



"He's the best physician that knows the worthlessness of the most medicines and worthiness of empathy."

~Benjamin Franklin

Course Coordinating Team

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Training-cum-Workshop

on

Counselling Skills

for

Health Professionals

30th Oct' - 3rd Nov' 2017

About the Institute

The National Institute of Health and Family Welfare is a premier autonomous Institute, funded by the Ministry of Health and Family Welfare, Government of India. It has kept pace with the new thinking and substantially contributed to the health manpower development in the country.

NIHFW serves as an apex 'technical institute' as well as a 'think tank' to promote national health and family welfare programmes in the country through education and training, research and evaluation, consultancy and advisory services, specialized projects, etc.

Location of the Institute

It is situated in South Delhi, near Jawahar Lal Nehru University and Munirka DDA Flats. It is easily accessible from both the Indira Gandhi International Airport and the New Delhi Railway Station (distance approximately 7 kms. and 15 kms. Respectively). Prepaid taxis/auto-rickshaws are available.

Accommodation

Moderate hostel accommodation on payment basis would be provided, to the participants only, with in the Institute's campus

Last date for sending nomination

18th October , 2017

Venue

Teaching Block,
National Institute of Health and Family Welfare,
Munirka, New Delhi-110067.

Weather

Weather in November in Delhi is pleasant. Light woolens may be required.



*When you treat a disease,
first treat the mind...*

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Introduction

To promote quality of health care in our health institutions, it's been emphasized that counselling skills training should be necessary part of training of all health professionals. Therefore the need of the hour is to provide training in counselling to Medical and Paramedical professionals to improve their attitude and approaches in service delivery and helping/supporting the patients/clients.

One of the basic concerns of health professionals is to understand the health problems of patients/clients. Counseling involves listening, helping, supporting and empowering and befriending. In these respects, it is the central feature of the work of all health professionals. The primary aim of this training course is to encourage those working as health care professionals to think about ways in which they can improve upon and use counselling skills e.g. in Reproductive Health, HIV/AIDS, Adolescent Health and for various other health care issues.

Counselling is one of the most important tool/method in tackling and resolving health problems and to develop the potentialities of patients and clients to take effective measures for promoting their health care by bringing the change in their attitude and behaviour.

To fulfill this need the Institute is organizing the training-cum-workshops on counseling skills for health professionals from 30th Oct' to 3rd Nov' 2017 .

General Objectives

To enable the health professionals to develop the competencies in some basic counselling skills in order to promote quality of health care as well as support and assist the clients to find suitable solutions to health

Specific Objectives

At the end of the training course the participants should be able to:

- Discuss the importance of counselling skills to promote quality of health care;
- Explain the types of counselling and their appropriate use in health care issues;
- Explain the process of counseling and the appropriate use of its steps in health care issues;
- Demonstrate the use of the effective counselling skills for health care issues, particularly such as Reproductive and Child Health programmes including FW services, Adolescent Health, HIV/AIDS etc.;
- Learn to practice Yoga to release burnout and work stress in order to quality of health care services.
- Develop an action plan for the use of counseling skills for promoting quality of health care in their respective places of work.

Broad Content Areas

1. Promoting Self-understanding and Building Positive Attitude;
2. Building Emotional Intelligence;
3. Importance of counseling for promoting quality of health care services
4. Types of counseling
5. Myths about counseling
6. Do's and Don'ts of counseling
7. Steps and process of counseling
8. Key skills in counseling
9. Managing Feelings and Emotions of Clients
10. Importance of Counseling under NRHM
11. Counseling for Sex and Sexuality issues for adolescents
12. Counseling the sick and their family members
13. Application of counseling for HIV/AIDS
14. Yoga to release stress of Health Care providers



“One cool judgment is worth a thousand hasty counsels. The thing to do is to supply light and not heat.”

Course Methodology

This particular skill oriented training cum workshop is based on participatory process with course coordinators playing the role of true facilitators. This learner centered approach adopted by facilitators includes activities designed as interactive and experiential with the resulting emphasis on learning by doing by employing the following methods:

- i. Role play, case study
- ii. Exercise/Games
- iii. Micro Teaching
- iv. Group discussion

Duration

5 days (30th Oct' to 3rd Nov' 2017)

Number & Nature of Participants

One or two from each state or organization to be nominated (and total 20-25 participants would be recruited).

- Medical and Nursing Professionals from medical colleges and govt. and analogous hospitals.
- Medical and Nursing faculty from state and regional institutions of health and family welfare.

Course Fee

Rs. 5,000/- per participants will be charged as course fee. The TA/DA expenditure of the participants will be borne by the respective States/Organizations.



“Drugs are not always necessary. Belief in recovery always is.”

~Norman Cousins