



**GUIDELINES FOR WRITING THE  
CASE STUDY AND REPORT OF  
INTERNSHIP ACTIVITIES**

**2019-2020**

Master of Science in Counseling Psychology  
Frostburg State University  
Frostburg, Maryland 21532-1099

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**WHAT YOU SHOULD KNOW BEFORE YOU START YOUR PAPER**

Over the years the *Guidelines for Writing the Case Study and Report of Internship Activities* has changed, thus you need to be careful to follow the format in this current guideline instead of relying on the format of previous students' final papers. The aim of your paper is to provide the graduate faculty with a demonstration of your ability to conceptualize and integrate what you have learned in the program and at your internship site, specifically in a case study.

With your permission, your paper will be kept in the Psychology Department for future graduate students to read. After your exit interview, and following the final approval of your paper, please e-mail a copy to Karen Lesiak [kmlesiak@frostburg.edu](mailto:kmlesiak@frostburg.edu) (M.S. Program Administrative Assistant) so that we can keep an electronic version as well. The paper should be single spaced, typed, and follow APA format style when applicable. You do not include your internship proposals; these will be added to your final paper after you submit it. Please note, it is important to watch the verb tense consistency in your paragraphs; be sure to write in the past tense when you are referring to past events such as counseling strategies used.

It is your responsibility to ask a second M.S. Faculty member to be your second reader as a member of your exit interview. As faculty are limited as to the number of exit committees they can serve on, it is important to ask early in this process.

You will be required to have your paper read by two members of the M.S. Faculty. The first person to review your paper will be your faculty advisor. Once you have made all revisions, and have had it approved by your advisor, you are to submit a complete copy of your paper to your second reader **at least one week** prior to your exit interview. The exit interview is to be completed by the last day of regular cases for that semester.

**SAMPLE TITLE PAGE**

REPORT OF INTERNSHIP ACTIVITIES

at

Name of Site(s)

Presented to

THE FACULTY OF THE COUNSELING PSYCHOLOGY PROGRAM

FROSTBURG STATE UNIVERSITY

In partial fulfillment  
of the requirements for the degree of

MASTER OF SCIENCE IN COUNSELING PSYCHOLOGY

FACULTY ADVISOR: (your faculty advisor's name here)

SECOND READER: (second reader's name here)

By

(your name here)

(Date – month/day/year)

[If you are completing an emphasis]  
I have completed the requirements of the \_\_\_\_\_ Emphasis Program.



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### INTERNSHIP PAPER RELEASE FORM

I hereby give my permission to allow students and faculty in the M.S. Counseling Psychology Program to have access to my internship paper to enable them to benefit from my internship experience. I fully understand that once I have graduated from Frostburg State University, my internship paper will become property of the program, and students will be permitted to sign out my internship paper with the understanding that it must be returned to the Program Coordinator's office.

Name \_\_\_\_\_

Date \_\_\_\_\_

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I **do not** agree to allow my internship paper to be accessible to faculty or students in the M.S. Counseling Psychology Program.

Name \_\_\_\_\_

Date \_\_\_\_\_

**SAMPLE TABLE OF CONTENTS**

TABLE OF CONTENTS

Internship Paper Release Form

- I. Site description ..... X
- II. Summary of Internship Experiences..... X
  - A. General Description of Cases ..... X
  - B. Evaluation of Internship Experience..... X

Note: if you had more than one internship site, you will need to complete a separate summary of internship experiences (including both A & B) for each site. Use each site names as headers.

- III. Case Study..... X
- IV. Self-Evaluation ..... X
- VI. Activity Hours Summary..... X
- VII. Appendix: Psychological Evaluations (if part of your internship experience)..... X

[Replace X with the actual page number]

## I. SITE DESCRIPTION

Describe the site(s) at which you are interning. Include the type of facility (e.g., inpatient addictions, generalist, private practice, residential school, etc.), client population (i.e. age, gender, racial/ethnic/SES diversity, types of presenting problems), size of the facility (number of clients & staff), location of facility (rural, urban, suburban), and the theoretical orientation of the facility.

## II. SUMMARY OF INTERNSHIP EXPERIENCES

- A. General Description of Cases: Summarize the types and number of cases you had at your internship site, along with the treatment modalities you utilized. If you have had two internship sites, you should have two summaries. Do not list each individual case. If any special circumstances occurred, it would be appropriate to describe them here; for example, making educational presentations as part of outreach activities or being on call for crisis intervention.
- B. Evaluation of the Internship Experience: This should be your evaluation of the internship site(s), which describes your experience there. In this section, specifically address case management supervision provided by your site. Include access to your supervisor(s), supervision topics and your evaluation of the quality of supervision received. This will provide helpful information to other prospective interns who may want to intern at the site in the future. In addition, it provides useful information to the M.S. Faculty on how well the internship site meets the program's desired goals for interns.

