

INTRODUCTION

High risk behaviour is a public health concern. Counselling and risk mitigation are primary health care interventions for the promotion of improved social and health outcomes. Although death from human immunodeficiency virus (HIV) infection has decreased due to improved HIV treatment, new HIV infections among the youth continue to increase, in addition to instances of gender-based violence and unplanned teenage pregnancies. The Counselling and Risk Behaviour course will produce skilled counsellors that use effective strategies to change risk behaviours and empower individuals to manage and prevent the spread of related HIV and other sexually transmitted infections (STIs).

COURSE DESCRIPTION

This course will empower you with the knowledge and skills to identify high risk behaviour that may lead to HIV infections and other lifestyle diseases. The course equips participants with counselling skills, strategies and techniques to deal with the behaviour of individuals and groups. It further capacitates counsellors to promote the prevention of high-risk behaviour, like teenage pregnancy and substance abuse.

TARGET AUDIENCE

Lay counsellors, healthcare workers, social workers, nurses, church leaders, theology ministers and emergency care providers.

LEARNING OUTCOMES

After completing the course, you will be able to:

- Describe the elements and processes of group counselling.
- Conduct a group counselling session and reflect on the sessions.
- Explain ethical and legal aspects related to counselling.
- Explain high-risk behaviour.
- Explain the promotion of wellbeing.
- Describe human motivation and behavioural changes.
- Apply change strategies and techniques to facilitate behavioural changes.

COURSE CONTENT

The key themes/topics that the course will cover:

- Group counselling processes with the techniques for facilitation.
- Group facilitation, counselling and co-facilitation.
- Ethical and legal counselling framework.
- Identification and dealing with high-risk behaviour.
- Strategies and techniques for dealing with high-risk behaviour to facilitate change.
- Strategies and procedures to promote personal wellbeing.
- Continuous personal development that includes self-monitoring of behaviour and adjustment where necessary for wellbeing.
- Behavioural models on issues of gender, sexual orientation, cultural diversity, stigma, faith, age and class.
- Applicable change strategies and techniques to facilitate behavioural change.

ADMISSION

Any equivalent qualification on NQF level 3 (maths literacy and numeracy), with relevant practical experience.

TRAINING DELIVERY

The course will be delivered through e-Learning or blended learning and contact at the worksite.

DURATION

The duration of the course is six days for theory and 14 days for work-based learning/experience.

REQUIREMENTS

Student must have access to a computer and internet.

ASSESSMENTS

Formative assessments in the form of group discussions, role-plays, case studies and written test. Summative assessment in the form of tests and completed Portfolio of Evidence and work-based assignments.

AWARD

A Health Systems Trust Certificate of Completion will be given to students who complete the short course.

A Health Systems Trust Certificate of Competence will be given to students who have completed all the assessments and have been certified competent.

Students will obtain 32 credits towards the Further Education and Training Certificate: Counselling.

FEES

The course fees vary, based on the number of enrolments by an organisation for the short course. A quotation per student will be given by the Course Co-ordinator, Cassius Semaushu at Cassius.Semaushu@hst.org.za. Course fees must be paid in full prior to course start dates.