



## Contraceptive Counseling: *Training New Counselors*

modification date:	July 23, 2013
content:	Contraceptive Counseling Goals and Expectations

### Overview

This document reviews the goals of contraceptive counseling training and what is expected of individuals prior to becoming contraceptive counselors. It is important to discuss these with trainees at the beginning of the training session. These goals and expectations can be modified to meet the needs of your organization. For example, you may want to insert a date for when each goal should be accomplished or date that each activity will occur. You could also turn this document into a checklist for trainees to track their progress.

#### I. Goals

- a. Understand the CHOICE patient philosophy
- b. Understand how to effectively communicate with the patient using essential counseling skills
- c. Know how to implement the GATHER process
- d. Learn effectiveness, mechanism of action, contraindications, advantages and disadvantages of the most common reversible contraceptive methods
- e. Understand the difference between typical and perfect use of contraceptive methods
- f. Know typical use failure rates of all reversible contraceptive methods
- g. Be able to accurately complete the Baseline Clinical Form
- h. Know how to present a patient's case to a clinician
- i. Learn the contraceptive counseling script

#### II. Expectations

- a. Activities
  1. Participate in the Contraceptive Knowledge 101 lecture
  2. Learn the key elements of the contraceptive counseling process
  3. Role play a contraceptive counseling session
  4. Watch the Contraceptive Counseling Training Video or observe counseling sessions between a counselor and patient.
- b. Testing
  1. Demonstrate your contraceptive knowledge with a clinician
  2. Demonstrate your ability to implement the counseling script
  3. Demonstrate your understanding of the GATHER process
  4. After passing all three tests, provide contraceptive counseling to 3 patients under supervision
- c. Quality assurance
  1. Maintain optimal counseling skills through ongoing education
  2. Quarterly observation of a counseling session and feedback by training staff