

Some possible course examples

Focus	Core modules only (VCT or PITC) 4 days	VCT for MARPs (Core + special populations) 5-6 days	Care counselling (core + adherence/disclosure) 3-5 days	VCT for antenatal care (core + M10) 4 days
Recommended modules	M1 What counsellors need to know about HIV, STI, and TB	M1 What counsellors need to know about HIV, STI, and TB	M1 What counsellors need to know about HIV, STI, and TB	M1 What counsellors need to know about HIV, STI, and TB
	M2 Key elements of counselling practice	M2 Key elements of counselling practice	M2 Key elements of counselling practice	M2 Key elements of counselling practice
	M4 How to provide pretest counselling and group pretest information	M4 How to provide pretest counselling and group pretest information	M13 Treatment adherence	M4 How to provide pretest counselling and group pretest information
	M5 How to provide HIV test results	M5 How to provide HIV test results	M8 Supporting HIV disclosure	M5 How to provide HIV test results
	M6 Working with suicidal clients	M6 Working with suicidal clients	± M6 Working with suicidal clients	M6 Working with suicidal clients
	M8 Supporting HIV disclosure	M8 Supporting HIV disclosure	M12 Supporting HIV disclosure	M8 Supporting HIV disclosure
		M12 Working with MSM and transgender clients	± M14 Counselling substance users	M10 Counselling pregnant women, new mothers, partners
	M13 Counselling sex workers			
	M14 Counselling substance users			

HIV = human immunodeficiency virus, MARP = most-at-risk population, PITC = provider-initiated testing and counselling, STI = sexually transmitted infection, TB = tuberculosis, VCT = voluntary counselling and testing.



HIV Counselling Resource Package for the Asia-Pacific

- Comprehensive HIV Counsellor's Handbook
- HIV Counselling Trainer's Manual
- 28-item Counsellor's Toolkit



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HIV counselling for the Asia Pacific Region

The *HIV Counselling Resource Package* is a modular, three-part resource and training package tailored to the sociocultural and epidemic contexts of the Asia Pacific region. While there are many HIV counselling resources, few focus on regional aspects of the epidemic. This package, developed in consultation with experts throughout the region, concentrates on meeting the specific needs of individuals from socially marginalized populations, who are often most at risk of HIV and other sexually transmitted infections. It outlines the key activities and information involved in training HIV counsellors and goes beyond simple pre- and post-test counselling. The package takes into account the heterogeneity of counsellor trainees and their wide-ranging background. The intended audience is made up of trainers, counsellors in training, and working counsellors, but the materials may also serve as a useful guide for medical staff and care providers, counselling professionals, community-based workers, and lay counsellors.

The overall objectives of this resource package are:

- To improve the technical capacity of counsellors to provide HIV counselling across the disease continuum;
- To train counsellors in evidence-based counselling strategies that may help reduce HIV transmission;
- To provide counsellors with skills to support adherence to HIV treatment and care; and
- To reduce the psychological morbidity associated with HIV disease and improve the quality of life of people living with HIV.

Elements of the resource package

The resource package is intended to be adapted to suit specific work settings. It comprises three complementary elements:

- *HIV Counselling Handbook: A Comprehensive Guide to Voluntary Counselling and Testing, Provider-Initiated Testing and Counselling, and Care Counselling for the Asia Pacific Region;*
- *HIV Counselling Trainer's Manual; and*
- *Tools for HIV Counselling.*

The **HIV Counselling Handbook** is intended to provide counsellors with a quick reference to the essential elements and procedures of HIV counselling. It provides an orientation on the background information, roles, and ethics important to those engaged in HIV counselling, as well as step-by-step guidance on counselling individuals, couples, and groups. Additionally, it offers more focused guidance on marginalized populations, to reduce HIV transmission and improve the quality of life of intravenous drug users, men who have sex with men, sex

workers, and other groups. Ethical strategies, treatment adherence, occupational exposure, and the establishment of support networks are also covered. The handbook is designed as an essential complement to the trainer's manual and tools. For training purposes, the trainer's manual and tools must be used in conjunction with the handbook.

The **HIV Counselling Trainer's Manual** contains essential information intended for those conducting or facilitating the training of HIV counsellors. It is composed of 16 modules with clearly stated objectives, session plans, and activities. These focus on topics from "what counsellors need to know" through "bereavement and loss counselling". Each module section consists of a session plan, trainee activity sheets, and counselling tools. These are detailed in the Training Resources Outline section of the manual. The appendix also includes sample training evaluation materials.

The **Tools for HIV Counselling** provides a collection of counselling tools for use in presenting examples, to supplement the handbook and the trainer's manual, and by HIV testing and counselling service providers in various counselling settings. It contains five different types of tools: forms, worksheets, information cards, flipcharts, and counsellor resources.

Course flexibility for specific training needs

Adapt to the local setting. For training purposes, the contents of this training package may be supplemented with other resource materials tailored to local cultural contexts.

Optimize the course length. This training package is intended to be an eight-day programme (a detailed schedule can be found in the Training Programme Timetable in the trainer's manual). Realizing that time and human resource constraints may limit the length of a counselling course, the training package has been designed as a modular programme that can focus on the most relevant topics. Given limited time and special groups, activities and case studies can be included or omitted to best supplement the core modules and highlight specific social, geographic, or epidemiological issues. The time devoted to training and practical, hands-on exercises can also be adjusted to meet scheduling demands.

For convenience, the handbook and the trainer's manual can also be found on the CD-ROM included in this training package.

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