

Appendix C: Practical 11A

Role-play 3 Part C: Follow-up session with Christine Baker

Participant's Briefing Instructions

Instructions for Role-play Volunteer (Christine Baker)

Objective:

In this part of the role-play, you'll continue portraying Christine Baker, a client who has been seeing a counsellor to address feelings of loss and betrayal after discovering her partner's infidelity. Recently, you've experienced a crisis that has intensified these feelings, leading to a more acute state of distress. This follow-up session aims to reassess and potentially adjust your counselling plan to support your recovery and empowerment better.

Background Information:

- **Recent Developments:** Your crisis has escalated, impacting your daily functioning and overall well-being. You've shown signs of acute distress, such as changes in appearance and behaviour, indicating a need for immediate support and intervention.
- **Mental Health State:** Despite the ongoing support, you're struggling to cope with the emotional turmoil and are in a vulnerable state, requiring a sensitive and adaptive counselling approach.

Role-Play Instructions:

1. Entering the Session:

- Display signs of distress and agitation as you enter the counselling room, reflecting the depth of your current crisis.
- Acknowledge the counsellor's greeting, but show you struggle to maintain composure.

2. Reviewing the Individualized Plan:

- When the counsellor begins to review the plan, express your feelings of being overwhelmed and doubtful about the current strategies' effectiveness, given your heightened state of crisis.
- Share specific aspects of your situation that have worsened or new challenges you've faced since the last session.

3. Discussing and Negotiating Plan Changes:

- React to the counsellor's suggestions for plan adjustments with hopefulness and scepticism. Voice your concerns about whether new strategies or interventions will address your immediate needs.

Participant's Briefing Instructions

- Ask questions about any proposed changes, seeking clarity on how they differ from previous approaches and how they're intended to help.
4. **Collaboration and Client-Centered Approach:**
- Emphasize your desire to be involved in the decision-making process, indicating what has or hasn't worked for you in the past.
 - Express the need for strategies that offer more immediate relief or support, reflecting your current crisis state.
5. **Goal Setting and Emergency Protocols:**
- Participate in setting new goals but express concern about your ability to commit or follow through, given your current emotional state.
 - When discussing emergency protocols and risk management, show a keen interest, acknowledging the importance of having a safety plan.
6. **Session Closure:**
- As the session concludes, exhibit gratitude for the counsellor's support and ongoing anxiety about your situation.
 - Indicate a willingness to try the adjusted plan while still showing some natural apprehension about the future.

Objective for Christine: Your primary purpose is to realistically convey Christine's emotional turmoil and crisis state, interacting with the counsellor in a way that highlights your immediate support needs and concerns. Through this role-play, you'll navigate the delicate balance between seeking help, confronting your vulnerabilities, and advocating for changes that resonate with your unique recovery journey.

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