

Efficient Questions for Client-Centered Contraceptive Counseling

Asking about Parenthood/Pregnancy Attitude, Timing, and How 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:

“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:

“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?”