



## Contraceptive Counseling: *Training New Counselors*

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content:	GATHER Process

### Overview

CHOICE Contraceptive Counseling is modeled after the [GATHER Process](#). This document describes each component of GATHER. It should be reviewed during contraceptive counseling training and on an ongoing basis to ensure counselors maintain a patient-centered focus.

- G**      **Greet** the patient politely and warmly  
Thank patient for keeping her appointment  
Review confidentiality
- Assure patient the discussion is confidential
  - Discuss the clinic’s confidentiality protocol
- A**      **Ask** the patient about her family planning needs  
Complete Baseline Clinical Form  
Ask patient if she has a birth control method in mind
- T**      **Tell** the patient about all the birth control methods available to her  
Start the contraceptive counseling session using the script  
For each method discussed, include:
- Effectiveness, including failure rates
  - Hormone profile
  - Advantages & disadvantages
  - Side effects
  - STI considerations
  - Use models and pictures to describe each method
- H**      **Help** the patient make the decision that is best for her  
Let patient know the choice belongs to her  
Ask the patient:
- Which method has she chosen?
  - What does she like about this method?
  - How will she protect herself against STIs?
- Present patient’s case to the clinician
- E**      **Explain** how to use approved birth control method  
Review the Method Fact Sheet  
Demonstrate how to use a condom  
Help patient plan how to carry out her decision
- R**      **Return** visits and follow-ups should be discussed  
Provide additional information, resources or referrals