

## Appendix B: Role Play Guidance

### Steps for the Role Play



1. Clarify the identity of the support person and how the support person can help the participant meet their goal.
2. The facilitator models the part of participant and the participant models the part of the support person.  
  
Using clear nonverbal and verbal communication, the facilitator informs the support person about the goal and the request for assistance.
3. The facilitator asks the participant to reflect on what was useful. Switch parts.
4. The facilitator asks the participant to play themselves while the therapist plays the potential support person.
5. The facilitator provides feedback on what participant did well in this role play before pointing out areas for improvement. Brainstorm different responses the support person might give and use MI to help participant prepare thoughts/actions in response.