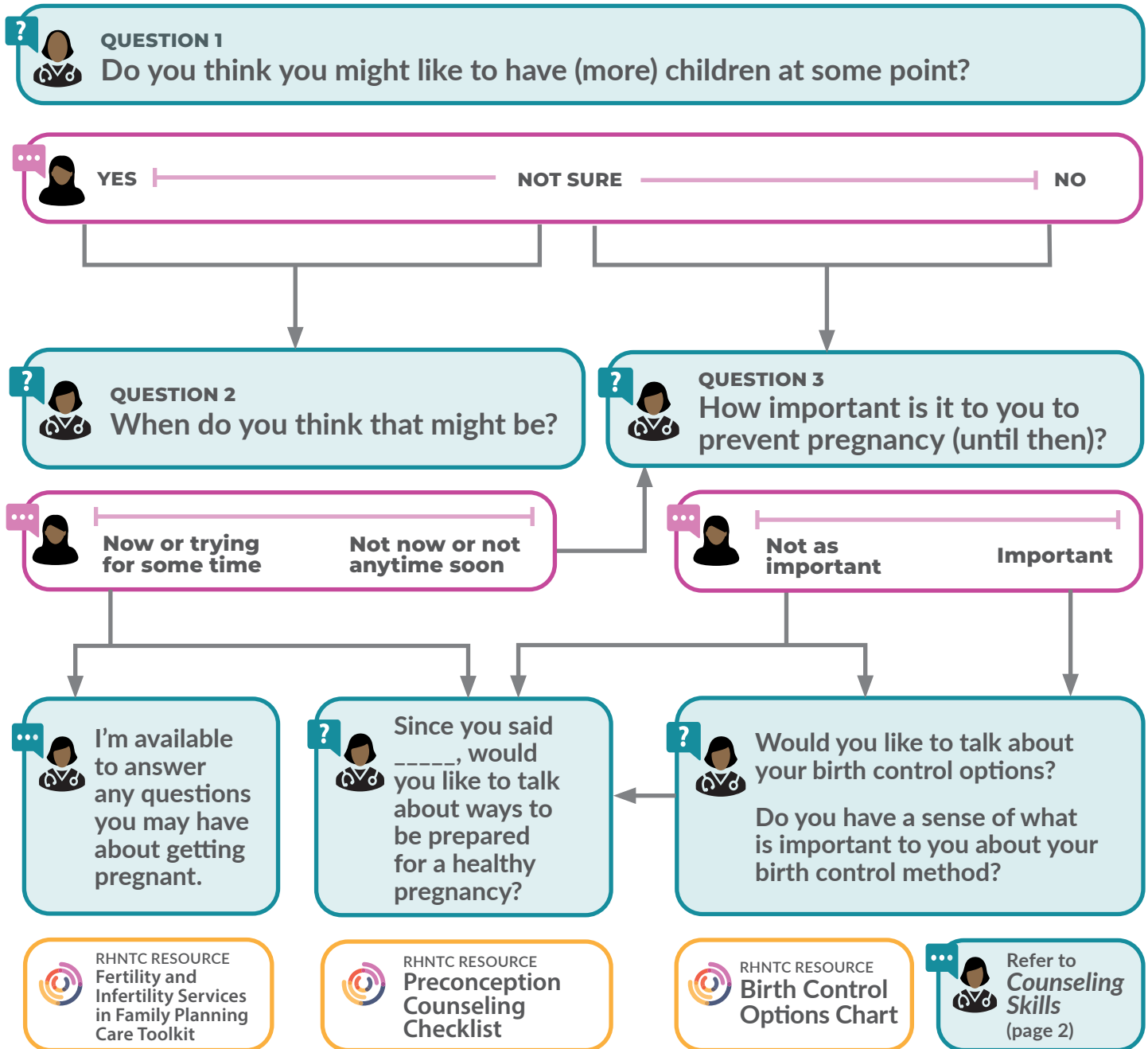


# Client-Centered Reproductive Goals & Counseling Flow Chart

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

\*The PATH framework was developed by Patty Cason, MS FNP.

- Callegari, L. S., Aiken, A. R., Dehlendorf, C., Cason, P., & Borrero, S. (2017). Addressing potential pitfalls of reproductive life planning with patient-centered counseling. *Am J Obstet Gynecol*, 216(2), 129-134.
- Hatcher, R.A., Nelson, A.L., Trussell, J., Cwiak C., Cason, P., Policar, M. S., Edelman, A., Aiken, A. R. A., Marrazzo, J., Kowal, D. (2018). *Contraceptive technology*. 21st ed. New York, NY: Ayer Company Publishers, Inc.
- Geist C, Aiken AR, Sanders JN, Everett BG, Myers K, Cason P, Simmons RG, Turok DK. (2019). Beyond intent: exploring the association of contraceptive choice with questions about Pregnancy Attitudes, Timing and How important is pregnancy prevention (PATH) questions. *Contraception*. 99(1):22-26.

*This publication was supported by the Office of Population Affairs (Grants FPTPA006030, TPSAH000006) and the Office on Women's Health (Grant ASTWH2000-90-01-00). The views expressed do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.*

# Client-Centered Reproductive Goals Counseling Skills

## TRY THIS



## IT SOUNDS LIKE THIS

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

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

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

*"How would that be for you?"  
"Has that happened to you?"  
"How do you see yourself managing this?"  
"What is most important to you?"*

**Find something the client says to agree with,** empathize with, or validate. Instead of "No" or "But," try to start with "Yes! And\_\_\_".

*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..."*

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

*"That is a really great question."  
"I wish all of my patients knew that!"  
"You are clearly interested in protecting yourself."*

**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.

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

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

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

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

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

**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.

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



Find more resources at **RHNTC.org**