

## Appendix K: Practical 8A

### Role-play 1: Brief Intervention with Jamie Greene

#### Participant's Briefing Instructions

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##### Instructions for Role-play Volunteer (Jamie Greene)

These are the instructions for the person helping the student with Role-play 1 by acting in the role of the client. You must use the following information to assist you in your interactions with the student during the role-play. The role-play will include the student conducting an initial counselling session with you. While you are encouraged to use your creativity and judgement during the role-play, please follow these instructions.

Please note that the gender of the volunteer doesn't need to match the gender of the character they will be playing as long as the volunteer can accurately portray the character as described in the following instructions.

**Please note:** This role-play focuses on issues of alcohol addiction and could be upsetting or triggering for some individuals. Please consider your suitability for participating in this role-play before continuing. If you require support, a helpline is available from Lifeline (13 11 14), and counsellors and other mental health professionals can provide help.

##### Background Information

You are Jamie Greene, a 26-year-old seeking support from a drug and alcohol counselling organisation to help you quit drinking. You stopped drinking last week after being involved in a car accident while driving under alcohol.

You were driving home from the pub when you ran a red light and collided with a car containing a woman and her child. The woman saw you and managed to break quickly, so the impact was minor, and no one was injured. This meant that the Police were not called, and you "got away with it", but the event has shaken you significantly.

You realise that the accident could have been far worse – you could have killed someone, or at the very least, you could have had your licence taken away (which would be devastating for you as you work as a courier driver). After the accident, you sat down and evaluated your drinking habits and realised that your drinking had increased substantially over the last two years.

While you don't drink daily, you go to the pub with your mates every second or third night and drink between 6-10 schooners. This has resulted in you regularly feeling hung-over and lethargic at work and has significantly impacted your fitness. You used to enjoy running and

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weight-lifting at the gym, but now instead of going to the gym, you are going to the pub and no longer have the energy to work out.

You have told your friend, Nima, that you have decided to stop drinking (although you did not tell them you were drunk when you had the accident). Nima is very supportive and is happy that you want to quit drinking, although you are concerned that you might not have the willpower to maintain your resolve around them because she has a glass of wine with dinner every night (although they rarely ever drink to excess).

You envy their ability to contain themselves to a single drink because you can't seem to do this. In the past, when you were more into your fitness, you made a few attempts to cut down your drinking, but you found that it was impossible to have one beer. When you drink one, you want more and can't resist the urge.

You have decided it would be best to stop drinking entirely, but you need help. You can't see yourself being able to successfully make the changes you need to make to stay completely sober, especially since your social life tends to revolve around having "a few drinks with the boys". This is why you have decided to see a counsellor.

### During the role-play:

Some specific instructions about things you must say/do during the role-play:

- At the beginning of the role-play, the student will greet and welcome you – you should respond naturally to any small talk they make.
- When the student asks about the circumstances surrounding your coming for counselling, you should reply that you need some help with your drinking. Use the information provided in the "background character information" to help flesh out the conversation. Be sure to discuss the car accident and your evaluation of your drinking habits. Respond in a way that comes to you naturally based on the questions asked while using the background information. Note: don't simply read this information out – instead, respond in a manner that makes sense to the conversation you are having with the student.
- If the student asks you about your goal, you should say you want to quit drinking. You want to do this because you are growing concerned about how much you drink and that continuing to do so could ruin your life. You are also interested in feeling healthier.
- Suppose the student asks you about possible barriers or challenges you might face in meeting your goal. In that case, you should discuss your concerns regarding the temptation of having "just one glass" around Nima and then being unable to stop. Also, your concern about how you will not drink when all of your social interactions with your friends involve alcohol.

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- Suppose the student asks you to consider possible sources of support. In that case, you should talk about how supportive Nima is and how you might get back into contact with your old gym buddies who live healthy lifestyles and engage socially without drinking.
- If the student offers any suggestions for support, you should ask any questions you might have and then consider the support in line with your goal. If you think the support is appropriate, thank the student and allow them to tell you about it. Tell the student if you don't believe the support is appropriate.
- You should respond to any further questions or prompts in a manner that seems natural to you based upon the "background character information" and your discussion with the student during the role-play.