



Providers' Role in Gender Health

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Why consider gender in health?

It is necessary to:

- Improve the satisfaction of both female and male clients.
- Improve provider practices.
- Encourage men to take responsibility.
- Respect human rights of men and women.



Why Focus on Men?

- Women's reproductive health without men's support and active involvement – limited improvement.
- Men's fears and concerns affect their behaviour with partners.
- Men are less knowledgeable about anatomy and physiology .
- Men have a right to reproductive information and services.



What is the Role of Provider?

- Provide high quality interaction with male clients.



What is Couples Counselling?

Couple, or spousal, communication can be a crucial step toward increasing men's participation in reproductive health. Since men, as well as women, play key roles in reproductive health, communication is necessary for making responsible, healthy decisions.



What it Does.

- Enables husbands and wives/partners to know each other's attitudes toward family planning and contraceptive use.
- It allows them to voice their concerns about reproductive health issues, such as worries about undesired pregnancies or STIs.
- It also can encourage shared decision-making and more equitable gender roles.



What Research says about Couples Counselling

- Research consistently demonstrates that men and women who discuss family planning are more likely to:
 - use contraception
 - use it effectively
 - have fewer children .

When men and women do not know their partners' fertility desires, attitudes about family planning, or contraceptive preferences, the consequences can include unintended pregnancies, transmission of STIs, and unsafe abortions

Source: Population Report Series JN. 46



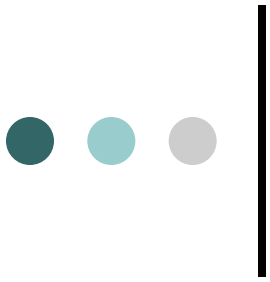
When is Couples Communication not desirable?

- When a woman uses contraception covertly because it would otherwise be unwise and even dangerous for her to inform or try to involve her partner.



What should be done?

- Service Providers need to assess carefully the reasons for covert contraceptive use and the appropriateness of encouraging spousal communication.



Counselling Couples About Sexual Communication.



Counselling Couples About Sexual Communication

**Everyone on earth has two basic needs: to
Be happy and to be free from suffering:**

- Let clients reveal themselves to you in their own time and in their own way.**
- Discuss confidentiality with all clients.**



Counselling Couples About Sexual Communication

- Let clients know you have a non-discrimination policy.**
- Make time for discussion.**
- Have resources and referrals available.**



Initiating a Framework for Communication

- 1. Discuss the reality of sexual problems.**
- 2. Evaluate a couple's sexual knowledge and provide sex education as needed.**



Initiating a Framework for Communication

3. Identify the individual goals of each partner

- Expected outcomes?
- Underlying psychological problems?



Initiating a Framework for Communication

4. **Obtain a baseline history**
 - Underlying medical disorders or medications.
 - Past experience of sexual dysfunction.
 - Current sexual activity.



Initiating a Framework for Communication

- 5. Gain the couple's agreement to make quality time for each other**



Readiness for Change: Maintaining Motivation

- *Both partners must be ready for change*



Behaviour Change Theory

1. Pre-contemplation.
2. Contemplation.
3. Determination to succeed.
4. Action.
5. Maintenance.



Behavior Change: Relapse

- A stage in behaviour change that occurs when people revert to earlier patterns of communication



Motivational Techniques

Express empathy

- *“I can see how distressing this situation is to both of you. These issues are causing you both to suffer, but they are problems that you can work together to resolve.”*



Motivational Techniques

- Communication is very important in every relationship and communicating about contraceptive use is a very, very important discussion to have. In all honesty this may not be one of the easiest discussions to have with couples.



Motivational Techniques

- Discuss the different contraceptive methods with couples.
- Next talk about why contraceptive use is important.
- Ask couples to repeat the information they have on the various contraceptives available.
- Talk about the pros and cons of each method.



Motivational Techniques

- Having this discussion and sharing your questions with each other can help bring you closer as a couple.



Motivational Techniques

Develop discrepancy:

- *“I hear you both telling me you are unhappy in your present situation where you rarely talk without feeling anger towards each other. You both want to feel closer to each other and not be so angry, and you want to feel sexually closer to each other. Do I have this right?”*



Motivational Techniques (contd.)

3. Avoid argument and confrontation

Client: “How can talking change anything?”

Provider: “You are right; it can be frustrating. Yet you are both here with a commitment. Let’s go back and talk about your goals together.”



Motivational Techniques (contd.)

4. Invite new perspectives, but don't impose them

“Talking things out can be frustrating. Do you see a better way to approach this?”

Let's review where you both want to be. What steps do you see yourselves taking to get closer to this goal?”



Indicators of Resistance

- Arguing
- Blaming
- Denying
- Ignoring
- Interrupting
- Side-tracking discussion
- Expressing pessimism



Motivational Techniques (contd.)

5. Support self-efficacy

“You have been together for a while now, and I’m sure you have overcome many obstacles together. How did you solve these problems?”

“Tell me what strengths you each have that can help bring about the changes you both want.”



Motivational Techniques: Summary

- 1. Express empathy**
- 2. Develop discrepancy**
- 3. Avoid argument and confrontation**
- 4. Invite new perspectives, but don't impose them; roll with resistance**
- 5. Support self-efficacy**



Remembering the **GATHER** Process

- **G** - greet
- **A** - ask
- **T** - tell
- **H** - help
- **E** - explain
- **R** - return