Scenario 1: Grandmother, Father, Mother. Minister/lay counsellor is doing counselling.

**Role Play Overview:**

Tina is a 14-year-old adolescent who is a member of your faith community. She attends youth group events every Saturday night. Her parents Matthew and Lori and are marginally involved with the community as they both work long hours at their family owned business and are away on work trips for months at a time. Tina’s grandmother Judy, who lives with the family, takes care of Tina when her parents are away. Recently, Judy asked to meet with you for counselling and disclosed that Tina has been cutting herself on her upper arms and has been hiding the cuts with long sleeves. Her parents discovered this and took away all of her razor blades and other sharp objects to prevent cutting, but Tina broke a mirror in her room and used that to cut herself. Tina’s parents have made the decision to seek out a family therapist for treatment, and in the meantime, Judy wants to talk with you to gain some spiritual support for the family.

**Tina**: You feel very alone and misunderstood. Your parents are emotionally unavailable and are always working. You feel you can’t tell them you are feeling stressed out about their expectations for you at school, always wanting you to get A’s so you can go to university and pushing you to do well in your extracurricular activities. You also feel you can’t talk to your grandma about what is going on because she is already very critical of your appearance and your weight. Recently, you were sexually assaulted at a party and you haven’t told anyone, not even your best friend. Since the assault, you have found relief in cutting deeper as somehow it makes you feel better.

**Judi**: You are very concerned for your granddaughter and do not understand why she would be hurting herself as she has such a comfortable life, unlike you who had to work hard for everything that you have. You have tried to talk with Tina about her cutting but Tina refuses to discuss it with you, giving you the “silent treatment”. You pray for her multiple times daily. You are desperate for help and hope that meeting with the counsellor will bring you some spiritual guidance as you are scared that Tina may be suicidal.

**Matthew**: You are the one who discovered Tina’s cutting behaviour. You feel that she is depressed and don’t understand why she always wants to wear black. You are worried that she is becoming “Emo” and may end up failing out of school. You want to help her but are finding it hard to share your emotions with your daughter. You feel that seeking out a family therapist is a good idea, but don’t have much hope that it will help the family as everything seems so out of control right now. You simply don’t have time for the faith community anymore as you have too many responsibilities with work.

**Lori**: You feel so guilty as you didn’t even know your daughter was hurting herself. Could this be your fault? Why didn’t you see the warning signs? You have prayed that God will heal Tina but she still continues to cut. You do not feel that you can tell your friends from the faith community about what is happening in your family as they will not understand, and may judge you or alienate Tina. It was your idea to seek out a family therapist for treatment, and you are relieved that Judi will be seeing the counsellor from the faith community to obtain spiritual support for the family.