Role Play # 4 of THP Competencies

Cognitive competences # 1, 3, 4 and 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 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 if you have had negative thoughts, mention **"I wanted to continue working, but I think that this baby does not allow me to do anything and that makes me very frustrated".**

**A. Body language:**

1. Touch your head when you talk about your unhealthy thoughts.
2. Speak quietly and be insecure when talking about your former co-workers.
3. Raise your voice and look angrily when you mention your husband.
4. Don't look at the camera when you talk about your ex job.

**B. Unhealthy client concern:**

1. You are frustrated about not being able to work as your husband does not want you to work before the delivery.

**C. Alternative thinking that replaces unhealthy thinking.**

1. If the CHW asks you how to replace negative thinking, you can say: **"After the birth of my baby, I will be able to look for a better job".**

**D. Feelings:**

1. When the CHW asks you about the feelings that this thought might produce in you, you can say **“I would feel happy and calm”.**

**E. Behaviors:**

1. When the CHW asks you how these thoughts and feelings might influence your behavior, you can mention: **"I would talk to my friends again and we would go out together like we did before".**
2. **Representation of a conversation in the session**
3. Role play a conversation with your husband (they exchange roles with the CHW to practice)
	1. Husband role: informs Juana that tomorrow they will celebrate her birthday by video call and asks her to prepare a meal and invite her family to a video call. Then, before Juana's response, he responds **“it is better that you start now or everything will not be ready for tomorrow”.**
	2. Juana (client): Juana gets angry because she doesn't want to do more chores and feels overloaded. She does not get along with her husband's family. He replies "**I don't get along with your family, you should call them"** (in the scene, be indignant, annoyed and raise your voice to the CHW).

# Narration 4

Juana was a worker from the Municipality of Carabayllo who is in her seventh month of pregnancy. A month ago, the doctor told her that she would have complications in the delivery and her husband suggested that she stop working until she gives birth. Due to this, Juana feels very frustrated because she contributes to the household finances. Since she stopped working she began to feel very sad and unmotivated. A couple of weeks ago, the CHW called her for her second session (as some neighbors requested it) and commented that she felt *“very bad”.* In addition, she felt that her mood has changed, that is, she became very angry with her husband and locked herself in her room to cry. She has had headaches, rapid breathing, her eyes have throbbed, she has not wanted to leave her house, and she has avoided talking to her friends. Juana commented in the previous session: *"I wanted to continue working, but I think that this baby does not allow me to do anything and that makes me feel very frustrated"*. Most of her friend’s work in the municipality and talk a lot about work problems, this affects Juana a lot because she would like to continue working with them. Juana believes that she has learned a lot while working in the municipality, and now she feels that she is losing the knowledge and skills that she had gained over the years. She used to provide inductions to new workers in her work area in the municipality, but now she believes that she will be the one who needs updates before entering a new job. This has led to her having fights with her husband and she has sometimes thrown things at him.

# Actor-client Prompt checklist THP competencies (Script 4)

## 1. Checklist: Narrative 4

| **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: **"I wanted to continue working, but I think that this baby does not allow me to do anything and that makes me feel very frustrated”.**  | How many times did you use this prompt? (Check your answer):

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | 4 | 5 | **> 5** |

 |  |
| BODY LANGUAGE | Touch your head when you talk about your unhealthy thoughts. | **❑ Correctly done** – touches head when speaking of unhealthy thoughts **❑ Incorrectly done** – does not touch head when speaking of unhealthy thoughts  |  |
| Speak quietly and be insecure when talking about your former co-workers. | **❑ Correctly done** – speaks in low tone of voice when talking of former coworkers**❑ Incorrectly done** – speaks in loud or normal tone of voice when talking of former coworkers |  |
|  Raise your voice and look angrily when you mention your husband. | **❑ Correctly done** – talks louder, looks angry (furrowed brows or frown) when mentioning husband**❑ Incorrectly done** – talks normal or quiet, has plain or happy face when mentioning husband  |  |
|  Don't look at the camera when you talk about your ex job. | **❑ Correctly done** – looks down, up or to the side, away from camera, when talking about ex-job**❑ Incorrectly done** – looks into camera (towards CHW) when talking about ex-job |  |
| HEALTHY OR POSITIVE THINKING | If the CHW asks you how to replace negative thinking, you can say: **"After the birth of my baby, I will be able to look for a better job".** | 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 might produce in you, you can say **“I would feel happy and calm”.**  | 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 have influenced your behavior, you can mention: **"I would talk to my friends again and we would go out together as we did before".**  | How many times did you use this prompt? (Check your answer):

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | 4 | 5 | **> 5** |

 |  |
| ROLE PLAYING PRACTICE (Interpersonal) | In the role play:As the “Husband”: you inform Juana that tomorrow they will celebrate her birthday by video call and she asks her to prepare a meal and invite her family to a video call. Then, in response to Juana's response, you reply **"it's better to start now or everything won't be ready for tomorrow."** | How many times did you use this prompt? (Check your answer):

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | 4 | 5 | **> 5** |

 |  |
| They switch roles during the role play:As "Juana": You get angry because you don't want to do any more tasks and you feel overloaded. You don't get along with your husband's family. You answer **“I don't get along with your family, you should call them yourself”** (*in the scene, show yourself indignant, annoyed and raise your voice to the CHW*). | How many times did you use this prompt? (Check your answer):

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | 4 | 5 | **> 5** |

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