Incorporating Counseling Into the Title X Family Planning Program

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Why Counseling?

Family Planning counseling is a process concerned with helping clients achieve a reproductive health goal.

-Title X guidelines

Patient Compliance

“...achieve a reproductive health goal.”
A comprehensive review of family-based health studies found that counseling had a significant effect on promoting physical health, reducing smoking, hypertension, and treating asthma, diabetes, chronic illness, and dementia.

-Campbell & Patterson, 1995

What about counseling and contraceptive health services?

- Project CHOICES Intervention Research Group study (2,384 women were screened):

“This study...strongly suggests that [counseling] can decrease the risk of alcohol-exposed pregnancy in women in high-risk settings.”

Moore (1999) conducted a randomized control study of 5,758 men and women who sought a diagnostic STD exam at public clinics and found that those who received individualized counseling had a 30% lower STD rate after 6 months as compared with those who received information only (20% lower after 12 months).
Why does counseling help?

- Counseling increases trust  
  - Scissions, 1993
- Counseling increases support  
  - Prince & Jacobson, 1995
- Counseling facilitates psychoeducation  
  - Pinsoff & Wynn, 1995

The Counseling Process
- based on Lazarus, 1989

- Establish a relationship
- Conduct an assessment
- Set goals
- Select an intervention
- Assess the intervention
- Reach closure

Establishing a Relationship

30% of a client's progress in counseling is due to the counselor-client relationship  
- Lambert, 1992
Critical E-R Conditions/Skills

• Have an impeccable reputation as an ethical counselor
  —Confidentiality

• Demonstrate empathy

• Learn to reflect and restate

Conducting a Thorough Assessment

• Use Lazarus’ BASIC ID (Behavior, Affect, Sensation, Imagery, Cognitions, Interpersonal Relationships, and Drugs/Biology) to focus on two related questions:
  —What will help you keep to our plan?
  —What might get in the way of keeping to our plan?

Goal Setting
If you don’t know where you are going, how are you going to know when you get there?

- 1960’s hippie

Goal Setting

Reach an agreement on the desired outcome.

Selecting an Intervention

- Behavior Therapy
  - cf. Spiegler & Guevremont, 2010)
  - Use operant conditioning: Set up an ongoing reward system.
  - Provide a model
Assessing the Intervention

Take the time to periodically check to see if the plan is working

Closure

CLOSURE

Summarize the session
References


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