

Role-Playing Scenario 1: Building Rapport - Asking Open-ended Questions

Scenario: You are a peer support specialist meeting with a new client who has recently been diagnosed with depression. Your goal is to establish rapport and create a supportive environment for the client to share their experiences and feelings.

Role-Playing Instructions:

- Participant A: Peer Support Specialist
- Participant B: Client

Peer Support Specialist (Participant A) Tasks:

- Start the conversation by welcoming the client and expressing empathy for their situation.
- Use open-ended questions to encourage the client to share their thoughts and feelings about their recent diagnosis.
- Practice active listening and offer validation and support as the client shares their experiences.

Client (Participant B) Tasks:

- Role-play the client who has recently received a diagnosis of depression.
- Share your thoughts, feelings, and concerns about the diagnosis when prompted by the peer support specialist.
- Respond openly to the peer support specialist's questions and engage in the conversation authentically.

Sample Open-Ended Questions:

1. "How have you been feeling since receiving the diagnosis?"
2. "Can you tell me more about what you've been experiencing lately?"
3. "What thoughts have been on your mind since learning about your diagnosis?"
4. "How do you think this diagnosis might impact your daily life and routines?"
5. "What support do you feel you need right now as you navigate this new chapter?"