Role Play # 3 of THP Competencies

Cognitive Competence # 1,2 and 3, behavioral activation (mood monitoring) and relaxation.

Instructions for the CHW.

This role play involves reviewing the relationship between negative thoughts, feelings, and behaviors. To do this, you, as a CHW, must ensure that the client understands how to complete the mood chart, the activities, and identify behaviors to better understand her emotions at the time.

In this role play, work through session 2 with the client:

* 10 minutes have passed into the session
* You have already completed the review of the task from the previous session
* Made the introduction of this new session
* You have also reviewed, together with the client, the practice of filling in the mood chart in home.

**Begin this role play with** **Session 2**, using the **three steps of Thinking Healthy**.

Please note that in this role play you should:

1. Link or find the relationship between thoughts, feelings and behaviors.
   * Remember to ask the client if she has had negative thoughts. Then, work with the client to analyze the thoughts and the consequences that they can generate in emotion, behaviors and physically.
2. Explain and practice the slow breathing technique, teach the client simple steps to learn this technique.
   * To do this, a comfortable place must be prepared, and a position found in which the user feels relaxed. You should tell the user to close her eyes and begin to breathe slowly. You must inhale 3 times and exhale 3 times, causing your diaphragm to expand.
3. Explain the mood chart and leave it as homework for the next session. Give an example of how to fill in the chart and check if the user understands the indications.

Remember that you have **15 minutes** to do this role play, which may mean you need to work faster than usual—that is okay! Please do your best to show the above skills as a CHW.

Instructions for the actor-client

You and the CHW have completed the session where the first step of Thinking Healthy was reviewed: identifying the negative thoughts that appear in different situations and being assigned to complete the record of your thinking and the activity or behavior that you carry out when having these thoughts.

In this role play, your homework assignments have already been reviewed.

The CHW must explain the steps of the Thinking Healthy Program to you. In addition, they will review the mood chart as homework for the next session. Finally, the CHW will introduce you to a new relaxation technique that consists of slow breathing exercises.

### Checklist of key concerns for the actor-client

Use the following list of concerns and prompts. Based on the information provided by the CHW, this information can help guide your responses:

1. When the CHW asks you if you have had a problem or have been through a stressful situation, you can mention: **“My sister is worried about my emotional state, and that is why she wants to continue with the sessions. I think she does it as a punishment and that bothers me”.**

**A. Body language:**

a. Support your head with your hands when talking about your unhealthy or negative thinking

b. Speak in a low tone of voice when you comment on your negative feelings.

c. Raise your voice and be angry when you comment on your relationship with your child.

**B. Negative thinking, feelings, and behaviors of the client:**

to. Negative thinking: Not having future goals with your child. "**This baby will not allow me to move forward with my study plans”.**

b. Negative feeling: When asked how your negative thought makes you feel; you can say that you feel like a failure because you can't study.For example, **“I feel angry, I feel like I have failed. I am a failure for not finishing my studies"**

c. Negative behavior: When asked how your negative thinking and feeling make you act, comment that you prefer to stay in their room, you do not eat properly and you no longer interact with your child as you did before. For example, **“I stay in my room, I don't eat well, and I no longer share activities with my child."**

**4. Breathing exercise:**

**a. Body language:**

When doing the breathing exercise: try once, but act nervous and doubtful, as if you do not know if you are doing it right. Explain to the CHW that you cannot continue with the exercise.

**Note:** This should make the CHW support you to continue, reinforce the practice and not judge you. It solves your doubts and they continue.

When the CHW asks you about practicing a slow breathing exercise, you can say you don't know how to do it. For example, **"I've already tried it and I'm not doing it well, when I try I feel like I'm not doing it well and I stop."**

1. **Mood chart:** The CHW should teach you how to complete a mood monitoring log.
   * You will try to fill in the box, but you are doubtful, you stop and ask **"will this really help me?"**
   * In addition, you must comment that you no longer perform, you do not feel like before and therefore you do not know what to put **"I have no idea what to put in the box".**

