

Counselling IS NOT ...

- **Giving advise**
- **Telling others what to do**
- **Directing**
- **A conversation**
- **A interrogation**
- **A confession**
- **Praying**

Definition of Counselling

Counselling is a **process**, based on a **relationship** that is built on empathy, acceptance and trust. Within this relationship, the counsellor focuses on the client's feelings, thoughts and actions, and then empowers clients to:

- cope with their lives,
- explore options,
- make their own decisions, and
- take responsibility for those decisions.

Developing a counselling relationship is like developing any other kind of relationship, but the counsellor should take the lead. It is the counsellor's responsibility to set up the safe and trusting environment for the relationship to grow

What is counselling?

- Counselling has to do with feelings.
- Counsellors are people who help others express, understand and accept their own feelings.

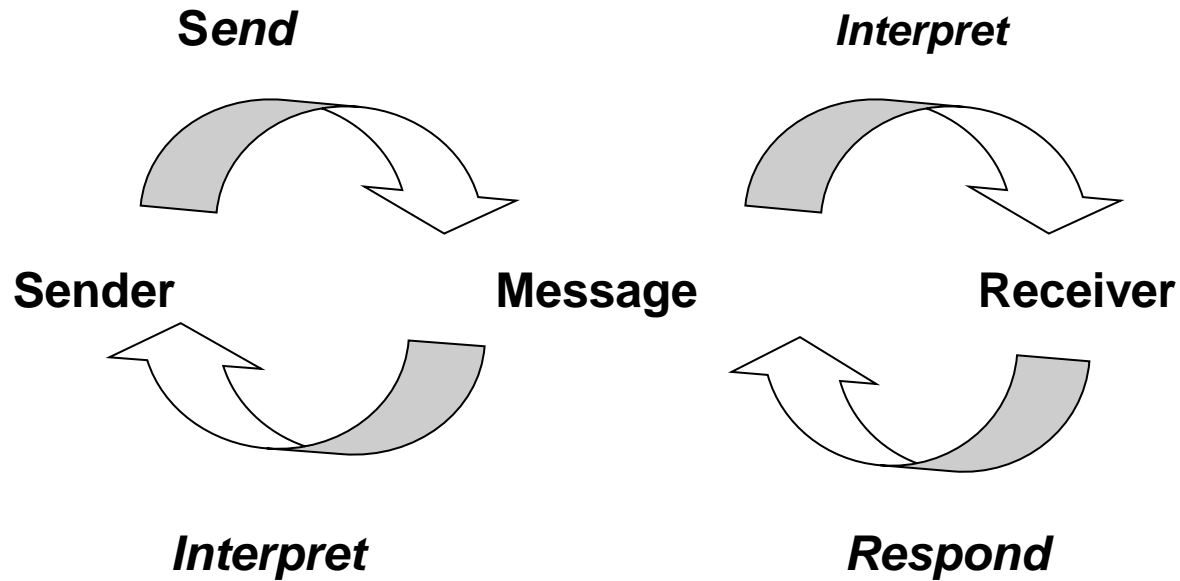
This process helps people to

- feel less anxious,
- make decisions,
- take actions, and
- grow and change.
- People solve their own problems.

The main tools of the counsellor are

- empathy
- active listening
- reflecting feelings
- asking good questions
- affirming and accepting

Interpersonal communication



Interpersonal Communication

- Person-to-person communication – it goes two ways. It is a dialogue.
- Involves the sharing of information, thoughts and feelings.
- Both verbal and non-verbal.

What is verbal communication?

- What is said out loud
- Includes the message, but is not limited to that
- Includes volume (how loudly or softly the words are said)
- Tone of voice
- Language
- Sighs

What is non-verbal communication?

What is communicated that is not oral (or is not heard)

Uses other senses besides hearing, such as seeing and touching

There is a great deal more to communication than words that are exchanged back and forth.

Also called body language

Gestures – legs crossed or folded arms

Facial expressions

Posture – sitting upright or slouching

Eye contact

Seating or height

Proximity

Touch

Phases of a Counselling Session

- There are five main stages or phases in the
- process of a counselling session:
 - 1. Trust Building
 - 2. Establishing the Relationship (Greetings and Introduction)
 - 3. Exploration (Understanding the Problem)
 - 4. Resolution (Decision-Making)
 - 5. Termination

“To empathise is to see with the eyes of another, to hear with the ears of another and to feel with the heart of another.”

An anonymous English tutor

Requirements for Empathy

- Open-mindedness
- Imagination
- Commitment
- Knowing and accepting yourself

- Listening is active.
- There is more to listening than simply not talking.
 - There are verbal and non-verbal components to listening.
- Listening involves more than just one sense

Active listening is also communicating what you have heard and understood

Non-Verbal Listening in Counselling:

S Sit **S**quarely facing the other person

O **O**pen non-defensive body posture

L **L**ean slightly toward the client

E **E**ye contact

R **B**e **R**elaxed and comfortable

Reflecting Skills

- Reflecting skills act like a mirror; they reflect back to the client what he/she is communicating.
- They are a way of communicating your understanding of the client's perspective.
- Reflecting skills also communicate empathy.

