

3. How To Approach Each SIMULATION

The first step in approaching each new simulation is a close reading of the scenario which you are being asked to address.

In the case of Lucia, the situation presented is as follows:

You are a therapist in a group private practice. This is your first meeting with a new client. On her intake form, Lucia has indicated that she is 32 years old, is recently separated after 7 years of marriage, and has 2 school-aged children. Her family doctor has suggested she try psychotherapy to address what he described to her as early signs of depression.

A close reading of the scenario involves asking two questions:

What is the role I am being asked to assume?

What are the obvious factors being presented?

A. What is the role I am being asked to assume?

In the case of Lucia, you are 'a therapist in group private practice.' This is important because it determines the posture you assume throughout the scenario.

Here are just a few of the roles you might be asked to assume during the exam: *private practice; group practice; government agency; group therapy; social services/outreach centre; post secondary school; short-term therapy; replacement therapist*