



The CONTROL

(COgNitive Therapy for depRessiOn in tubercuLosis treatment)

to improve outcomes for depression and TB in Pakistan and

Afghanistan

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“Three-Day Refresher Training for
DOTS Facilitators on Cognitive
Behavioural Therapy”

12th, 13th, 14th (Group 1), 19th, 20th & 21st (Group
2) June 2025

EXECUTIVE SUMMARY

THE CONTROL is a psychological intervention program specifically designed for individuals undergoing tuberculosis treatment and experiencing depression. The core component of CONTROL is based on cognitive behavioural therapy (CBT), which is a widely recognized and recommended treatment for depression. By adopting a CBT-based approach in CONTROL, the program aims to provide patients with evidence-based strategies to manage their depressive symptoms while undergoing tuberculosis treatment.

A three-day refresher training on Cognitive Behavioral Therapy (CBT) was conducted for DOTS facilitators in two phases: Group 1 attended on June 12, 13, and 14, 2025, while Group 2 participated on June 19, 20, and 21, 2025. The training focused on enhancing facilitators' understanding of the CONTROL intervention, particularly the General Information Sheet, administering the PHQ-2, and CBT sessions 1 to 6. The sessions emphasized practical roleplays to reinforce theoretical knowledge and develop key therapeutic skills. The primary objective was to ensure facilitators were equipped with the necessary competencies for effective implementation of the intervention. A notable addition to the training was the daily "Therapist of the Day" segment, which recognized the best roleplay performance each day. This report provides a comprehensive summary of the training, including feedback on roleplays and a day-by-day account of the proceedings for both groups.

Activity Background

The three-day Refresher Training Program for DOTS facilitators, centered on Cognitive Behavioral Therapy (CBT), was conducted in two rounds at the Committee Room of the Institute of Public Health and Social Sciences (IPHSS), Khyber Medical University (KMU). Group 1 attended the training on 12th, 13th, and 14th June 2025, while Group 2 participated on 19th, 20th, and 21st June 2025.

To promote active participation and ensure individualized attention, DOTS facilitators were divided into two equal groups. This approach enabled each participant to engage more effectively in roleplays and benefit from focused guidance and feedback. The primary aim of the refresher training was to reinforce the practical application of the pre-screening tool, i.e., the General Information Sheet and PHQ-2, as well as the core CBT sessions that form part of the CONTROL intervention.

The CBT sessions covered during the training included:

- Session 1: Psychoeducation and Behavioral Activation
- Session 2: Motivational Interviewing
- Session 3: Cognitive Restructuring: Recognizing Thoughts
- Session 4: Cognitive Restructuring: Challenging Thoughts
- Session 5: Cognitive Restructuring: Developing Alternative Thoughts
- Session 6: Problem Solving

Each session mainly focused on hands-on practice through roleplays to strengthen therapeutic skills. Clinical Research Fellows and Master Trainers provided real-time, constructive feedback throughout the training to enhance participants' understanding and application of the pre-screening tools and core CBT principles. This refresher training served to consolidate and expand upon the knowledge and skills acquired during the initial training phase.

Facilitators:

- Dr. Aamir Aziz *Clinical Research fellow & CBT consultant*

- Saara Khan *Intervention development coordinator & CBT master trainer*
- Faryal Fazal *Research assistant & CBT master trainer*
- Zumar Malik *CBT master trainer & CONTROL MHR student*
- Rafia Khalil *CBT master trainer*

Participants:

The Three-day refresher training was attended by a total of 17 TB DOTS facilitators from Peshawar and Haripur districts. They were divided into two groups. The list is as follows:

GROUP 1 (12 th , 13 th & 14 th June 2025)		
S.No	DOTS facilitators Names	TB facility
1	Jehanzeb	Dr. Asif Safi, Private Clinic, Peshawar
2	Shad Muhammad	DHQ Hospital, Haripur
3	Tazeem Akhtar	TBC Kangra Colony, Haripur
4	Muhammad Shahab	TBC Ganj, Peshawar
5	Muhammad Shayan	Al-Falah Hospital, Peshawar
6	Syed Mushtaq Ali	Civil Hospital Khalabat Township, Haripur
7	Chan zaib	Dr. Rafique Tanooli, Private Clinic, Haripur
8	Faraz ul Haq	DHQ, Haripur (MDR TB)

