**Uganda – IPT-G Tx Role-Play 1**

Pre-group session: Sick role & IPT focus (assessing relationships)

# Instructions for Mental Health and Psychosocial Support (MHPSS) Provider

You are 45 minutes through the pre-group session of IPT-G with your client. You have already greeted them, explained the purpose of the program, discussed the client’s problems with him/her, and diagnosed them with depression**. Please remember you have 15 minutes for this role-play, which may mean you need to work faster than usual, however, please do the best you can to show the skills as you have learned them.**

In this role-play, you will start with helping your client to understand their “sick role.” Make sure to explain how this role helps in their recovery (2 mins)

* Tell the client, **“*in this session, you will recognize and start dealing with the current depression, understand the link this current depression and the problematic reas in your life. I will then invite you to join a group of other women with similar problems”***

Assume that you have asked questions about the problem áreas. Now, work with the client to discuss interpersonal problem areas in order to select a focus for IPT treatment (3 mins)

* **Explain to the client the connection between depression and the problem area**
* **With the client, decide a goal she can work on**

Help the client explore the nature of their relationships and how they may be contributing to the depression or supporting in their recovery. Make sure you work to understand at least one significant relationship in their life and their feelings about it. Remember to explore ways of my communication and behaviour in this relationship. You may start by explaining ‘sick role.’ (5 mins)

* **Reassure the client that recovery is gradual**
* **Explain that functioning or going about doing usual activities now may not be the way it used to be until she feels better**
  + **Use an example to explain this e.g. the broken leg and inability to run as usual**
* **Help the client to role play explaining her sick role to someone significant to her following the example you gave**
* **Encourage the client to suspend major activities until she feels better**
* **Help client discuss better ways to catch sleep and maintain sleep**

Then (5mins)

* **Discuss what is happening in the clients life and relationships**
* Ask client**, “*who amongst your family****,* ***friends and community can help you get better*?”**

Instructions for Client Actor: Role-Play 1, Narrative 1

You and the MHPSS provider have begun Session 1 of IPT-Group. In this role play, you have already greeted each other, got introduced to each other in a group, learned about the program, discussed your problems, and have been diagnosed with depression.

The MHPSS provider should begin explaining your current role in depression recovery, as well as explore your current interpersonal relationships and how they play a role in your recovery.

Based on the MHPSS provider’s introduction and the questions they ask you, the following information can help to direct your responses:

* When the MHPSS provider asks you to describe a significant relationship in your life, explain to him/her about your separation with your husband (as described below), your role as a single mother of four children, and how one of your sons is currently dealing with a lot of trouble.

*I separated with my husband in 2007. Currently I am living as a single parent with hardly any income except with little appreciation given to me as a support staff of Palabek Ogili HCIII. I am a mother of four but one of my sons is currently dealing with a lot of challenges and troubles.*

* **If prompted further**, explain to the provider how the husband has not been in communications for a long time and does not send support for the children;

For a long time, my husband has ceased communications with me and no longer sends any support for me and the children.

* **If prompted** **further**, explain that your son was accused of defiling a fellow staff’s daughter, was imprisoned for 2 years, and you are struggling with the lawyer to get the case dismissed.

*Worse still, this son of mine with many troubles has also been accused of defiling a fellow staff’s daughter within the quarters. Subsequently he was imprisoned for 2 years, although later released on bail. So, I am struggling with court issues and have to report to Gulu court monthly. Much as I discussed the issue with the in-charge of the facility, no action has been taken to help me permanently resolve the issue. Besides, I have no money to facilitate the stated court orders. I am also struggling to get the help of the human rights lawyers to get the case dismissed. The complainant is not ready to cooperate just as my communication with my separated husband is not getting any better.*

* + **IF/WHEN the MHPSS provider asks** about how you communicate with your husband, tell the provider

I have sent messages to my husband through his sisters, brothers and sometimes the men who drink with him but I don’t get any response from him. One day I bumped into him and I told him all these problems while shouting and crying but he just starred at me, kept quiet and walked away.

**(Then, the MHPSS provider** should assess relationships)

Instructions for Client Actor: Role-Play 1, Narrative 2

You and the MHPSS provider have begun Session 1 of IPT-Group. In this role play, you have already greeted each other, got introduced to each other in a group, learned about the program, discussed your problems, and have been diagnosed with depression.

The MHPSS provider should begin explaining your current role in depression recovery, as well as explore your current interpersonal relationships and how they play a role in your recovery.

Based on the MHPSS provider’s introduction and the questions they ask you, the following information can help to direct your responses:

* When the MHPSS provider asks you to describe a significant relationship in your life, “explain to him/her about your abusive relationship (as described below), your role as a single mother of four children, and how one of your son’s is currently dealing with a lot of trouble’. Narrate your ordeal with a lot of sadness while crying (if possible).

*My parents married me off to a polygamous man. He abuses me almost daily whenever he is drunk. The environment is so hostile that I feel unwanted, my future is doomed, I cannot eat nor concentrate on anything I touch. I have lost morale in my marriage and this makes me think too much that I cannot sleep at night.*

* **If prompted further**, explain to the provider how the husband does not want to provide for the unborn baby:

*This is my first pregnancy but he doesn’t want to provide me with money for even buying basic needs including the things needed during delivery*

* **If prompted** **further**, explain that your co-wives call you names and keep discouraging your husband to take care of your pregancy. His mother too calls you a lazy good-for-nothing young girl and you are wondering how this marriage will look in the next 10 years.
* **IF/WHEN the MHPSS provider asks** about how you communicate with your husband, tell the provider

*Whenever, I get a chance to speak to him, I babble words amidst crying and stummering because i fear the outcome.*

**(Then, the MHPSS provider** should assess relationships)