## III. CASE STUDY

Typically, interns will present an individual therapy case for their case study. The one exception would be when the intern plans to work almost exclusively with groups and family cases. For those interns, see the program coordinator for specific guidelines on how to write a group or family case study. Interns will also need to include one formal psychological evaluation if they performed this type of assessment at their internship site (include the example of a psychological report as an appendix).

The standard length of the case summary is 5-8 pages, depending upon the complexity of the case and the duration of your intervention. Please write in a clear and concise manner; avoid being wordy or using repetitious statements; do not cut and paste your case notes.

**It is essential to conceal the identity of each client discussed; therefore, do not use the client's actual name, initials, or other information that could reveal their identity.**

Client confidentiality must be maintained throughout your paper. In addition to not using their name or initials, you would not write about a 45 year-old man who is the principal of a local high school because the identity of the man could potentially be revealed. (You would be surprised at how small our world is!) The main objective is to try to make it impossible for

anyone to identify your clients. If you cannot do this, then do not write about them. Also, be sure to type at the top of the case study: **CONFIDENTIAL: FOR PROFESSIONAL USE ONLY.**

**See pages 9-11 for the specific format to be used in presenting the case study.**

#### **IV. SELF-EVALUATION**

Assess your own strengths, needs, and goals (both short- and long-term) that are relevant to you as a helping professional. It is helpful to take a developmental perspective when writing this section (i.e., reflect upon your professional and personal development over the course of your involvement in the program).

**As a separate paragraph in this section, include a summary of your personal growth experience that is required by the program.**

Your written evaluation of your personal growth experience is the means through which faculty monitor students' compliance with the program requirements. First, describe your personal growth experience. Second, describe some specifics as to how your experience affected your development as a professional counselor.

#### **V. EVALUATION OF THE M.S. IN COUNSELING PSYCHOLOGY PROGRAM**

This is an important part of your paper as it gives faculty information about what is working well in the program, as well as what changes may need to be considered. In this section, it is very important to address both the strengths and needs of the program.

- A. Describe up to three aspects of the M. S. program that you consider strengths. Indicate if any of these are aspects of the program that you hope would never change.
  
- B. Describe up to three aspects of the M. S. program that you would like to see changed. Please provide any suggestions as to how you would like to see each of these issues addressed. The more concrete you can be in your recommendations the more likely we will be able to address the issue.

#### **VI. APPENDIX**

If part of your internship included writing psychological reports, please attach a sample of one of them here (again, remember to remove the client's name, etc.).

CASE STUDY FORMAT
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I. Identifying Information:

- A. Intern Name  
Number of Sessions (date began/end, or continuing)  
Internship Site  
Site Supervisor: Name and Title  
Faculty Advisor: Name and Title  
Faculty Group Consultant: Name and Title

\*Note, you are to both use a fictitious name and type the word "Fictitious" to ensure all readers know you have made up this name.

- B. Client's Name (**Fictitious**\*)  
Race  
Sex  
Age  
Education  
Current Work Situation  
Marital Status; Children  
Physical Description

II. Reason for Referral: This section should briefly describe how the client came to be at your internship site.

III. Presenting Problems/Symptoms: This section should briefly describe the nature of the client's problem and any symptoms he/she had been experiencing at the start of treatment.

IV. Pertinent Medical Information: This section should include any medical information that may be relevant in developing a clear picture of the client's presenting issue.

V. Psychosocial History: This section should be set up with the following headings:

- A. Living Situation
- B. Family History
- C. Social History (friends, community, church, etc.)
- D. Education History
- E. Employment History (include military history)

VI. Psychiatric History: This section should include prior psychological/psychiatric treatment experiences (e.g., in-patient, outpatient, self-help groups), any relevant assessment information (e.g., psychological testing, formalized social/family observations), and history of substance abuse or dependency.