Group 2 (19 th , 20 th & 21 st June 2025)		
S.No	DOTS facilitators Names	TB facility
1	Inayat Ullah	Kuwait Teaching Hospital, Peshawar
2	Nazia Gul	Khyber Teaching Hospital, Peshawar
3	Asad Ullah Zeb	TBC Ganj, Peshawar
4	Fawad Ali	PRIME Hospital, Peshawar
5	Muhammad Ashfaq	RHC Nahaqi, Peshawar
6	Sikandar Khan	Al-Falah Hospital, Peshawar
7	Gul Muhammad	Al-Khidmat Hospital Dabgari, Peshawar
8	Nadia Jalal	Lady Reading Hospital, Peshawar (MDR TB)
9	Ijaz Ul Haq	Lady Reading Hospital, Peshawar

DAY 1

Day & Venue

Day 1 for Group 1 and Group 2 took place on 12th and 19th June 2025, respectively, from 9:00 AM to 3:00 PM in the Committee Room, Ground Floor, at the Institute of Public Health and Social Sciences, Khyber Medical University.

Workshop Proceedings

Introduction:

Day 1 began with the recitation of the Holy Quran. This was followed by Ms. Saara Khan, who provided an overview of the refresher training's aims and objectives, and discussed the agenda for the three days. Participants then recapped their previous training sessions and shared field experiences and feedback.

Roleplays planning

Refresher training for DOTS Facilitators Roleplays (GROUP 1- 12th, 13th & 14th June 2025)

Roleplay Topic	DOTS Facilitator Name	Assessors
DAY 1		
General information sheet and PHQ-2 questionnaire	<i>Tazeem Akhtar</i>	All Participants
	<i>Muhammad Shahab</i>	
	<i>Ijaz Ul Haq</i>	
	<i>Chan Zaib</i>	
Session 1	<i>Syed Mushtaq Ali</i>	Muhammad Shahab & Tazeem Akhtar
	<i>Sikandar Khan</i>	Faraz Ul Haq & Ijaz ul Haq
Session 2	<i>Faraz Ul Haq</i>	Syed Mushtaq Ali & Sikandar Khan
	<i>Shad Muhammad</i>	Chan Zaib & Jahanzeb
Day 2		
General information sheet and PHQ-2 questionnaire	<i>Faraz Ul Haq</i>	All Participants
	<i>Syed Mushtaq Ali</i>	
	<i>Jahanzeb</i>	
	<i>Sikandar Khan</i>	
	<i>Shad Muhammad</i>	
Session 3	<i>Chan Zaib</i>	Sikandar Khan & Shad Muhammad
	<i>Jahanzeb</i>	Chan Zaib & Ijaz Ul Haq
Session 4	<i>Muhammad Shahab</i>	Jahanzeb & Faraz Ul Haq
	<i>Ijaz Ul Haq</i>	Tazeem Akhtar & Muhammad Shahab

Day 3		
Session 5	Tazeem Akhtar	Jahanzeb & Sikandar Khan
	Syed Mushtaq Ali	Ijaz Ul Haq & Shad Muhammad
Session 6	Sikandar Khan	Chan Zaib & Syed Mushtaq Ali
	Ijaz Ul Haq	Faraz Ul Haq & Muhammad Shahab

Refresher training for DOTS Facilitators Roleplays (GROUP 2- 19th, 20th & 21st June 2025)

Roleplay Topic	DOTS Facilitator Name	Assessors
DAY 1		
General information sheet and PHQ-2 questionnaire	Nazia Gul	All Participants
	Inayat Ullah	
	Muhammad Ashfaq	
	Muhammad Shayan	
Session 1	Nadia Jalal	Muhammad Ashfaq & Inayat Ullah
	Inayat Ullah	Nazia Gul & Muhammad Shayan
Session 2	Gul Muhammad	Fawad Ali & Nadia Jalal
	Muhammad Shayan	Asad Ullah Zeb & Fawad Ali
Day 2		
General information sheet and PHQ-2 questionnaire	Asad Ullah Zeb	All Participants
	Fawad Ali	
	Gul Muhammad	
	Nadia Jalal	
Session 3	Nazia Gul	Gul Muhammad & Nadia Jalal
	Inayat Ullah	Asad Ullah Zeb & Nazia Gul
Session 4	Nadia Jalal	Muhammad Ashfaq & Inayat Ullah
	Fawad Ali	Muhammad Shayan & Fawad Ali
Day 3		
Session 5	Muhammad Ashfaq	Fawad Ali & Asad Ullah Zeb
	Muhammad Shayan	Inayat Ullah & Gul Muhammad
Session 6	Asad Ullah Zeb	Muhammad Ashfaq & Nadia Jalal
	Fawad Ali	Nazia Gul & Muhammad Shayan

