

## Appendix I: Practical 7A

### Role-play 2: Part A: Sixth (final) Session with Simon Leung

#### Participant's Briefing Instructions

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##### Instructions for Role-play Volunteer (Simon Leung)

These are the instructions for the person helping the student with Role-Play 2 by acting in the role of the client, Simon Leung. 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 a final counselling session with you. While you are encouraged to use your creativity and judgement during the role-play, follow the instructions below.

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.

##### Background Information

You are Simon Leung, a 19-year-old man who has been seeing a counsellor for six weeks. You were initially referred to counselling by your GP after you sought assistance for social anxiety-related issues. You have been working with the counselling for five sessions now, primarily focusing on your feelings of social anxiety, issues of self-worth, and ability to feel comfortable with new people (particularly a girl you have recently asked out).

During your sessions, the counsellor has helped you understand that you have several negative self-beliefs and that these beliefs impact your ability to function effectively in social situations. The counsellor has worked through several techniques that have helped you adopt more adaptive beliefs and valuable practices. You have made progress towards your goal of addressing your issues of social anxiety.

While you think you still have a lot of work to do, you believe that the work you have completed with the counsellor has started you on the right path; however, you think you need a lot more practice implementing the tools and techniques you have learned.

##### 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 you and welcome you back to counselling – you should respond naturally to any small talk they make.

## Participant's Briefing Instructions

- You should agree if the student reminds you this is your sixth and final contracted session and proposes you review your progress together.
- If the student emphasises and affirms the hard work and personal growth they have observed in you over the last five sessions, you should respond by thanking them and agreeing that you have made good progress.
- If the student asks questions about your thoughts and perceptions about your progress, you should respond naturally based on the background information and the questions the student asks.
- You must indicate that you have made good progress but are not as socially confident as you would like. You may comment that while you are now comfortable in front of the girl you are dating, Nina, you are still socially anxious around strangers and that you think you need to put yourself 'out there' more and begin to implement some of the tools and techniques that you have been learning about in counselling. You want to put your social anxieties behind you and learn to be confident and comfortable talking to strangers.
- If the student suggests any options for further support, you should listen to them and respond positively to any suggestions you feel could be helpful.
- If the student asks you questions about your thoughts on the counselling process, you should respond in a manner that seems natural based on the background information. Ultimately, you should be optimistic about your counselling experience.
  - For example, suppose the student asks what you found most useful or enjoyable throughout the process. In that case, you may like to indicate that you found exploring your negative beliefs and understanding that they were just 'thoughts' and not 'truths' to be the most useful because it has allowed you to begin to distance yourself from them.
  - Suppose the student asks you what you found unenjoyable or unhelpful about the counselling process. In that case, you may like to indicate that you sometimes found it uncomfortable working through your concerns and challenging yourself, but you are happy that you have done it.
  - If the student asks you if you have learned anything new about yourself or your situation through counselling, you may like to indicate that you learned a lot about yourself and are excited about continuing to learn how to improve your social skills.
- Suppose the student asks you how you plan to progress outside of counselling. In that case, you should initially be slightly uncertain and then build upon the student's suggestions.
- If the student wishes you well for the future, you should reply by thanking them.