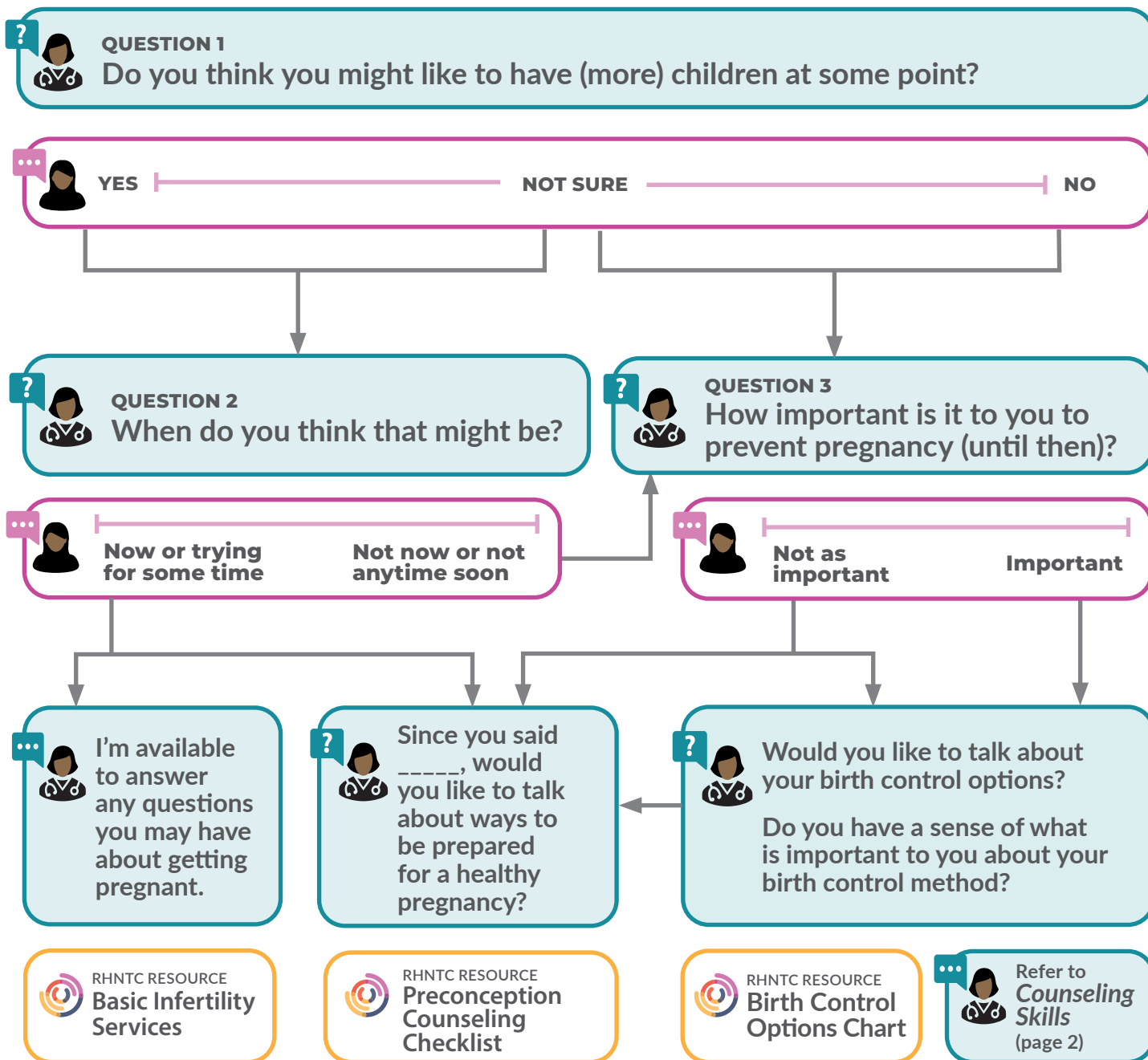


# Client-Centered Reproductive Goals & Counseling Flow Chart

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.

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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 questions** about what a client wants from their contraceptive method, rather than asking what contraceptive methods they are interested in.

**Ask probing questions** to explore client preferences about method characteristics such as side effects; bleeding pattern; control over removal; ability to conceal; non-contraceptive benefits, etc.

**Find something the client says to agree with,** empathize with, or validate before giving additional clarifying information. 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 when comparing effectiveness or risk.

**Make sure the client knows that they can always come in to have an IUD or implant removed** for any reason, you can help manage side effects, and return to fertility is immediate.

**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. I can see how it could be challenging to make it into the clinic every 3 months for your shot."*

*"Do you have a sense of what is important to you about your birth control method?" (Pause to allow the client to consider.)*

*"How would that be for you?"*

*"Has that happened to you?"*

*"How do you see yourself managing this?"*

*"Do you have a sense of what else is 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, as compared to maybe 0 or 1 out of 100 using an IUD."*

*"This implant is good for up to 3 years, but if you want to get pregnant before then, or would like it removed for any reason, we will remove it any time you want. Your ability to get pregnant will return to whatever is normal for you, immediately."*

*"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 what you will be doing to manage heavy periods with your copper IUD?"*



Find more resources at [RHNTC.org](https://www.rhntc.org)