

Role Play Scenarios

1. You are seeing a 40-year-old cisgender man. His father was diagnosed at 25 with schizophrenia. The patient is concerned about developing schizophrenia and wants to know his risk so that he can start planning next steps for his husband and children.
2. You are seeing a 16-year-old cisgender girl with severe depression. Per the medical records, her mother has depression, and her father has bipolar disorder. Her PCP writes that she said, “no matter what I do, I’m just going to be sad because it’s a part of me and in my family”. Her PCP has referred her to psychiatric genetic counseling to discuss the risks of developing bipolar disorder and to discuss her depression.
3. You are seeing a 33-year-old cisgender woman in the perinatal office. She currently has a daughter from a previous partner. Her current partner, a cisgender man, has severe OCD and depression with a strong family history of depression. She has always wanted more children, but she is scared of having a child with a psychiatric condition because of how she has seen it affect her current partner and his family. She is coming to you for pre-conception counseling for psychiatric disorders.
4. A patient who is a 23-years-old transgender female is coming to see you following a referral by her PCP for discussion of severe depression. Per the PCP note, she repeatedly stops taking her medication (Zoloft) and will not seek therapy.
5. A patient is referred to you by their PCP for anxiety disorder. The patient is a transgender man who is 42 years old and wants to do genetic testing to determine why he has such bad anxiety.