Role Play

Case 1  “Dana (Dan) Depressed”
- 16 year old
- Parents divorced – lives with Mom
- Several family moves
- 2 younger brothers

Symptoms
- Very Depressed
- Poor grades
- Few if any friends

Case 2  “Andy (Ashley) Angry”
- 15 year old
- Parents married
- Youngest of 2 children

Symptoms
- Behavior problems/angry
- Poor grades fighting with peers
- Talking back to parents/teachers
- Has an attitude

Case 3  “Amy (Albert) Anxious”
- 18 year old
- Lives with Dad
- Oldest of 3 children
- Excellent student

Symptoms
- Eats excessively
- Trouble getting to sleep
- Worries a lot about what others think
- Can’t say no to people

Case 4  “David (Darla) D & A”
- 17 year old
- Lives with both parents
- Bright person/only child
- Minimal grades

Symptoms
- Has used various drugs since age 12
- Has failed two rehab programs
- Has stolen money to support his drug use

Case 5  “Hillary (Henry) Hostile”
- 13 year old
− Parents separated – lives with Mom
− Middle child of 3

**Symptoms**
− Lots of verbal fights with parents
− Refuses to cooperate with various requests
− Has been suspended several times

**Case 6**
“Oscar (Olivia) OCD”
− 16 year old
− Oldest child of 3
− Parents married

**Symptoms**
− Various cleaning, counting and checking rituals
− Various unwanted intrusive thoughts (e.g., hurting himself)

**Case 6**
“Carla (Carlos) Confused”
− 15 year old Hispanic student
− Lives with parents and two younger siblings
− Moved to the US from Puerto Rico 6 months ago
− Spanish is primarily spoken in home
− Dealing with cultural contrast/acculturation issues

**Symptoms**
− Feeling depressed and anxious since the family moved
− Difficulty forming peer relationships

**Basic Instructions for Participants:**
1) The graduate students assigned by Dr. Martin will contact you to schedule a “counseling session”. Most appointments will be during the day and will occur in either Room 312, the School Psychology clinic or a reserved room in the library.
2) Prior to your appointment think about the “case” person you are going to portray including some characteristic issues and/or symptoms. Allow yourself to be reasonably creative and you don’t have to be an “easy” client whose problems are easily “fixed”. Please excuse sensitive areas of your personal life.
3) Your “sessions” will be tape recorded. It’s OK if you feel anxious about this. Your not being judged, but you are expected to give a serious, sincere effort otherwise the experience will not be beneficial to the graduate student.
4) “Sessions” will be listened to by the instructor and graduate students for purposes of exploring positive and negative aspects of the counseling process. Since this is an initial counseling and training experience, the graduate student is not expected to display the proficiency level of a training counselor.
5) You must complete all 3 “therapy sessions” in order to receive the 5 points. However, you may discontinue your involvement with the extra credit option at any time.
6) Prepare for your 2nd and 3rd sessions by recalling what was previously discussed and completing any homework assignments that were given.
7) Please be responsible about scheduling and attending your “appointments”. If you fail to return phone calls or make scheduled appointments you may be “dropped” from your therapist’s caseload.
8) You may not schedule more than one “therapy” session per week.