## Narration 3

Sonia, 25, is a mother from the Carabayllo district, who is 7 months pregnant. She lives with her child and her older sister (40 years old). A few months ago, Sonia stopped studying, began to neglect her personal image (such as combing her hair and bathing) and no longer had breakfast with her child. In the morning, Sonia lies on her bed with a headache and tells her family "... let me sleep and be alone to forget my problems ...". Her sister, realizing that Sonia is in that emotional state, has suggested that she continue her sessions with the CHW. Given this, Sonia points out *"I really feel good, I just need to be alone and soon I will improve".* But, according to her sister, she is not well, she does not feed, she wants to be in her locked room and she has lost emotional contact with her child because she used to take him to the park or help him with his homework. Now she points out that she doesn't have the energy to take him out for a walk. In one of the hearings, the CHW found that Sonia was lying in her room, approached her and asked "Sonia, how are you feeling?" and Sonia replied *“I feel very sad, since this baby does not allow me to advance with my study plans and that makes me feel frustrated and unmotivated; I wouldn't want to feel like that”*, at that moment Sonia began to cry, she began to breathe faster, she commented that her stomach hurt and that she felt a slight pressure on her chest.

# Actor-Client Prompt Checklist for THP Role Play (Script 3)

## 1. Checklist: Narrative 3

| **THEME** | **INDICATIONS** | **Number of times you use the prompt** | **NOTES** |
| --- | --- | --- | --- |
| INQUIRY OF THE PROBLEM | When the CHW asks you if you have had a problem or have been through a stressful situation, you can mention: **“My sister is concerned about my emotional state, and that is why she wants me to continue my sessions with you. I think he does it as a punishment and that bothers me ”.** | How many times did you use this prompt? (Check your answer):     |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 0 | 1 | 2 | 3 | 4 | 5 | **> 5** | |  |
| BODY LANGUAGE | Support your head with your hands when talking about your unhealthy or negative thinking. | **❑ Correctly done** – uses hand to support head when talking unhealthy thoughts  **❑ Incorrectly done** – does not use hands when talking of unhealthy thoughts |  |
| Speak in a low tone of voice when you comment on your negative feeling. | **❑ Correctly done** – speaks in low tone of voice when talking of negative feelings  **❑ Incorrectly done** – speaks in loud or normal tone of voice when talking of negative feelings |  |
| Raise your voice and be angry when you discuss your relationship with your child. | **❑ Correctly done** – \_talks louder, looks angry (furrowed brows or frown) when talking about child  **❑ Incorrectly done** – talks normal or quiet, has plain or happy face when talking about child |  |
| NEGATIVE THINKING | When the CHW asks you about your negative thinking, you can say: **"This baby does not allow me to move forward with my study plans".** | How many times did you use this prompt? (Check your answer):   |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 0 | 1 | 2 | 3 | 4 | 5 | **> 5** | |  |
| FEELINGS | When the CHW asks you about your negative feelings, you can say: **“I feel angry, I feel that I have failed. I am a failure for not finishing my studies".** | How many times did you use this prompt? (Check your answer):   |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 0 | 1 | 2 | 3 | 4 | 5 | **> 5** | |  |
| BEHAVIOUR | When the CHW asks you how your negative thoughts and feelings make you act, you can say: **"I stay in my room, I don't eat well, and I no longer share activities with my child".** | How many times did you use this prompt? (Check your answer):   |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 0 | 1 | 2 | 3 | 4 | 5 | **> 5** | |  |
| RELAXATION TECHNIQUE | When doing the breathing exercise: try once, but you are nervous and doubtful as if you do not know if you are doing it right. You say to the CHW that you cannot continue breathing/ don’t know how to do this.  Note: this should get the CHW to support you to continue, reinforce the practice, and not judge you. It solves your doubts and they continue. | How many times did you use this prompt? (Check your answer):   |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 0 | 1 | 2 | 3 | 4 | 5 | **> 5** | |  |
|  | When the CHW asks you about practicing a slow breathing exercise, you can say you don't know how to do it. For example, **"I've already tried it and I'm not doing it well, when I do it I feel like I'm not doing it well and I stop".** | How many times did you use this prompt? (Check your answer):   |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 0 | 1 | 2 | 3 | 4 | 5 | **> 5** | |  |
| MOOD MONITORING CHART | When the CHW shows you how to fill in the mood chart, you will try to fill it out, but you are doubtful, you stop and ask **"will this really help me?"** Also, you should comment that you no longer feel like you used to and that is why you don't know what to put **"I have no idea what to put in the box".** | How many times did you use this prompt? (Check your answer):   |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 0 | 1 | 2 | 3 | 4 | 5 | **> 5** | |  |