Therapists (DOTS Facilitators)

Each DOTS facilitator was assigned a specific CBT session to perform during the roleplays, with a detailed schedule shared one week prior to the training. A structured roleplay plan was developed for both groups, ensuring every facilitator had the opportunity to take on the therapist's role. The roleplay sequence was strategically designed to include experienced DOTS facilitators from the pilot phase as role models. This approach enabled new facilitators to observe and learn from seasoned peers, while mid-level facilitators further refined their skills. The diverse mix of experience levels made the roleplays more engaging and promoted peer learning.



Simulators (Patients)

To enhance the realism of the roleplays, simulators, i.e., individuals without any background in CBT or psychology, acted as patients. These simulators included newly hired research assistants, external community members, and support staff such as peons who were illiterate and spoke only one language. Each simulator was given specific instructions on how to behave during the session by CBT master trainers, ensuring consistency and providing realistic challenges for the facilitators. Their participation helped replicate real-world scenarios, allowing facilitators to

practice therapeutic communication with individuals of varied literacy and language backgrounds.

Assessors (Feedback Providers)

Assessors from the DOTS facilitators observed each roleplay and provided detailed, constructive feedback to the facilitators. Their guidance focused on enhancing the delivery of CBT techniques,



improving communication style, and adherence to session structure. This feedback was essential for reinforcing key therapeutic skills and ensuring quality implementation of the CONTROL intervention.

Role-Plays on Pre-Screening Tool (General information sheet and PHQ-2 questionnaire)

Role-plays were conducted on the pre-screening tool, i.e., General Information Sheet and PHQ-2 questionnaire, with all DOTS facilitators actively participating over three days. Given that the PHQ-2 is a critical first step in the recruitment process, special emphasis was placed on the



accuracy and consistency of its administration. These role-plays provided facilitators with an opportunity to demonstrate their skills, receive constructive feedback, and identify areas for improvement.

As the sessions progressed, a noticeable improvement in

performance was observed across participants. To ensure cultural relevance and effective communication with diverse patient populations, role-plays were conducted in Urdu, Hindko, and Pashto. Clinical Research Fellows and CBT Master Trainers provided thorough feedback after each performance, highlighting both strengths and areas requiring further development.

Activity - Guess the Riddle

To create a light, engaging, and energetic atmosphere, a fun activity titled *“Guess the Riddle”* was held after the PHQ-2 practice session. Participants were divided into two teams, with each team selecting its members. The friendly competition sparked enthusiasm and active involvement. The winning team was applauded and appreciated, bringing a sense of excitement and team spirit to the training environment.

Roleplays on Session 1: Psychoeducation & Behavioral Activation

Following an interesting activity, DOTS facilitators, acting as therapists, performed roleplays based on Session 1, which focused on Psychoeducation and Behavioral Activation. They followed the structured CBT format and clearly explained homework tasks to the simulated

patients. The roleplays were conducted in Urdu and Pashto, while participants from Haripur also performed in Hindko to ensure cultural and linguistic inclusivity.



They received feedback on the clarity of psychoeducation delivery, the effective use of flipbooks to enhance patient understanding, and the explanation of homework. Difficult terms were identified, and conceptual challenges were addressed to help facilitators simplify the content for easier delivery in the field.

Roleplays on Session 2: Motivational Interviewing (MI)

In Session 2 roleplays, DOTS facilitators practiced Motivational Interviewing techniques, focusing on the use of the *MI Change Plan Checklist*. The goal was to strengthen their ability to engage patients in meaningful conversations about behavioral change, particularly around medication adherence.

They were guided to refine their questioning style, support patient autonomy, and build rapport. Any misunderstandings or confusion about the MI process were clarified, ensuring a better grasp of the concepts and tools involved in this session.

Therapist of the Day

The final segment of each training day was “*Therapist of the Day*”, aimed at recognizing outstanding performance. DOTS facilitators who demonstrated exceptional skills during PHQ-

2 administration and CBT session roleplays were nominated and voted for by fellow participants. The selected therapists were awarded tokens of appreciation in recognition of their effort and excellence.

