

Psych 435
Abnormal Psychology
Role Play Assignment
10 Points

Instructions

You will be participating in two role plays with another student in class (one as a therapist and one as a client). Each role play will last 6 minutes.

As the client

You will be role playing a client who is meeting with a therapist to discuss concerns about his/her roommate who is experiencing problems with anxiety. To prepare, you should:

1. Choose an anxiety disorder that we have discussed in class.
2. Be prepared to describe your roommate's symptoms (consistent with the DSM-IV-TR criteria for the disorder you chose).
3. When role playing, pretend you have no knowledge of the DSM-IV-TR. You are simply coming to the therapist for assistance with your roommate. In other words, don't give it away by saying something like, "I think my roommate has a specific phobia as evidenced by her circumscribed fear of rats that she recognizes as unreasonable and/or excessive".
4. Do not tell your partner, until the assignment is turned in, what disorder you were describing.

As the therapist

You will be role playing a therapist and trying to provide a provisional diagnosis of their client (you should know that, in reality, it would be unethical to diagnose someone based on an interview with a different person). To prepare, you should:

1. Know the DSM-IV-TR criteria for Anxiety Disorders well enough to ask the appropriate questions. Your goal is to get enough information in the 6 minutes to make a provisional diagnosis on all five axes. Thus, you will need to know information for axes III and IV as well.
2. You can use your textbook and/or your notes when you are making the diagnosis but not during the role play.
3. You can and probably should take notes during the role play.

What you will turn in

When the role play is completed, you will turn in the following (you will receive a packet with this on the day of the assignment):

1. Notes Page
2. Provisional Diagnosis and Treatment Plan
3. Partner Evaluation Form
4. Role Play Experience Evaluation Form