

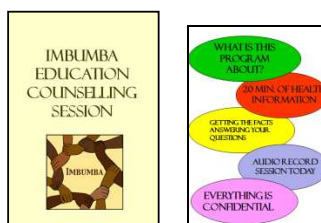
Educations Counselling Session 29 January 2014

# Imbumba

## Training Manual for the **Imbumba** **Education Counselling Session**

## EDUCATION COUNSELLING SESSION

**Note to counselor: The text in quotes is a useful guide for how the counselor could deliver the intervention sections. It should not be used as a script. Counselors should develop their own style for how to deliver the required sections.**



### Introduction and Project Explanation

The counselling/ client interaction starts even before the counselling session begins. So establish good rapport to make the client feel comfortable by being warm and friendly.

Introduce yourself to the client. Welcome the client to the session and thank them for participating. Give them a brief introduction to the session and let them know what will occur and an indication of time.

“I wanted to welcome you today and say thank you for participating. I would like to start by letting you know what this program is about? We are going to spend some time talking about health information. We will get the facts about HIV/AIDS and I will answer any questions you may have. I should make you aware that everything we talk about today will be kept in this room. So feel comfortable to share information with me about yourself because I will not share it with anyone else. How does that sound? Also I want to remind you that I am going to audio record our session today. Only the researchers will be able to listen to the session, no one at the Clinic or anywhere else. The session is recorded so the researchers can be sure I am doing my job correctly. Okay?”

Start the recording and state... This is PID #####, today is [state date], this is [state your name] and this is a [state the session type Education, Skills or Communication] session.

- “Feel free to stop me if you have any questions.”



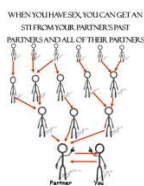
### Tell me about yourself

Start the session of by asking the client to talk a little about themselves and why they have come to the clinic. End this page by transitioning into a discussion about Sexually Transmitted Infections.

- “So tell me a little about yourself so I can know you better.”
- “What brought you to the clinic when we first met you?”
- “How do you feel right now?”
- “Thank you for sharing.”
- “To start today I would like to talk with you about Sexually Transmitted Infections or STI’s. What do you know about Sexually Transmitted Infections?”

Try and elicit from the participant some of their knowledge of STI's. Positively reinforce what they tell you when they state the correct facts. Do not correct misinformation here. Remember their misinformation and when you begin the education portion of the session, address the misinformation then.

“So it seems like you have quite a bit of knowledge about STI's. Let's start at the beginning and talk about how people get an STI. You may know some of this, but hopefully some of the information I share with you today will be new to you.”



### When you have sex with someone

The purpose of this page is to illustrate how sexually transmitted infections are transmitted to sex partners. It may be beneficial to use an example or use the client's own situation as an example to illustrate this concept.

- “You should be aware that having unprotected sex, or sex without a condom, is considered a high-risk behavior especially when it involves multiple partners. This is because body fluids are being exchanged with multiple people.

When you have sex with someone, you can get a Sexually Transmitted Infections from your partner's past partners and all their partners. One way to protect yourself is to use a condom when you have sex.”



### Opening for Sexually Transmitted Infections

“Now that we know that STI's are passed between sex partners when they do not wear condoms, let's talk about the signs and symptoms of STI's. First you should know that you or your sex partner can have an STI and not know it. The reason is that at different stages, STI's may not have signs or symptoms to tell you that you have a Sexually Transmitted Infection.”

The counselor is going to be showing the client pictures of sexually transmitted infections and the purpose of this page is to prepare client to see the pictures.

- “You should be aware that the signs and symptoms of Sexually Transmitted Infections are not pretty. I will be showing you pictures of some common Sexually Transmitted Infections. Are you ready to see the pictures?”



### Sexually Transmitted Infection Facts

The purpose of this page is to educate the client on the sign and symptoms of common Sexually Transmitted Diseases. Briefly talk and describe each one. Do not ask the client which Sexually Transmitted Infection they have. However, if the client offers that information, then explore how that makes the client feel.

- “These are the Sexually Transmitted Infections that are prevalent in our area such as Syphilis, Gonorrhea, Genital Herpes, and Genital Warts. You should be aware of the signs and symptoms of these infections because it is important to protect yourself. Here are the male pictures and here are the female pictures. The images here are of STI’s that have not been treated. It is really important that when you START to have any sign of an STI that you go to the Clinic so you can get treated.”

Now focus on HIV as a Sexually Transmitted infection.

- “Another common Sexually Transmitted Infection is HIV. As you can see, there is no picture for HIV. That is because you cannot tell when someone is infected. There is no sore, no discharge, no burning, no pain, and no cure.”



### Participant’s Knowledge of HIV

Participants should be encouraged to share what they know about HIV/AIDS. Listen for myths and misinformation. Reinforce their knowledge. Do not correct misinformation here, but take note of it. You will address in the upcoming session. The goal is to have the participant talk and share with you.

“What have you heard about HIV/AIDS?”



### You can only get HIV from

The goal here is to let the client know that just these body fluids are capable of transmitting HIV. This will clear any misconceptions about any other body fluids that do not transmit HIV.

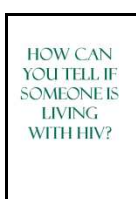
- “You can only get HIV from Unprotected Sex, Blood, and Mother to Child.” Answer any questions and address any misinformation that the participant shared earlier.



### You cannot get HIV from

Clarify any myths that the client may have about how HIV is transmitted. The client may ask some questions here about possible modes of transmission, such as insects or kissing.

- “You can not get HIV from Kissing, Touching, Toilets, Insects, Food, and Sharing Utensils.”



### How can you tell if someone is HIV positive?

The purpose of this page is to start a conversation on HIV stigma. Ask the client how they would tell if someone was HIV positive. This should lead into a discussion that you can tell the difference between someone who is HIV positive or negative so they should be treated the same. Also remind the participant that there are no signs and symptoms for HIV/AIDS.



### People with HIV are like you and me- Stigma Page

The purpose of this page is to dispel stigma about people living HIV/AIDS. Since HIV stigma is very prevalent, the counselor should give the client some destigmatization statements and clear up any HIV myths or misconceptions.

- “You can’t tell if someone is HIV positive because there are no symptoms. So we should treat them like everyone else.
- “People with HIV are just like you and me. This is a problem that affects everyone so we should treat them all the same.”
- “How do you feel about that?”



### HIV Testing

“The only way to know if you or your sex partners have HIV is to get tested. To get tested you will need to provide either saliva or blood sample at a testing site.

Before you get tested, a VCT counsellor will discuss the HIV test with you to be sure that you understand what will happen, how you feel and to make sure all of your questions are answered. It takes about 15 minutes for the test results to come back. After you receive your test results the VCT counsellor will talk with you about the behaviours that put you at risk and if your test results come back positive, will discuss treatment options.”



### Summary

The purpose of this section is to ensure that the participant does not have any lingering misinformation regarding HIV.

“There is a lot of information out there about HIV/AIDS. Here is some information that sometimes is misunderstood in the community. Let me know if you have ever heard about any of these.” Review the facts page with the participant. Answer any remaining questions.



### Thank you

“That is the end of our session today. Do you have any questions about what we have been discussing? Thank you so much for participating in the program.”