



INTERNALIZING TOOLS

Role Play

Role play is an activity in which one person plays the role of someone else and acts in the way he believes that person would act. It is effective in evaluating one's own understanding of the problem.

Instructions for role play:

Divide the trainees into two groups. Each group member is assigned a particular role from the caselet. The trainee should attempt to focus on the addiction problem and motivate the patient to take treatment and help the family to understand the problem in its proper perspective.

- Request volunteers to come forward to play the roles.
- Role profiles to be given to volunteers without others' knowledge.
- Trainees to be encouraged to record their observations.
- At the end of role play, they can present their comments along with their doubts.

Caselet 1

Praveen is an 18-year-old college dropout from a middle class family. His father is a religious person who is extremely ashamed of his son's drug use. The father feels that if Praveen decides, he can give up drugs and that treatment is not important. His mother is under the impression that it is his friends who spoil him and feels that if Praveen gains admission to a good college everything will be fine. In her view, just keeping Praveen away from his friends for a month will make him okay again.

Praveen insists that it is the withdrawal symptoms that make him take drugs. He only wants detoxification for five days and no psychological therapy.

Caselet 2

Ashok is 30 years old, married, with a one-year-old son. He was referred by his employer after being suspended for frequent absenteeism. Ashok is angry that his boss has made a big issue out of nothing. While agreeing that there is some problem, he says that it is not a major issue. According to him, his boss and his nagging wife are the main problems.

His wife narrates all the problems — the loans, his poor physical condition, the fights at home — and with tears in her eyes, requests the counselor to treat him.