BACKGROUND
The EBS Children’s Institute of West Chester is a multidisciplinary clinic that provides psychotherapy, occupational therapy, speech therapy, feeding therapy, and physical therapy to children. I interned in the Child Psychology and Counseling Department.

MY ROLES AT EBS

- Observe and participate in sessions with patients and parents under the supervision of Cristine Cappo, a licensed professional counselor and the psychotherapy program coordinator at EBS
- Help determine objectives and plan activities for sessions

PIS COURSE LEARNING OBJECTIVES

- To learn more about the therapeutic process when working with children, such as the development of a relationship with the child in a clinical context and how to approach psychoeducational work with children.
- To strengthen my overall understanding of the expression of psychological disorders in children, including an understanding of symptoms presented by children at this clinic.
- To develop a greater understanding of the barriers to clinical care such as SES, the effect of stigma, and familial situations like divorce.

MY WORK WITH MARY

About Mary:
- Seven-year-old girl
- Intermittent explosive disorder-like episodes (e.g., struggles with regulating emotions)
- Sometimes physically aggressive towards younger sister
- Self-deprecating thoughts and statements when dysregulated
- Emotional inflexibility and trouble completing routines

Sessions with Mary:
- Teach Mary about anger - how to control anger, identify her triggers, notice warning signs, and learn coping skills
- Help her get through important tasks
- Suggest and practice cool-down activities to help keep her calm when triggered

<table>
<thead>
<tr>
<th>Typical</th>
<th>Mary</th>
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<tbody>
<tr>
<td>Staring to individuate, but still very attached to parents</td>
<td>Has always been quite individual, does not show interest in bonding with parents, especially mom</td>
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<td>Increased self-consciousness, wants to be liked and accepted by friends</td>
<td>Is set on maintaining friendships with people she is upset with/who hurt her feelings because she wants to remain liked</td>
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<td>Can have strong emotional reactions as emotional development is happening</td>
<td>Explosive emotional reactions at home to events disproportionate to reaction</td>
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<td>Develop more emotional control in public settings</td>
<td>Behavior is good in school, but can get out of hand in settings with her family</td>
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<td>Tend to complain, and feel guilt and shame</td>
<td>Normal complaining, unsure about guilt after actions in explosive episodes</td>
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<td>Better at accepting differences in opinion</td>
<td>Good in this area outside of her family</td>
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<td>Can dress themselves, brush their own teeth, bathe with minimal help</td>
<td>Has difficulty completing hygiene related tasks on her own</td>
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TAKEAWAYS

My experiences at EBS helped me reach my learning objectives and informed my future academic/career goals.

I was able to...
- Establish a therapeutic relationship with children at the clinic
- Gain a greater understanding of the expression of psychological disorders in children
- Witness the complexities of providing psychological care in this setting
- Gain a greater understanding of some of the barriers there can be to treatment