



## **“VAR” Role-Play Scenarios: Transformation Groups**

### **Scenario #1**

Rachel has been attending the *Minds Transformed* group for several weeks now. She is further along in her recovery than many of her peers in group, and often offers unsolicited advice to them. Other members have expressed their annoyance to you outside of group, and it is clearly causing some discomfort. During group today, Rachel begins offering advice to Sue, who is clearly uncomfortable.

*VAR - "Rachel, we appreciate your enthusiasm and willingness to help others and provide feedback. The group thrives when we are able to support each other. I am happy that you have come so far in your recovery and are able to share your experience with others. As a reminder of our group guidelines, we benefit most from offering our own stories rather than immediate advice and solutions. Let's listen more to Sue's story which will help us determine what she really needs from the group today."*

### **Scenario #2**

This is Jessica's first time attending the *Hearts Transformed* group and she appears to be very nervous. You attempt to include her in the group discussion, however she states, "I'm not ready to talk tonight." Another group member tells her she will feel better after she talks, and goes on to make a point that everyone needs to share in order to heal.

*VAR- "Jessica, we are glad you are here. It takes courage to attend group and we value your presence with us. It is important that we respect everyone's readiness to share what they feel comfortable sharing. Also, there are a variety of ways that we can heal from our past traumas, and as we all know, some heal differently from others. Let's keep that in mind throughout our time together so everyone can continue to feel safe and supported here."*

### **Scenario #3**

Charlie & Ruth attend the *Families Transformed* group. They hope to learn how to better support their son who has bipolar disorder. Ruth shares her frustration about his recent spending habits and the effect it has on the family's finances. She becomes visibly upset and her voice rises, causing other group members to chime in and complain about their loved ones problematic behavior.

*VAR -"It seems a lot of us can relate to Ruth's frustration. Just by coming to group today, it's clear that you all sincerely care about your loved ones and want to help them the best way you can. As we all know, caring for family members can be difficult, and can take a toll on our own emotional wellbeing. How can we use this time to best support each other in not only caring for our loved one, but also caring for ourselves?"*