ROLES FOR SUPERVISION ROLE-PLAY

Client

You are a client in an addiction treatment center who has been admitted at the encouragement of your family. You would not have admitted yourself on your own, but were willing to go into treatment after being confronted by your spouse and your two grown children. You know that your drinking and drug use are of concern to your family, but you are having a hard time understanding why since everything else in your life are going well: you have a good job, good friends, and have never allowed your drinking to interfere with them. You have a good chance of receiving a promotion at work, you know you are good at your work and are well liked by your boss and co-workers. After about two years at your current job, you feel you have found a place you would like to stay until retirement. Now that you are out on a medical leave, you are worried that your job may be impacted. You are concerned that your boss will discover why you are out.

Counselor

You are a mid-level counselor, recently certified, and have worked at your facility for less than two years. You are now working with this client and find yourself constantly “butting heads” with him/her, in spite of your efforts at using motivational enhancement strategies. It is obvious to you that this client has a serious problem with alcohol, but the client continues to say that the only reason he/she is here is to appease his/her family. You are interested in getting support from your supervisor, but, up until now, were convinced you could get this client to “turn around” and see things your way (i.e. admit he/she has a serious drinking problem). You feel that until this client can admit his/her problem, there is little you can do – you feel you are at a “stalemate.”

Supervisor

Your supervisee is a mid-level counselor who is struggling with the use of motivational enhancement strategies and appears to be caught in a power struggle with a client who is in precontemplation.

In your role-play, the instructor will assign you one of four tasks:
1. Join the counselor as co-therapist.
2. Observe (as if through a one-way mirror) without interrupting the session.
3. Observe through a one-way mirror and interrupt the session by “knocking” on the door and calling the counselor out of the counseling room for guidance during the session.
4. Leave the training room so not to observe the counselor-client role play.

All “supervisors” will then be asked to role-play supervision with their respective “counselors.”