

Applying counselling skills

Counseling

- A confidential dialogue between a person and a care provider aimed at enabling the person to cope with stress and make informed personal decisions in relation to HIV (WHO, 1994)
- Helping relationship, done through one-to-one communication specific to the needs of the individual
- Helps to explore options for clients to make informed decisions

Counselling

- More than advising
 - Advising implies that you *tell* her what she should do
- More than education and providing information
- Does not make a decision for a woman nor push her towards a certain decision

Case study

- A mother and child come to the ARV clinic for routine follow up. The child is on AZT, 3TC and NVP. The child was very, very ill when he first presented, but in the past 6 months, he has gained his strength and is back at school now.

Case study, continued

- You find that the child has missed several appointments.
- How do you approach this situation?

- You find out that the father found out the child's HIV status when he found the drugs that the mother had been hiding. He told them that these drugs are dangerous and that they should only go for spiritual healing.
- How do you approach the situation now?