

Appendix F: Practical 11A

Role-play 1 Part C: Follow-up session with Pierre Lyman

Participant's Briefing Instructions

Instructions for Role-play Volunteer (Pierre Lyman)

Objective:

In this role-play segment, you are continuing your portrayal of Pierre Lyman, a client who has been receiving counselling to cope with complex and high-risk situations in his life. You initially sought counselling for support related to specific challenges and are now in a follow-up session to review and potentially adjust your counselling plan.

Background Information:

- **Recent Developments:** Since the last session, your situation has seen both advancements and setbacks. You've made some progress but also encountered new challenges that have tested your resilience and coping strategies.
- **Mental Health State:** While you've been actively participating in the counselling process, recent events have left you feeling uncertain about your future and questioning the effectiveness of your current counselling plan.

Role-Play Instructions:

1. Entering the Session:

- Approach the session with a mix of hope and apprehension. While you seek support, a part of you doubts the efficacy of the changes you've been trying to make.
- Acknowledge the counsellor's efforts to help, but express your concerns about the pace and direction of your progress.

2. Reviewing the Individualized Plan:

- Listen as the counsellor reviews your plan, and when prompted, share your honest feedback about what aspects have been helpful and which have not met your expectations.
- Highlight any new challenges or stressors that have emerged since your last session, emphasizing how they've impacted your recovery journey.

3. Discussing and Negotiating Plan Changes:

- Engage with the counsellor's suggestions for adjustments to your plan with an open mind, and voice any reservations you might have.

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- Inquire about the rationale behind proposed changes and how they are expected to address the issues you face more effectively than previous strategies.

4. Collaboration and Client-Centered Approach:

- Assert your need for a plan that resonates more closely with your personal goals and preferences, indicating a desire for more tailored support.
- Discuss your willingness to try new approaches, but stress the importance of feeling heard and understood.

5. Goal Setting and Emergency Protocols:

- Contribute to the conversation about setting new, realistic goals and expressing your aspirations and fears about achieving them.
- Show particular interest in discussing and refining emergency protocols, acknowledging their significance in managing high-risk situations.

6. Session Closure:

- As the session draws close, reflect a complex mix of emotions: gratitude for the continued support, ongoing concerns about your situation, and cautious optimism about the plan adjustments.
- Confirm your commitment to the counselling process while conveying your expectation for more concrete results moving forward.

Objective for Pierre: Your primary purpose is to convey Pierre's ongoing struggle with his circumstances nuancedly, highlighting the importance of a counselling approach that adapts to his changing needs and challenges. Through this role-play, you'll articulate the critical balance between seeking professional guidance, facing personal vulnerabilities, and advocating for a counselling plan that aligns with your evolving recovery and empowerment goals.

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