

Module 7: Advanced Counseling Training



Time: 1 hour, 20 minutes

Session Objectives

By the end of this session, participants will be able to:



- Provide psychoeducation in ways to promote behavior change
- Understand models of behavior change
- Understand common behavioral and emotional issues contributing to ART adherence difficulties
- Learn adolescent brain development factors contributing to adherence difficulties
- Learn specific parenting and child skills relevant to adherence counseling for parents and children

Session Overview

- PART 1: Advanced Behavior Change
 - Model of Change
 - Encouraging Change Talk
 - Pros and Cons
- PART 2: Developmental Considerations
 - Adolescent Development and Adherence
 - Child Adherence: Working with Caregivers

Materials Needed



- Slides
- Adolescent Flipchart
- Child Flipchart




30 minute
Lecture



PART 1: Advanced Behavior Change

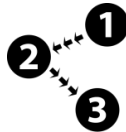
Trainer will:

- Review each stage of the model of change and the provider's role in supporting each stage:
 - Pre-contemplation
 - Contemplation
 - Preparation


	<ul style="list-style-type: none"> ○ Action ○ Maintenance ○ Relapse ● Describe the steps of change talk ● Brainstorm the potential pros and cons of changing a behavior <p>Break for questions.</p>
<p>20 minute lecture</p> 	<ul style="list-style-type: none"> ● Discuss considerations of adolescent development and adherence <ul style="list-style-type: none"> ○ What characteristics and abilities are necessary to achieve “good” adherence ○ Adolescent brain development ○ Teaching adolescents to take charge of their ARVs <ul style="list-style-type: none"> ▪ Responsibility shifting ▪ Support ▪ Life changes ▪ Variable schedules ○ Disclosure <ul style="list-style-type: none"> ▪ Ways to protect privacy ▪ Discuss ways to decide who share their diagnosis with, and when ○ What to do if the adolescent is in a relationship
<p>15 minute Lecture</p> 	<p>Trainer will:</p> <ul style="list-style-type: none"> ● Discuss issues specific to caregiving for an HIV+ child: <ul style="list-style-type: none"> ○ Parent responsibility ○ Talking to children about ARVs ○ Child refusal and reinforcement
<p>5 minute Wrap-up</p>	<p>Key points to emphasize in summary:</p> <ul style="list-style-type: none"> ● It is important to understand both behavioral and emotional reasons for adherence problems ● General counseling techniques include therapeutic alliance, collaborative health education, and motivational interviewing ● Adolescents are going through a unique period of development that requires providers to simultaneously support them and build the skills they need to take care of themselves ● Providers must work with parents to think of solutions that will make it better to give their child ARVs every day
<p>20 minute Activity</p> 	<p>Role Play</p> <p>Part 1 – Enhanced Adherence Counseling with an Adolescent</p> <p>Facilitator and a volunteer will role play enhanced adherence counseling with an adolescent.</p>

	<p>Ask the group if there are any questions before resuming lecture.</p> <p>Part 2 – Enhanced Adherence Counseling with the Parent of an HIV+ Child</p> <p>Facilitator and a volunteer will role play enhanced adherence counseling with a parent whose child is HIV+.</p> <p>Ask the group if there are any questions before resuming lecture.</p>
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Methodologies

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- Lecture
 - Activity: Role Play

Advance Preparation for Trainers

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- Prepare to facilitate role plays with volunteers



Activity: Role Play

Enhanced Adherence Counseling

Instructions:

- The facilitator will select two volunteers to role play in front of the group.
- In Part 1, the facilitator will play the role of the adolescent and the volunteer will conduct enhanced adherence counseling.
- In Part 2, the facilitator will play the role of parent with an HIV+ child and the volunteer will conduct enhanced adherence counseling.
- In the role play, the volunteer should use OARS skills to discuss the character's problems with adherence. Be sure that providers go through every step during their role play conversation (Open-ended questions, Affirmation, Reflective listening, and Summary statements).

Part 1 - Adolescent

Volunteer: Provider

Facilitator: Joseph

- 16 years old
 - Perinatally infected with HIV
 - His mother is deceased and his father is often away for work, so he lives with his grandmother, aunt, and two young cousins
 - Feels frustrated that he has to take ARVs and often forgets to take them in the morning, so he will skip the day
 - Has not told any of his friends that he is HIV+ and wants to start dating
- Encourage the volunteer to think about a new plan to improve adherence using the model of change.
 - Remember that adolescents will need support problem solving and planning while being encouraged to think up solutions that will allow them to manage their medications independently.
 - The facilitator should provide specific and positive feedback about the OARS approaches used at the completion of the role play.

Part 2 – Parent of an HIV+ Child

Volunteer: Provider

Facilitator: Sarah

- 25 years old, mother of Elizabeth, who is 7 years old
- Elizabeth often has trouble swallowing pills and will get upset when she has to take them
- Sarah feels overwhelmed and often gets angry with Elizabeth for having to struggle every day to take her ARVs

- Remind the volunteer that it is important both for the adults to be heard while reminding them it is their responsibility as caregiver to care for the child.
- Coach the volunteer to work with the parent to discuss a plan that reinforces the child's positive behaviors.