



APPLIED SKILLS IN HIV COMMUNICATION AND COUNSELLING COURSE



Approved short-course presented by the Office for Institutional HIV Coordination (OIHC) of Stellenbosch University, in partnership with the African Network for Strategic Communication in Health and development (AfriComNet).

MODULE1: HIV OVERVIEW

This module will give participants the opportunity to reflect on their own attitudes towards issues related to HIV, sexuality, gender, race etc. In addition the module will ensure that all participants are familiar with the basic facts of HIV/AIDS and will clarify any misconceptions.

Objectives: By the end of this session participants should be able to:

- ⌘ Demonstrate an understanding of the impact of prejudice, values and culture in HIV education and counselling;
- ⌘ Demonstrate the ability to identify personal beliefs that will impact positively and negatively on HIV counselling and education; and
- ⌘ Identify and address gaps in their ability to present the basic facts of HIV in an educational setting.

MODULE 2: COUNSELLING

This module will orientate participants on the purpose, differences and inter-relatedness of IPC, counselling and client education in strategic HIV communication.

Objectives: By the end of this session participants should be able to:

- ⌘ Differentiate between the concepts of IPC, counselling and client education
- ⌘ Demonstrate insight in to the qualities of a good counsellor
- ⌘ Apply basic theories of counselling.
- ⌘ Appreciate the process of counselling.
- ⌘ Grasp the ethical and legal boundaries within a counseling relationship

MODULE 3: CLIENT EDUCATION

This module will introduce participants to the principles, process and context of client education and its use within health education and counselling.

Objectives: By the end of this session participants should be able to:

- ⌘ Know and apply the principles of effective client education.
- ⌘ Apply theories of behaviour change to prevention and education.

MODULE 4: INTER PERSONAL COMMUNICATION SKILLS

This module will introduce participants to specific communication techniques and skills relevant to counselling and offer participants the opportunity to master these skills through practical role-plays.

Objectives: By the end of this session participants should be able to:

- ⌘ Demonstrate effective communication skills through role-play.
- ⌘ Master techniques that will enhance inter-personal communication.
- ⌘ Be aware of the pervasive role of non-verbal communication.

MODULE 5: APPLICATION TO HIV COUNSELING

This module will integrate IPC, counseling and client education proficiency in various HIV counselling contexts.

Objectives: By the end of this session participants should be able to:

- ⌘ Conceptualise the various types of HIV counselling.
- ⌘ Conduct pre and post test counselling in line with generic protocol principles.
- ⌘ Apply pre- and post- test counselling skills to couples and families.
- ⌘ Demonstrate insight into the challenges of living positively with HIV.
- ⌘ Conduct counselling related to the prevention of mother to child transmission in line with generic protocol principles.
- ⌘ Conduct counselling related to treatment adherence in line with generic protocol principles.
- ⌘ Apply 6 step crisis model in a counselling setting.