed the client to speak up whatever came to mind. It enabled the client to gain awareness of the unconscious materials. It also helped in providing insight to supressed feelings and thoughts.

**Counselling Approaches**

**Person Centred Therapy**

This approach was employed to enable the client to talk about her life experiences. Unconditional positive regard was used to help the client feel safe. Confidentiality was assured at the beginning of the session.

**Psychodynamic Theory**

This approach was used to bring the unconscious feelings of the client to the conscious. The client was able to release the repressed feelings that contributed to anxiety. The client felt betrayed by loved ones since they were not able to protect her from harm.

**Cognitive Behavioural Therapy**

This approach was used deal with the negative distortions in the way client viewed herself and other people. The client was able to understand that harming other people would only cause a severe consequences and would not change what happened in the past. She also came to learn how anger and resentment affected her life. The client stopped blamed herself for being defiled and was able to replace the negative thoughts with positive thoughts.

The client learnt mindfulness and controlled breathing techniques that we helpful in dealing with anxiety and anger.

**Termination**

The counselling sessions were terminated after 8 sessions. The client felt that she had a made progress in healing of the traumatic experiences. She also felt that she was able to control anger issues and had forgiven the perpetrators who caused her pain.

**INDIVIDUAL COUNSELING**

**CASE 4**

**Biographical Data**

Date 26th January 2022

Client code A04

Age 23 years

Gender Male

Marital status Single

Number of sessions 7

Duration of sessions 1 hour

Total number of hours 7 hours

**Background information**