Role Play # 2 of THP Competencies

*Cognitive competences # 1,3, 4 and an interpersonal competency*.

Instructions for the CHW

In this role-play, you will act as a CHW who is video calling with the client on the following:

1. First, it will begin by reviewing, together with the client, the relationship between a thought and its consequences on emotion and behavior. For this, you, as the CHW, must ensure that the client understands the first step of the Thinking Healthy Program, which had already been reviewed in the previous session.

2. Subsequently, perform step 2: Replace negative thoughts with healthy thoughts and, in turn, review how these generate positive consequences in emotion and behavior.

3. Then, work on a representation of a recent conversation the client has had with a family member or close person close. This role-playing with the client will help you to observe the conversation skills of the client when interacting with the family member or close person. Afterwards, talk to the client about how the role play went. Ask her how she felt when using the role play and discuss ways the client can improve her relationship with others for the next time she is in conversation with her family member or close person. Then ask them to switch roles to put this exercise into practice.

Remember that you have **15 minutes** for this role play, which may mean you need to work faster than usual –this is okay. Please do your best to show the skills we’ve outlined above as you learned them in training.

# Instructions for the actor-client

You and the CHW will begin the session by reviewing how a thought can generate favorable or unfavorable consequences for emotions and behavior. They will explain the three steps of Thinking Healthy and how this technique helps generate more useful thoughts that will result in positive emotions and behaviors.

In addition, you will do a review of a recent conversation that you have had with another person (family member or important person). The CHW will assess whether you feel comfortable representing the conversation verbally. Also, the CHW should discuss ways to improve your communication skills.

### Checklist of key concerns for the actress

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 if you have had negative thoughts, you can say, **“Without my mom I can't continue, I couldn't say goodbye or take care of her. It's terrible that she left me right now".**

1. **Body language:**

a. Your hands hold your forehead when you speak of your mother's passing and the future without her.

b. Lower the tone of your voice when asked about your mother's cause of death.

c. Touch your face when they ask about the future with your child and your husband.

d. Don't look at the camera when the CHW asks about your relationship with your husband.

1. **Unhealthy client concerns**
2. Fear for your future without your mother and without her being present at the stage of your pregnancy.
3. **Alternative thoughts to replace with negative thinking.**

a. If the CHW asks you how to replace negative thinking, you can say: **"After the death of my mother, I count on the help of my sisters and they will be able to guide me in the months of pregnancy and in raising my child".**

1. **Feeling:**

a. When the CHW asks you about the feelings that this thought might produce in you, you can say “I would feel **calmer. I would see the future with my child and I would feel the support of others”.**

1. **Behavior:**

a. When the CHW asks you how these thoughts and feelings might influence your behavior, you can mention: **“I could go back the activities that I did before and I would talk more with my sisters”.**

**2. Role play – representation of a previous conversation :**

a. **Conversation with your friend** (you exchange roles with the CHW to practice)

* 1. As the Friend: greets her and asks her how she feels, if she is receiving calls from the CHW and invites her to participate in a virtual call for her child's birthday (very kind, gentle, very concerned).
  2. As Marta (client): greets her (without making eye contact, she is a bit uncomfortable at the beginning), she tells her that she cannot participate because she does not feel up to it, besides that she has other things to do. Also, she tells her that she is receiving calls from the CHW once a week and that she is helping her to improve.

## **Narration 2**

Marta works in a market near her home, she is 34 years old and in her seventh month of pregnancy. She lives with her older sisters, but they don't see her much because they work all day. Her husband works in the province and only goes home every 15 days. A week ago she started her Thinking Healthy sessions with a CHW as she felt discouraged, sad and did not want to comment on what is happening to her sisters. Marta told the CHW that her mother died two months ago, which is why she felt sad and her whole family is going through a bad time. However, she believes that since then what she feels *“has not stopped and I feel very bad. Without her I cannot continue, I could not say goodbye or take care of her. It's terrible that she left me right now”.*  Your head hurts a lot, she cannot sleep as before, she thinks a lot about what she should have done so that her mother does not die, her appetite has decreased, she feels tired, she breathes very fast and cries when she talks about her mother, that's why she does not tell all her friends. She states that her mother was very close to her, but since she moved, she was unable to visit her and her siblings did not take proper care of her. In addition, she hoped her mother would teach her how to take care of her child, something that they will no longer be able to do together. Her husband does not know how she feels and has not called her for a month, so he is afraid that he has left her. This has increased your concern. She has only talked to one neighbor; she calls her every day in the afternoon to see how she is doing.

# Actor-client Prompt Checklist THP Competencies (Script 2)

## 1. Checklist: Narrative 2

| **THEME** | **INDICATIONS** | **Number of times you use the prompt** | **NOTES** |
| --- | --- | --- | --- |
| INQUIRY OF NEGATIVE THOUGHT | When the CHW asks you about a negative thought, you can say: **“Without my mother I cannot continue, I could not say goodbye or take care of her. It's terrible that she left me right now".** | How many times did you use this prompt? (Check your answer):     |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 0 | 1 | 2 | 3 | 4 | 5 | **> 5** | |  |
| BODY LANGUAGE | Your hands hold your forehead when you speak of your mother's passing and the future without her. | **❑ Correctly done** – hands hold forehead when speaking of mother passing away  **❑ Incorrectly done** – does not hold forehead when speaking of mother passing away |  |
| Lower your voice when asked about your mother's cause of death. | **❑ Correctly done** – speaks in low tone of voice when talking of cause of mother’s death  **❑ Incorrectly done** – speaks in loud or normal tone of voice when talking of cause of mother’s death |  |
| Touch your face when they ask about the future with your child and your husband. | **❑ Correctly done** – hands touch face when CHW asks of future with child & husband  **❑ Incorrectly done** – does not touch face/ leaves hands down when CHW asks of future with child & husband |  |
| Don't look at the camera when the CHW asks about your relationship with your husband. | **❑ Correctly done** – looks down, up or to the side, away from camera, when talking relationships with husband  **❑ Incorrectly done** – looks into camera (towards CHW) when talking relationships with husband |  |
| THINKING HEALTHY | If the CHW asks you how to replace negative thinking, you can say**:**  **“After my mother's death, I can count on the help of my sisters. They will be able to guide me in the months of pregnancy and in the upbringing of my child**”. | 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 the feelings that this thought could produce in you, you can say “I would feel **quieter. I would see the future with my child and feel the support of others "** | 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 these thoughts and feelings can influence your behavior, you can mention: **“I could take up the activities that I did before and I would talk more with my sisters”.** | How many times did you use this prompt? (Check your answer):   |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 0 | 1 | 2 | 3 | 4 | 5 | **> 5** | |  |
| ROLE PLAY CONVERSATION WITH FRIEND (Interpersonal) | In the role play:  As the “friend”: you greet and ask how she is (Martha), you ask her if she is receiving the views of the CHW and you invite her to your child's virtual birthday (very kind, gentle, very concerned). | How many times did you use this prompt? (Check your answer):   |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 0 | 1 | 2 | 3 | 4 | 5 | **> 5** | |  |
|  | In the role play:  As Marta: You greet your friend (without making eye contact, she seems a bit uncomfortable at first), You will not be able to attend because you do not feel encouraged and you have things to do. In addition, you mention that you are receiving a visit from the CHW once a week and that she is helping you improve. | How many times did you use this prompt? (Check your answer):   |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 0 | 1 | 2 | 3 | 4 | 5 | **> 5** | |  |