For Group 1:

- PHQ-2 Therapist of the Day: *Muhammad Shahab* (TBC Gunj, Peshawar)
- CBT Session Therapist of the Day: *Faraz Ul Haq* (MDR TB, DHQ Haripur)

For Group 2:

- PHQ-2 Therapist of the Day: *Muhammad Ashfaq* (TBC Nahaqi, Peshawar)
- CBT Session Therapist of the Day: *Gul Muhammad* (Al-Khidmat, Dabgari Gardens, Peshawar)

The day concluded with a brief recap of key learnings and feedback from participants and trainers.

DAY 2

Day & Venue

Day 2 for Group 1 and Group 2 took place on June 13th and June 20th, 2025, respectively, from 9:00 AM to 3:00 PM in the Committee Room, Ground Floor, at the Institute of Public Health and Social Sciences, Khyber Medical University.

Recap of Day 1

The session began with the recitation of the Holy Quran. This was followed by a recap of Day 1, shared by participants, before commencing the day's scheduled activities.

Role-Plays on Pre-Screening Tool (General information sheet and PHQ-2 questionnaire)



The day began with roleplays on the General Information Sheet and the PHQ-2 for those DOTS facilitators who had not yet performed on Day 1. A noticeable improvement was observed as participants

had benefited from observing multiple roleplays and practicing the format.

Clinical Research Fellows and CBT Master Trainers provided detailed feedback, focusing on the therapist's tone and body language. Two key PHQ-2 questions were also clarified further with practical examples to improve understanding. Overall, participants demonstrated significant progress in both technique and confidence.

Activity - Guess the Object

To energize the group and create a light, enthusiastic atmosphere, participants engaged in an interactive activity titled “*Guess the Object.*” In this game, one person from each team came forward without seeing the object’s image, while their team gave non-verbal cues to help them guess what the object was. The activity boosted engagement, laughter, and team spirit, preparing the participants for the upcoming roleplays.

Roleplays on Session 3: Recognizing Thoughts

Following an engaging activity, DOTS facilitators conducted roleplays for Session 3, which focused on recognizing thoughts, emotions, physical symptoms, and behaviors – key elements

of the CBT vicious cycle. Participants used *Diary No. 1* and examples such as Zarmina and Gul Muhammad to explain the concepts to the simulators.

Simulators were actively engaged by asking questions. When participants struggled, CBT Master Trainers stepped in to offer real-time support. As the roleplays progressed, participants demonstrated increasing competence and clarity in session delivery.

Roleplays on Session 4: Challenging Thoughts

Session 4 roleplays centered on helping patients challenge their negative thoughts. Participants followed the structured CBT framework, reviewed homework, and guided simulators through *Thought Diary No. 2*. Although some facilitators initially struggled



with identifying cognitive errors and occasionally mixed them up, they showed marked improvement following clarification and feedback. Trainers encouraged them to continue practicing to further strengthen their understanding.

Therapist of the Day

The “Therapist of the Day” segment celebrated those who excelled in the PHQ-2 and session roleplays. Winners were selected through individual voting and received tokens of appreciation.

For Group 1:

- PHQ-2 Therapist of the Day: *Faraz Ul Haq* (MDR TB, DHQ Haripur)

- Session Therapist of the Day: *Chan Zaib* (Dr. Rafique Tanoli Private Clinic, Haripur)

For Group 2:

- PHQ-2 Therapist of the Day: *Asad Ul Zeb* (TBC Gunj, Peshawar)
- Session Therapist of the Day: *Nadia Jalal* (MDR TB, LRH, Peshawar)

The day concluded with a brief recap and reflections on the day's learning.

DAY 3

Day & Venue

Day 3 for Group 1 and Group 2 took place on June 14th and June 21st, 2025, respectively, from 9:00 AM to 3:00 PM in the Committee Room, Ground Floor, at the Institute of Public Health and Social Sciences, Khyber Medical University.

Recap of Day 2

The session began with the recitation of the Holy Quran, followed by a recap of Day 2 shared by participants.



Eligibility criteria & Surprise Roleplays on General Information Sheet and PHQ-2

To start the day, surprise roleplays were conducted on the General Information Sheet and PHQ-2. The

participants were randomly called on to administer the PHQ-2, reinforcing their learning from

the previous two days and testing their spontaneous application of the screening tools. The eligibility criteria for patient recruitment were also explained to the DOTS facilitators by Dr. Aamir Aziz.

