Role Play # 1 of Thinking Healthy Program Competencies

Cognitive Competence # 1,2 and 3 behavioral activation 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. According to the information provided by the CHW, this information can help you direct your responses:

1. When the CHW asks you if you have had a problem or have been through a situation that bothers you, you can say, **"My mother is upset because I do not receive her food and that is why she told me to seek your help. I think she does it to punish me, that irritates me a lot”.**

**A. Body language:**

a. You touch your face with your hands when you say that your mother is upset with you.

b. Don't look at the camera when talking about the relationship between your negative thoughts, your negative feelings and behaviors.

**B. Negative thinking, feelings and behaviors that the client (actress) is having:**

to. Negative thought: ***“I think that my mother will not let me live in peace.* she presses me a lot, she always checks what I'm eating "**

b. Negative feeling: Mention that you feel **angry** when the CHW asks how your negative thinking makes you feel. You may to mention "**I feel angry; it bothers me a lot to go through this”.**

c. Negative behavior: When asked how your negative thinking and feeling make you act, mention**, “I stay silent and go to my room. Then I try to eat, but only so that my mother will shut up and leave me alone”.**

1. **Breathing exercise:**

a. **Body language:**

**When doing the breathing exercise:** breathe very fast and do not take a slow breath as the CHW instructed you.

*Note*: This should cause the CHW to point you back to the instructions and not judge you.

When the CHW asks you about practicing the slow breathing exercise, you can say that you don't feel safe about the exercise. For example, **"I think I'm doing it wrong, and I’m worried won't be able to do it right when I'm home alone."**

1. **Mood chart:** The CHW should teach you how to complete the mood monitoring record, which find difficult and don’t understand how to do it. You can mention **“I don't understand how I will do it and maybe I will not have time during the week to complete it”.**

**Narration 1**

Teresa is a mother from the Carabayllo district and is 7 months pregnant. She lives with her child and her mother. Teresa has had negative feelings for more than fifteen days, she has no desire to get ready, bathe and have breakfast with her child. Teresa has mentioned to her family several times “let me sleep, I don't want to think about my problems ...". A fortnight ago, her mother realized Teresa's emotional state and she suggested that she tell her CHW. Teresa thinks " my mother is upset because I don't eat the food she prepares for me and, therefore, she wants me to talk to the CHW as punishment and that irritates me. "But her mother thinks that Teresa is not okay because when she gets upset she fights with her, does not eat, and wants to be in her room. Her mother wants to accompany her to the sessions,

# Prompt checklist for the actor-client for THP Role Play (script 1)

## 1. Checklist: Narrative 1

| **THEME** | **INDICATIONS** | **Number of times you use the prompt** | **NOTES** |
| --- | --- | --- | --- |
| INQUIRY OF NEGATIVE THOUGHTS | When the CHW asks if you have had negative thoughts, you can say: ***“I think my mom won't let me live in peace. She presses me a lot, she always checks what I'm eating "*** | How many times did you use this prompt? (Check your answer):     |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 0 | 1 | 2 | 3 | 4 | 5 | **> 5** | |  |
| BODY LANGUAGE | You touch your face with your hands when you say that your mother is upset with you. | **❑ Correctly done** – touches face with hands when talking about upset mother  **❑ Incorrectly done** – does not touch face with hands when talking about upset mother |  |
|  | Don't look at the camera when talking about the relationship between your negative thoughts, your negative feelings and behaviors. | **❑ Correctly done** – looks down, up or to the side, away from camera, when talking about negative thoughts, feeling & behaviors  **❑ Incorrectly done** – looks into camera (towards CHW) when talking about negative thoughts, feeling & behaviors |  |
| NEGATIVE THOUGHTS | When the CHW asks you about your negative thinking, you can say: “***I think my mother will not let me live in peace.* she presses me a lot, she always checks what I'm eating "** | 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, it bothers me a lot to go through this."** | 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 silent and go to my room. Then I try to eat, but only so that my mother will shut up and leave me alone. "** | 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: breathe very fast and do not take a slow breath as instructed by the CHW.  Note: This should cause the CHW to point you back to the instructions and not judge you. | How many times did you use this prompt? (Check your answer):   |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 0 | 1 | 2 | 3 | 4 | 5 | **> 5** | |  |
|  | When the community worker asks you about practicing the slow breathing exercise, you can say that you don't feel safe about the exercise. For example, **"I think I'm doing it wrong and I won't be able to do it right when I'm home alone".** | How many times did you use this prompt? (Check your answer):   |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 0 | 1 | 2 | 3 | 4 | 5 | **> 5** | |  |
| MOOD CHART | When the CHW shows you how to fill in the mood chart, you should fill it out with some difficulty, can you mention **"I do not understand how I will do it and maybe I will not have time during the week to complete it."** | How many times did you use this prompt? (Check your answer):   |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 0 | 1 | 2 | 3 | 4 | 5 | **> 5** | |  |