

# Efficient Questions for Client-Centered Contraceptive Counseling

Asking about **P**arenthood/**P**regnancy **A**ttitude, **T**iming, and **H**ow important is pregnancy prevention (PATH) is an efficient approach for engaging clients in a conversation to help clarify their reproductive goals and needs.



## **CLARIFY YOUR CLIENT'S REPRODUCTIVE GOALS AND NEEDS, ASK THEM:**

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"Do you think you might like to have (more) children at some point?"

"When do you think that might be?"

"How important is it to you to prevent pregnancy (until then)?"



## **IF YOUR CLIENT IS INTERESTED IN PREGNANCY PREVENTION, ASK THEM:**

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"Do you have a sense of what is important to you about your birth control method?"

"Some methods of birth control \_\_\_\_\_. How important is that to you?"

"In addition to preventing pregnancy, there are birth control methods that \_\_\_\_\_. Would you like to know more about that?"

"I hear you saying that you are interested in a method that is \_\_\_\_\_. Do you have a sense of what else is important to you?"



# Efficient Questions for Client-Centered Contraceptive Counseling *(cont.)*



## QUESTIONS TO ASK ALL YOUR CLIENTS...

“Since you’ve said \_\_\_\_\_, would you like to talk about ways to be prepared for a healthy pregnancy?”

“What questions do you have about \_\_\_\_\_?”

“We covered a lot of information. What do we need to go over again?”



## TRY THESE FACILITATION SKILLS...

**Start with “YES” (agreement, empathy, or validation) before offering clarifying information:**

“YES, you’re absolutely right, AND...”

“Wow! I think most people would find that hard to deal with AND...”

“YES, I can absolutely see how you would think that, AND...”

**Uncover misconceptions with:**

“Many of my clients say \_\_\_\_\_. Is that something you think about?”

**Offer follow-up questions after giving a piece of relevant information:**

“How would that be for you?”

“Has that ever happened to you before?”

“How do you see yourself managing this?”

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Learn more about PATH at [envisionsrh.com](http://envisionsrh.com)  
Find more resources at [FPNTC.org](http://FPNTC.org)



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