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

March 2017
- Action
- Maintenance
- Relapse

- Describe the steps of change talk
- Brainstorm the potential pros and cons of changing a behavior

Break for questions.

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<tr>
<th>20 minute lecture</th>
<th>Discuss considerations of adolescent development and adherence</th>
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<tr>
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<td>- What characteristics and abilities are necessary to achieve “good” adherence</td>
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<td>- Adolescent brain development</td>
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<td>- Teaching adolescents to take charge of their ARVs</td>
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<td>- Responsibility shifting</td>
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<td>- Life changes</td>
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<td>- Ways to protect privacy</td>
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<td>- Discuss ways to decide who share their diagnosis with, and when</td>
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<td>- What to do if the adolescent is in a relationship</td>
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<tr>
<th>15 minute Lecture</th>
<th>Trainer will:</th>
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<td>Discuss issues specific to caregiving for an HIV+ child:</td>
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<td>- Parent responsibility</td>
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<td>- Talking to children about ARVs</td>
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<td>- Child refusal and reinforcement</td>
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<th>5 minute Wrap-up</th>
<th>Key points to emphasize in summary:</th>
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<td>- It is important to understand both behavioral and emotional reasons for adherence problems</td>
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<td>- General counseling techniques include therapeutic alliance, collaborative health education, and motivational interviewing</td>
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<td>- 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</td>
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<td>- Providers must work with parents to think of solutions that will make it better to give their child ARVs every day</td>
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<th>20 minute Activity</th>
<th>Role Play</th>
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<td>Part 1 – Enhanced Adherence Counseling with an Adolescent</td>
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Facilitator and a volunteer will role play enhanced adherence counseling with an adolescent.
Ask the group if there are any questions before resuming lecture.

**Part 2 – Enhanced Adherence Counseling with the Parent of an HIV+ Child**

Facilitator and a volunteer will role play enhanced adherence counseling with a parent whose child is HIV+.

Ask the group if there are any questions before resuming lecture.

**Methodologies**

1. Lecture
2. Activity: Role Play

**Advance Preparation for Trainers**

- 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 a 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.