VII. Case Conceptualization:

- A. Diagnosis: Provide **your** DSM-V diagnosis, your assessment and interpretation of the client's problem. If your diagnosis differs from others at the internship site please discuss this.
- B. Problem etiology: Explain, from theoretical orientations, how the client's problems developed. The explanation might include some of the following issues:
1. Family dynamics
  2. Modeling
  3. Reinforcement
  4. Punishment
  5. Schema (s)
  6. Heritability/genetics
- C. Problem resolution: Treatment Issues, Goals, and Strategies: Explain, from (a) theoretical and empirical perspectives(s) how the problem can be resolved. A certain amount of consistency is expected between the proposed problem etiology and problem resolution. In other words, the treatment should logically fit the problem(s). The goals and strategies selected should also be evidenced based. In summary, in this section, you will formulate your client's problems and project the desired outcomes. This will reflect the issues and goals that you and your client have decided to address in treatment. To reiterate, the stated treatment goals should logically connect to the stated treatment issues.

EXAMPLE: The following is an excerpt from a previous student's paper, which demonstrates the M.S. Faculty's expectations for Treatment Issues and Goals.

Treatment Issues and Goals:

1. Alcohol related issues: maintain abstinence; learn about addiction.
2. Enhance self-sufficiency: obtain education and new employment, move out of parents' house.
3. Alleviate shyness and enhance assertiveness: set boundaries with mother regarding children.

- D. Counseling Strategy: This section should outline the techniques you employed to meet the above treatment issues and goals outlined in section VII C. Thus, for each problem issue you would state the techniques you utilized, along with a brief statement on the rationale for your choice.

EXAMPLE: Counseling Strategy

1. To deal with her alcohol related issues, the primary modality utilized was to present the client with didactic information regarding various alcohol-related topics...
2. The client was given information regarding the various resources available to her to pursue financial assistance for housing and educational aspirations...
3. Her irrational beliefs, over-generalizations, and tendency to predict the future, which all served to impact negatively on her self-esteem and social interactions were all explored. She was given the opportunity to experiment with new

behaviors and approaches to social situations.

VIII. Course of Counseling:

- A. Write a brief summary of the client's response to treatment.
- B. Counseling Notes: Write a brief summary of some, but not all, sessions. The number of sessions summarized will depend on the total number of sessions you have had with your client. For example, if you see a client weekly for eight months, a note every three to five sessions would be appropriate, or you could summarize the sessions that demonstrated a turning point in treatment. On the other hand, if you saw a client for only a few, intensive encounters (e.g., hospice or career counseling), it would be appropriate to include notes on all sessions. Alternatively, you could combine several sessions together into a summary.
- C. Session notes should not be over six sentences in length and are to be written in complete sentences. These notes are to reflect the treatment issues and goals identified in section VII C. In addition, your session summaries need to reflect the interventions you utilized and your client's response to treatment. For example, you would include the strategy you identified in section VIII, note the client's response to treatment, and then indicate the follow-up plan for the next session (when applicable).
- D. Change in Counseling Plan: This section should indicate any changes in the treatment from what was initially established in section VII C or VII D. Include the date and rationale for any changes.

IX. Termination and Follow-up Recommendations: This section should briefly describe the last session you had with your client and any recommendations that you suggested.

X. Up-dated Information: This section would include any information that becomes available to you after you have written the case summary, and for which you have knowledge before your exit interview.

XI. Prognosis: This should be based on the progress the client has made and your sense of the client's ability to continue to improve after termination with you. The prognosis should include both positive prognosticators and limiting factors of treatment in separate sections with these headings.

XII. Counselor's Learning and Insights: This section should include any significant "learning" you experienced while working with your client.

**ACTIVITY HOURS SUMMARY**

Frostburg State University  
 Master of Science in Counseling Psychology  
 Activity Hours Summary

*[List the **ACTUAL** hours per week you engaged in each activity then total your hours per week at the bottom (this total must equal your weekly hours). If completing a graduate emphasis program, checkmark the appropriate boxes at the bottom of this page.]*

<u><b>ACTIVITY</b></u>	<u><b>WEEKLY HOURS</b></u>
INDIVIDUAL COUNSELING:	
1. Mental Health	_____
2. Addictions	_____
3. Child	_____
GROUP COUNSELING:	
1. Addictions	_____
2. Family	_____
3. Psychological Education	_____
4. General Process	_____
Evaluation/Intake Interviews	_____
Development/Maintenance of Treatment Plans	_____
Agency Meetings/Training	_____
Documentation (Daily/Weekly Log)	_____
On-Site Individual Supervision	_____
FSU Group Supervision (0.75 hours weekly)	_____
Other (please list below and indicate weekly hours):	
1.	_____
2.	_____
<b>TOTAL WEEKLY HOURS:</b>	_____

**Checkmark Box If Applicable**

- Child & Family Counseling Psychology Emphasis
- Addictions Counseling Psychology Emphasis