

*HIV/AIDS – COUNSELLING:
A HOLISTIC SUPPORTIVE
APPROACH*

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IN NORMAL COUNSELLING

Basically what we are trying to do is to help clients put things right.

In other words it is a process of CURING

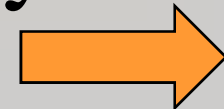




HIV/AIDS Counselling is Caring



The shift towards
CARING
instead of
CURING
is because there is
NO CURE as of today





So, we focus interventions on caring for the

Physical

Emotional

Social

Psychological

Spiritual

Welfare of the individuals





WELFARE not just of these individuals
But also welfare of the Significant others -
that is people who are of significance to
the client.

It could be family, relatives, friends,
colleagues, neighbours and so on.



PRE- AND POST HIV TEST COUNSELLING



★ The HIV test is different from all other tests



★ It has phenomenal emotional, psychological, practical and social implications for the client





PRE HIV TEST COUNSELLING



The basic purpose of pre-test counselling is to provide the technical aspects of testing and the possible personal, medical, social, psychological, legal and ethical implications of being diagnosed as either HIV positive or HIV negative



POST HIV TEST COUNSELLING

Not many things in life can be as stressful as going back for HIV test results.

For many clients it feels as if the counsellor holds the key to the future in his/her hands

So, the primary task of counselling is to be supportive, be a good listener and to empower the client to better their lives



REQUIREMENT FOR THIS



The most important requirement to be an HIV/AIDS counsellor is compassion for another person's struggle to live beyond the confines of a disease



The second is willingness and commitment to “walk the walk” with this person and the significant others





OTHER REQUIREMENTS

- ★ THE NEED is for the individual to find ways of living a psychologically healthy life after diagnosis
- ★ THE AIM while counselling or helping your client must be based on the needs of the client





THE PURPOSE THUS IS TO

- ★ Help the client manage his/her problems more effectively
- ★ Develop unused or underused opportunities to cope fully
- ★ Empower the client to become more effective a self helper





REMEMBER



★ Helping is about constructive change and making a substantial and meaningful difference to the client's life



★ You the counsellor is only the facilitator

★ You can only be instrumental to facilitate the change



★ It is only the client who can make the difference



QUALITIES AND SKILLS REQUIRED

- ★ COMMUNICATION SKILLS
- ★ EIGHT COMMANDMENTS OF EMOTIONAL SUPPORT

NOTE: The entire gamut of communication skills cannot be covered here.

[Time permitting it will be done.]

Only THERAPEUTIC COMMUNICATION SKILLS will be taken up





THERAPEUTIC COMMUNICATION SKILLS

A. NON-VERBAL SKILLS

Here you have to remember the word

S O L E R





S O L E R

- ★ Sit squarely
- ★ Open stance
- ★ Lean forward
- ★ Eye contact
- ★ Respond empathetically





NON-VERBAL SKILLS - ctd



★ POSTURE – [Normally SOLER }
way we sit/stand/walk/sleep...



★ GESTURES –
way we move hand/head/face ...





★ **VOICE QUALITY** – tone/speed/volume.
Try and match it with the client's

★ **ENERGY LEVEL** – emotions conveyed
must be moderate: not too high or
animated and not too low and depressed



B. VERBAL SKILLS



★ Use appropriate words to take session forward



★ As far as possible speak language of the client



★ Reflect back to ensure you have correct message



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- ★ Avoid “why” questions
 - ★ “How” and “what” questions are more helpful
 - ★ Try and put the question back to help the client
 - ★ Give something positive – for the feel good factor



8 COMMANDMENTS OF EMOTIONAL SUPPORT



1. No “why” questions

2. Be non-judgmental



3. Be empathetic

4. No advice





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5. Don't take responsibility for the other's problems
 6. Do not interrupt
 7. Stick with the here and now
 8. Deal with feelings first



DO REMEMBER THAT

- ★ Counselling is a very sensitive process
- ★ More so when HIV/AIDS patients involved
- ★ You need to be thoroughly professional
- ★ This implies a certain code of ethics





ETHICS IN COUNSELLING



1. Counselling case – not for curiosity or entertainment



2. Confidentiality – an absolute must



3. Concentration – throughout the session



ETHICS - ctd



4.Connection – ensure that it is there



5.Concern – without it forget dealing with people



6.Comprehension – be sure it is present



ETHICS - ctd



7. Conception -process includes comparisons, generalizations..



8. Catharsis –do not restrict, allow freedom, let him/her be



9. Capacity – think of your case load

10. Common Sense – depend on it and gut feeling for the right thing to do



USE THE 3 Hs



★ HEAD to think



★ HEART to feel



★ HAND to do



BUT THE MOST ESSENTIAL IS

THE LANGUAGE OF THE
HEART

LOVE





THANK YOU

ANY QUESTIONS?

