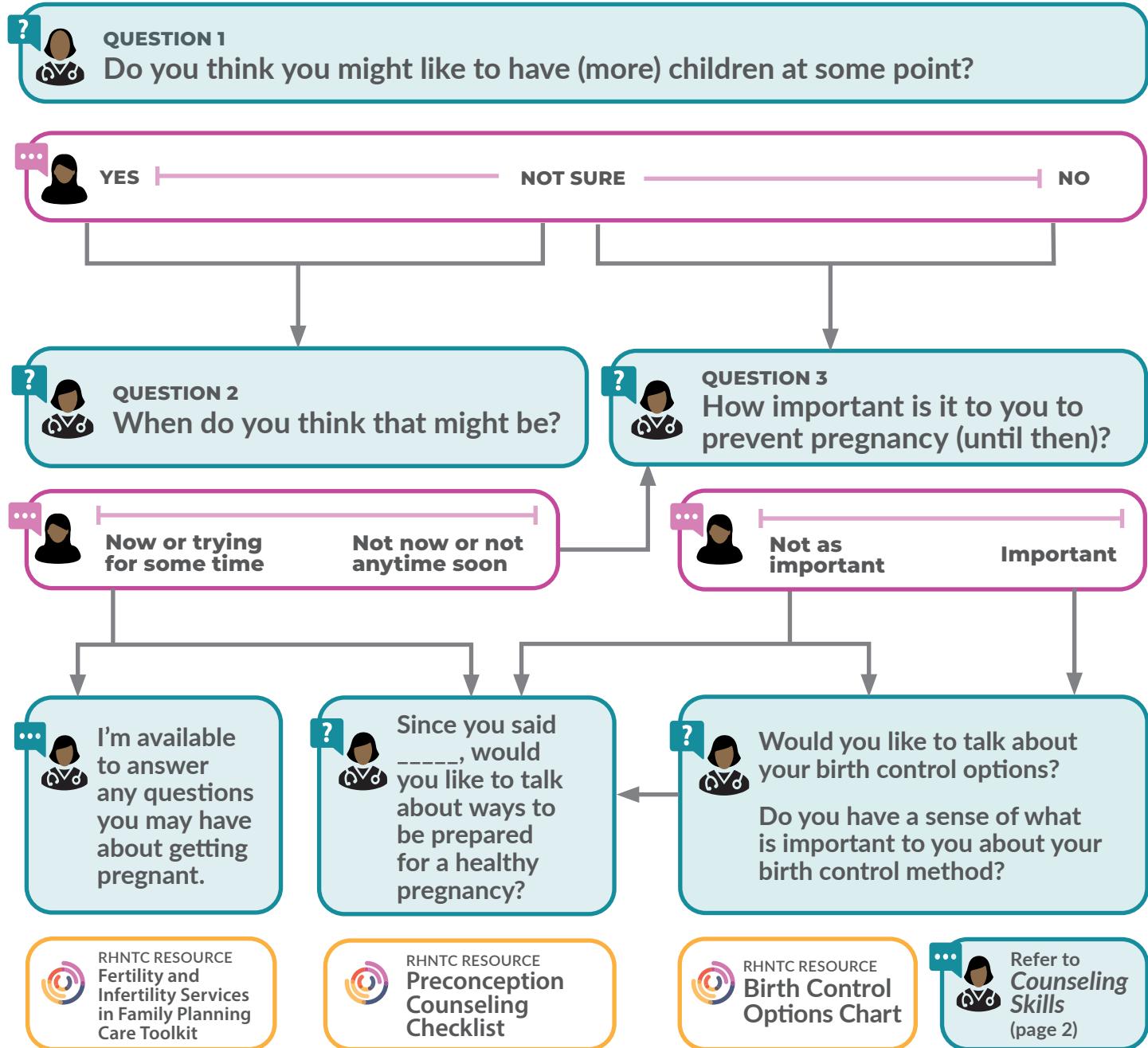


Client-Centered Reproductive Goals & Counseling Flow Chart

The PATH* questions are one client-centered approach to assess Parenthood/Pregnancy Attitude, Timing, and How important is pregnancy prevention. PATH can be used with all clients.



REFERENCES

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Client-Centered Reproductive Goals Counseling Skills

TRY THIS

Start with small talk about the client's life to build rapport and learn about the client's goals.

Ask open-ended and probing questions to explore client preferences.

Find something the client says to agree with, empathize with, or validate. Instead of "No" or "But," try to start with "Yes! And___.":

Point out health-supporting behaviors or knowledge. Acknowledge as many positives as possible.

Paraphrase what the client says so they know you have heard them, they can correct or confirm, and you can redirect the conversation in a client-centered way.

Use natural frequencies instead of percentages, and use common denominators.

Reflect and validate feelings. Let clients know that you heard them and that their feelings are normal.

Confirm the client's understanding by asking them to phrase information in their own words. Phrase the request so the provider takes the responsibility for needing clarification.



IT SOUNDS LIKE THIS

"It sounds like you are incredibly busy with work and school."

"How would that be for you?"

"Has that happened to you?"

"How do you see yourself managing this?"

"What is most important to you?"

Agreement: "Yes, you're absolutely right, AND..."

Display of empathy: "I can see this is concerning to you, AND..."

Validation: "Yes, many of my clients say that, AND..."

"That is a really great question."

"I wish all of my patients knew that!"

"You are clearly interested in protecting yourself."

"It sounds like on the one hand you are saying ____, yet on the other hand you are saying _____, do I have that right?"

"If 100 women have unprotected sex for a year, 85 of them will get pregnant."

"Wow, I think most people would find that really hard to deal with."

"We have discussed many different things today, I would like to be sure I was clear. Can you tell me how you will..."



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