Activity- Cognitive flexibility

Saara Khan conducted an engaging activity with the participants, asking them to write down the good and bad qualities of both their favorite and least favorite leaders. Once the participants completed the task, she introduced the concept of *cognitive flexibility*, explaining how our



thinking patterns affect how we perceive others and situations. The discussion highlighted how we tend to focus only on the positives of those we favor and the negatives of those we dislike.



She further explained the importance of cognitive flexibility in everyday life and its strong connection to CBT, emphasizing how being open to alternative perspectives can improve emotional well-being and decision-making

Roleplays on Session 5: Alternative Thoughts

Session 5 roleplays focused on *Alternative Thoughts*, marking the final session in the cognitive restructuring component of the CBT framework. Participants followed the structured format,

reviewed homework, and guided simulators (patients) through *Thought Diary No. 3*. They were also helped to understand the connection between Sessions 3, 4, and 5 by revisiting *Diaries 1 and 2*, ensuring continuity in learning and conceptual clarity.

Activity - CBT Quiz

An engaging quiz activity related to CBT and the CONTROL intervention was conducted. All participants enthusiastically took part, reinforcing their knowledge in an interactive and light-hearted manner.

Roleplays on Session 6: Problem-Solving

Following an engaging quiz, participants moved to roleplays for *Session 6: Problem-Solving*. These roleplays were conducted in Urdu, Pashto, and Hindko to reflect local languages and



improve

communication.

Therapists explained the steps of problem-solving using the structured worksheet and character stories.

Building on prior guidance, DOTS facilitators were

encouraged to incorporate real-life examples from the simulators during the session. They successfully applied this approach, helping simulators identify and work through their problems in a practical, relatable manner.

Therapist of the Day

The final *Therapist of the Day* awards were presented based on outstanding performance in PHQ-2 and session roleplays:

For Group 1:

- PHQ-2 Therapist of the Day: *Jahanzeb* (Dr. Asif Safi's Private Clinic, Peshawar)
- Session Therapist of the Day: *Tazeem Akhtar* (TBC Kangra, Haripur)

For Group 2:

- PHQ-2 Therapist of the Day: *Gul Muhammad* (Al-Khidmat Hospital, Dabgari Gardens, Peshawar)
- Session Therapist of the Day: *Asad Ul Zeb* (TBC Gunj, Peshawar)

Impact of the Refresher Training

The refresher training had a significant impact on enhancing the knowledge, confidence, and skills of DOTS facilitators in delivering both the pre-screening tool and CBT sessions. Through structured roleplays, facilitators improved their ability to deliver sessions in a more patient-centered and systematic manner. Their understanding of PHQ-2 screening was notably strengthened, leading to more confident and accurate administration of the tool.

The use of multiple local languages, Urdu, Pashto, and Hindko, ensured cultural relevance and inclusivity, making the training more relatable for facilitators. Simulators played a vital role in creating realistic scenarios, as they represented diverse backgrounds, including some illiterate individuals. This allowed facilitators to practice effective communication in real-life contexts. Participants also identified words that were difficult to translate on the spot in Pashto and Hindko and made notes to simplify or clarify them in future sessions.

Facilitators who initially needed improvement showed notable progress and were encouraged to continue practicing. The roleplay-based approach, especially involving experienced DOTS facilitators as role models and varied simulators, fostered a collaborative learning environment.

Participants benefited from peer learning, observing strengths, receiving feedback, and learning from common challenges.

The interactive activities conducted each day, such as quizzes and games, further boosted participant confidence. These team-based activities encouraged collaboration, fostered group cohesion, and ensured that every participant had a chance to engage and contribute.

The “*Therapist of the Day*” segment was a daily highlight, serving as a strong motivator. DOTS facilitators strived to perform better to earn recognition and appreciation. Selected therapists were applauded and awarded tokens of appreciation, while others felt inspired to improve in future sessions.

Conclusion

This refresher training is expected to have a positive impact on patient engagement and treatment adherence in the field. By reinforcing core skills, clarifying concepts, and boosting confidence, the training has equipped DOTS facilitators to deliver the CONTROL intervention more effectively.

The training concluded with a vote of thanks by Saara Khan and the distribution of tokens of appreciation to those who performed exceptionally in the PHQ-2 and CBT sessions. A group photo marked the end of a successful and enriching training experience.

