

Benefits, Challenges and Limitations of Counselling



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Presentation outline

- Introduction
- Benefits
- Counselling approaches
- Achievements
- Limitation and Challenges
- Conclusions

Introduction

- HIV and AIDS is a fundamental threat to humankind
- Noted is that millions of children are being orphaned, life expectancy has been shortened and is impacting all sectors at varying degrees

Psychological impact on individuals, families and communities extending to working place

Introduction

Reactions

- Shock & Denial
- Anger
- Denial
- Guilt
- Anxiousness
- Low self-esteem- dealing with loss
- Fear of uncertainty in the future
- Suicidal reactions



Benefits

- Counseling is basically empowering the client to develop coping strategies
- Supports the client and family going through emotionally and psychological reactions

Counseling approaches



Counseling approaches

Humanistic Approach:

- Focus on person and not the problem
- Client is the expert
- Co-Conditions:
genuine, unconditional positive regard, empathy

Counseling approaches

Behavioral Approach:

- Behaviour is learned and it can be unlearned
- It also looks at the individual as being a victim of the environment as it shapes learning which could be good or bad
- It regards the symptoms as the problem not the underlying cause

Counseling approaches

Psychoanalytic Approach:

- Reveals the unconscious thinking to conscious
- Listen to the client attentively to beliefs and thoughts of themselves
- Experience the client's very own, deeply personal, point of view

Counseling approaches

Unified Approach:

- Integration of the three main theories (psychoanalysis, behavioral and humanistic)

Achievements

Understanding and acceptance of HIV testing and counseling



Achievements

Involvement of male on PMTCT



Achievements

Reaching communities through group counseling



Challenges

- Lack of self awareness as a counselor
- Disclosure to partner or family members
- Disclosure of status to an HIV positive child
- Failure to accept HIV positive status
- Difficulty in behavior change
- On going counseling
- Discordant couples
- Male involvement in PMTCT

Limitations

- Dealing with stigma and discrimination
- Lack of counseling skills
- Failure to meet the demand of quality counseling services due to high burden leading to burn out

Conclusions

- Counseling is one of the key elements in the success of early treatment and adherence
- High need for counselors to be equipped with integrated counseling skills
- Qualities of a good counselor are also key- good communicating- Non verbal and verbal
- Counselors should have a broad understanding of HIV/AIDS and should be aware of cultural, religious and other influences to be able to respect and respond according to clients' needs

Thank you / Danke



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