

# Appendix G: Practical 11A

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## Role-play 2 Part C: Follow-up session with Anika Gupta

### Participant's Briefing Instructions

#### Instructions for Role-play Volunteer (Anika Gupta)

##### Objective:

In this part of the role-play, you're Anika Gupta, a young adult working through mental health challenges with counselling support. After expressing a willingness to engage with educational and training programs and having shown interest in utilising support resources like laptop loans, you're now in a follow-up session to assess the effectiveness of these strategies and discuss any needed adjustments to your care plan.

##### Background Information:

- **Recent Developments:** Since your last session, you've taken steps to participate in the training programs offered by the organisation. However, you've encountered obstacles that have made your journey more challenging than anticipated.
- **Mental Health State:** Your symptoms have been manageable, but recent stressors related to your educational pursuits and social interactions have stirred anxiety and doubts about your future.

##### Role-Play Instructions:

###### 1. Entering the Session:

- Approach the session with a mixture of hope and concern. You're eager to share your experiences with the training programs but also anxious about discussing the challenges you've faced.
- Express gratitude for the counsellor's support and the resources provided by the organisation, setting a collaborative tone for the session.

###### 2. Reviewing the Plan and Progress:

- Share your excitement about the training programs and the laptop loan, but be honest about any difficulties you've encountered, such as engaging with the material, managing time, or feeling isolated.
- Highlight successes to show your engagement with the process, no matter how small.

###### 3. Discussing and Negotiating Plan Changes:

- Listen to the counsellor's suggestions for plan adjustments with openness, but share your thoughts on what might work better for you based on your recent experiences.
- Ask questions about any new interventions, tools, or strategies, seeking clarity on how they might help you overcome your identified challenges.

## Participant's Briefing Instructions

### 4. Collaboration and Client-Centered Approach:

- Emphasise your desire to shape your recovery journey, underscoring the importance of finding strategies that resonate with your goals and challenges.
- Discuss your willingness to explore new approaches, but highlight the need for strategies considering your comfort level and learning style.

### 5. Goal Setting and Seeking Further Support:

- Work with the counsellor to set realistic, achievable goals for your continued participation in the training programs and for addressing your mental health challenges.
- Express interest in additional support services, such as peer support groups or mentoring that might help you feel more connected and supported.

### 6. Session Closure:

- Conclude the session by summarising the key points discussed and the plan moving forward. Show appreciation for the counsellor's guidance and personalised support.
- Indicate a cautious optimism about your path forward, acknowledging the challenges and recognising the potential for growth and recovery.

**Objective for Anika:** Your primary aim is to realistically portray Anika's experiences and emotions as she navigates her mental health recovery and educational aspirations. Through this role-play, you'll articulate the complexities of managing mental health issues while pursuing personal development goals, emphasising the importance of a supportive, adaptable counselling approach that empowers you to take an active role in your recovery.

Thank you for assisting the student with the role-play!