Group 1 – “Therapist of the Day” Chart for Three-Day Refresher Training

THERAPIST OF THE DAY		
DAY'S	SESSION	Phd-2
DAY 1	FARAZ	SHAHAB
DAY 2	CHANZAIB	FARAZ
DAY 3	TAZEEM	JEHANZAIB



'Therapist Of The Day' Winners Receiving Tokens Of Appreciation From The Facilitators

Group 2 – “Therapist of the Day” Chart for Three-Day Refresher Training

THERAPIST OF THE DAY		
DAY'S	SESSION	PHQ-2
DAY 1	GUL MUHAMMAD	ASHEAQ
DAY 2	NADIA TALAL	ASAD
DAY 3	ASAD	Gul Muhammad



'Therapist Of The Day' Winners Receiving Tokens Of Appreciation From The Facilitators



DOTS Facilitators Group 1 with CBT Master Trainers



DOTS Facilitators Group 2 with CBT Master Trainers

COGNITIVE THERAPY FOR DEPRESSION IN TUBERCULOSIS TREATMENT

(The CONTROL Program)

Three-Day Refresher Training for DOTS Facilitators on CBT

Agenda

Venue: Committee room, Ground Floor, IPHSS, KMU

Date & Time: 12th, 13th & 14th June 2025 (Group 1) , 19th, 20th & 21st June 2025 (Group 2), 09:00 AM to 03:00 PM

Day 1		
Time slot	Topic / title	Resource person
09:00am-09:35am	Recitation of the Holy Quran	<i>Participant</i>
09:35am-09:40am	Welcome note & objective of the workshop	<i>Saara Khan</i>
09:40am- 10:00am	Activity- Guess the Riddles	
10:00am-10:30am	Roleplays on General information sheet and PHQ-2 questionnaire	<i>All participants & CBT Master Trainers</i>
10:30am-11:00am	Tea Break	
11:00am-12:30pm	Roleplay on Session 1 & Feedback (two roleplays)	<i>All participants & Master Trainers</i>
12:30pm-01:00pm	Roleplay on Session 2 & Feedback (first roleplay)	
01:00pm-02:00pm	Lunch and Prayer Break	
02:00pm-02:30pm	Roleplay on Session 2 & Feedback (second Roleplay)	<i>All participants & Master Trainers</i>
02:30pm-02:45pm	Therapist of the Day	<i>Saara Khan & All participants</i>
02:45pm-03:00pm	Recap of the day	

Day 2		
Time slot	Topic / title	Resource person
09:00am-09:05am	Recitation of the Holy Quran	<i>Participant</i>
09:05am-09:15am	Recap of day 1	<i>Saara Khan</i>
09:15am-09:45am	Roleplays on General information sheet and PHQ-2 questionnaire	<i>All participants & Master Trainers</i>
09:45am-10:30am	Roleplays on Session 3 & Feedback (one roleplay)	
10:30am-10:50am	Tea Break	
10:50pm-11:30am	Roleplays on Session 3 & Feedback (Second Roleplay)	
11:30am-12:00pm	Cognitive flexibility & Activity- Guess the Image	<i>Saara Khan</i>
12:00pm-12:45pm	Roleplays on Session 4 & Feedback (one roleplay)	<i>All participants & Master Trainers</i>
12:45pm-01:45pm	Lunch break & Prayer Break	

01:45pm-02:30pm	Roleplays on Session 4 & Feedback (second Roleplay)	<i>All participants & Master Trainers</i>
02:30pm-02:45pm	Therapist of the Day	<i>Zumar Malik & All participants</i>
02:45pm-03:00pm	Recap of the day	

Day 3		
Time slot	Topic / title	Resource person
09:00am-09:05am	Recitation of the Holy Quran	<i>Participant</i>
09:05am-09:10am	Recap of day 2	<i>Rafia Khalil</i>
09:10am-10:30am	Roleplay on Session 5 & Feedback	<i>All participants & Master Trainers</i>
10:30am-11:00am	Tea Break	
11:00am-11:20am	Activity- Quiz	
11:20am-01:00pm	Roleplay on session 6 & feedback	
01:00pm-01:45pm	Lunch break & Prayer Break	
01:45pm-02:00pm	Therapist of the day & feedback	<i>Saara Khan</i>