

PROCESSES, CHALLENGES AND SUPERVISION OF VCT LAY COUNSELLOR IN A COMMUNITY BASED INTERVENTION TRIAL

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STUDY OVERVIEW

- NIMH Project Accept is a multi-site community-level randomized controlled study
- The primary objective of this study is to test the hypothesis that communities receiving 2-1/2 years of CBVCT, relative to communities receiving 2-1/2 years of SVCT, will have significantly lower prevalence of recent HIV infection.
- The CBVCT intervention is unique in that:
 - Communities are mobilised to test
 - VCT is made easily accessible to communities through mobile caravans (see accompanying pictures)
 - Utilizes the Risk Reduction Model, a highly effective prevention counselling model
 - Provides people with psychosocial support once tested and refers them to other treatment and care services

IMPORTANCE OF SUPERVISION

- The success of prevention VCT rests on the provision of supervision and support for counsellors
- This poster outlines the challenges faced by VCT lay counsellors in an HIV prevention research setting.
- We highlight the supportive and quality assurance roles of supervision and support

TYPES OF SUPPORT

- Different strategies have been employed in our study to support lay counsellors. These are:
 - Individual Supervision
 - Debriefing Sessions and Case Presentations
 - External Group and Individual Support
 - Quality Control Procedures

TYPES OF SUPERVISION

- Individual Support: Opportunity to share counselling cases; receive feedback on counselling and for skills development
- Group Debriefing Sessions: Counsellors share experiences, receive feedback on practice and learn from peers
- External Supervision: Supervision from the University of KwaZulu Natal (UKZN) Psychology Department for Counselling Supervisors allows supervisors support around work and personal issues
- Quality control of counselling consists of supervisor "sitting in" on counselling sessions
- Procedures involve:
 - (1) Direct observed sessions per month
 - (2) Regular feedback to individuals after observations
- Process allows for:
 - identification and correction of any deviations from counselling protocol
 - Highlighting areas for re-training, additional training and support

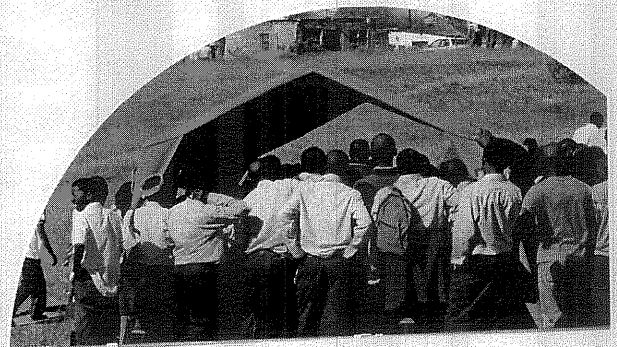
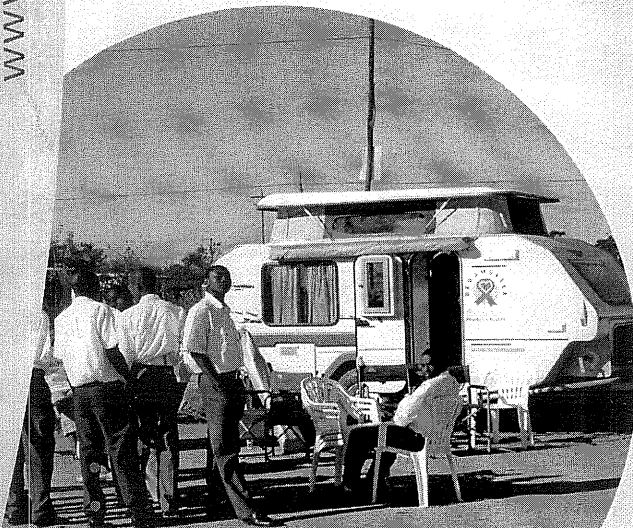
LESSONS

- Initially counsellors felt incompetent when in supervision sessions. With time, counsellors began to appreciate the benefits of supervision for themselves and their clients
- Time constraints can impact on supervision implementation. Planning and scheduling is essential to ensure adequate supervision
- Some clients may refuse to give consent for observations of sessions. There is a need for adequate explanation of process to participants.

CONCLUSION

- Supervision of lay counsellors in research settings plays a dual role.
- Supportive and regular supervision allows for monitoring of the intervention, but emotionally supported counsellors also show improvement in their counselling and personal coping skills.
- These supervision spin offs facilitate the delivery of quality and ethical services to communities.

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Lets accept HIV so that together



Khuluse, S., van Rooyen, H. & L. Richter. *Processes and Challenges of Supervision for Voluntary Counselling and Testing (VCT) Lay Counsellors in a Community Based Intervention Trial*. Poster Presentation at the 3rd South African AIDS Conference 5-8 July 2007, Durban, South Africa.