Reflecting Skills

- Are valuable in building a relationship with the client by communicating trust, acceptance and understanding.
- Help clients clarify for themselves their problems and feelings.
- Help the counsellor gain information about the client and how he/she views his/her situation.
- Verification: it helps the counsellor check his/her perception of what the client communicates

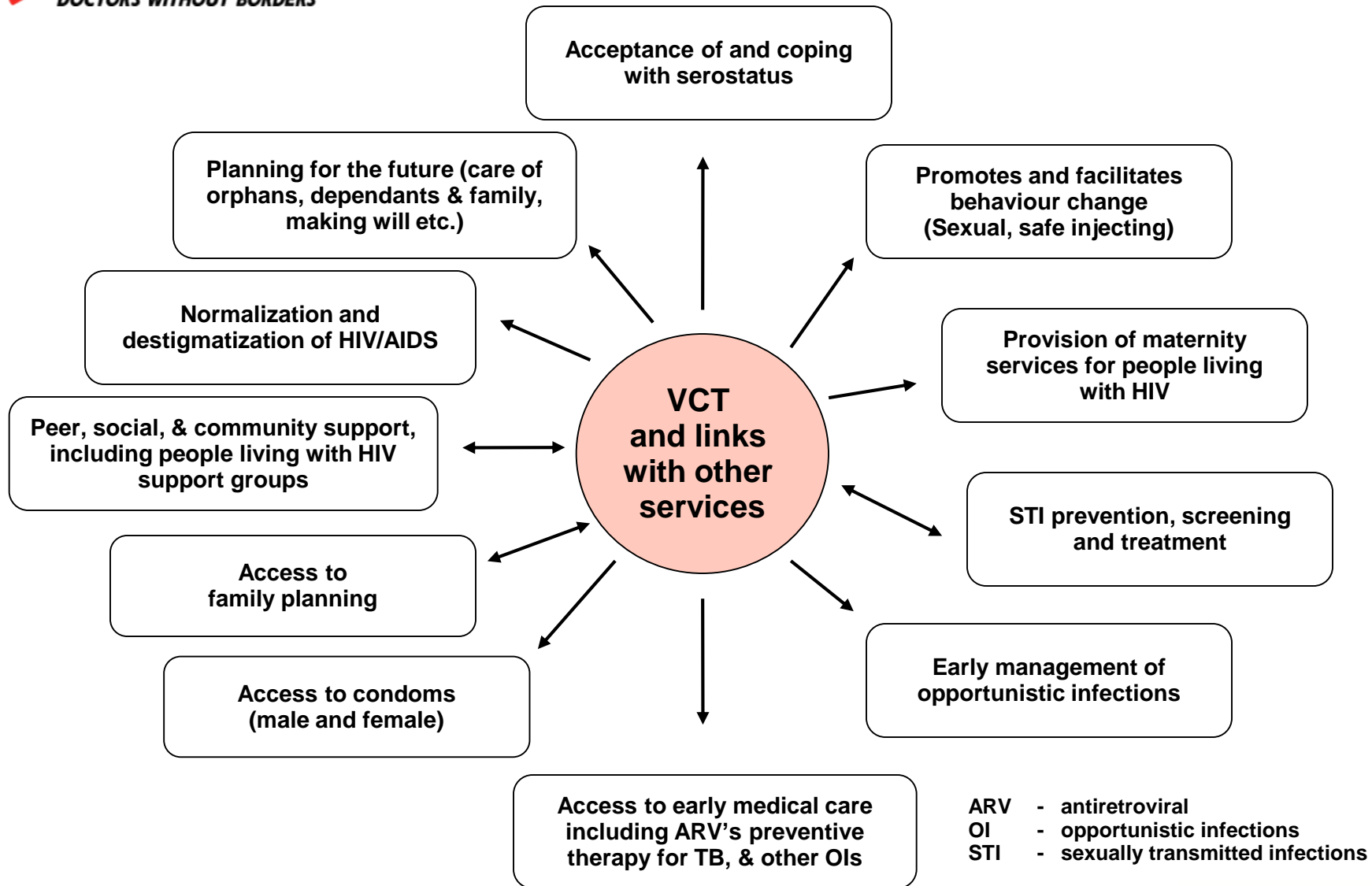
HIV Transmission The Four Principles

- EXIT – the virus must *exit* the body of an *infected* person
- SURVIVE – the virus must be in conditions in which it can *survive*
- SUFFICIENT – there must be *sufficient* quantities of the virus present to cause infection
- ENTER – the virus must *enter the bloodstream* of another person

HIV Counseling and Testing

- HIV counselling and testing is a process that involves several different steps.
- Counselling after the HIV test does not always stop when a counsellor gives the test results.
- HIV testing should always be voluntary
- If we decide not to test, our decision is respected and we should be encouraged and supported to test at a time when we feel ready to do so.
- HIV counselling and testing should always be confidential.
- HIV counselling and testing is for any one of us who wants to know our HIV status.
- One-to-one counselling can be combined with couple, family, group and community counselling.
- Mandatory HIV testing is ineffective for prevention

Role of VCT in HIV Prevention and Care



Thank you !!!!



The four stages of ARV adherence counselling are

- 1. Pre-HIV Treatment Initiation
- 2. HIV Treatment Initiation
- 3. HIV Treatment Maintenance
- 4. Re-Motivation or Treatment Change



Starting ART is NOT an emergency.

The client must be assessed,
properly prepared for, and
committed to treatment.





MEDECINS SANS FRONTIERES
DOCTORS WITHOUT BORDERS

The counsellor must explore and listen to the client.

Do not forget your basic counselling skills, especially reflecting skills.

Telling the client of the importance of adherence will



Adherence is dynamic.

It changes in each client over time.