

# **Counseling in Leprosy**

# Counseling

- "Counseling is a helping process where one person, explicitly & purposefully, gives his/her time, attention & skills to assist a client to explore their situation, identity & act upon solutions within the limitations of their given environment."
- In counseling, two people who are in no way related to each other meet to resolve a crisis, solve a problem, or make decisions involving highly personal and intimate matters and behaviour.

# Counseling - Aim

The counselling is an artful application of scientifically derived psychological knowledge and techniques to promote measurable, constructive and positive change in the counselee to make him function better

The positive changes in the counselee may be:

- Cognitive - Changing how a person thinks
- Affective - Changing how a person feels
- Behavioural - Changing how a person behaves or act

**Counselling is a therapeutic communication**

# Counselling: Objective

The objective of counseling is to encourage  
the needy person

To realize the existence of the problem and

Think & analyze the cause

Find feasible solution and

Work on it to solve the problem

# Counseling process

- Exploring
- Understanding
- Action
- Interacting
- Involving
- Changes in behavior

# Counselling - Techniques

- Participatory learning (PRA/PLA)
- Questioning
- Success case stories
- Conceptualizing consequences
- Combinations of methods

# Counseling - Cautions

- Impose your own point of view.
- Overlook the root cause of the problem.
- Start counseling prematurely without understanding the basic problem.
- **ENFORCING solution/ alternative on patient to solve his problem.**
- Hurting the patient's emotion / feelings.
- Promising that can not be fulfilled

# Counseling - Cautions, Cont...

- Time not suitable
- Atmosphere not conducive.
- Counselling in hurry.
- Using technical and tough words for patient to understand.
- Talking too much.
- Showing your pity and mercy knowingly or unknowingly
- Inappropriately dressed
- Showing own emotions



# Quality of good counselor:

A good Counselor:

- Sensible, qualified and confident in subject
- Patient listener, hopeful, mature, sober, inspiring and good analyzer
- Understanding the problem and discuss various options to find out the solutions
- Never gives false promises
- Facilitate decision making, not impose/ take decision on behalf of counselee

# Counseling Technique

Steps of 'GATHER' techniques are used in effective counseling

- Greet : Greet the patient
- Ask : Ask the patient about his problem
- Tell : Tell him about the available solutions / options
- Help : Help in selecting the solutions / options
- Explain : Explain the consequences and the selected solution
- Return visit : Tell him about the return / next visit to the counselor

# Counseling in Leprosy

- Leprosy affected person
- Family members
- Community: Group counselling
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# Appropriate time for counselling

- Diagnosis of leprosy.
- Irregularity in taking anti-leprosy treatment.
- Developing reactions during therapy.
- Poor compliance on self care.
- Developing deformity or disability during treatment or noticing further deterioration.
- Ignoring advice disability or deformity.
- developing fear, frustration, inferiority complex and confusion by patient.
- Participation restriction / On ill treatment by others

# Stigma and counseling

Stigma is known to have an adverse impact on

Efforts to achieve early detection,

- Treatment compliance
- Every aspect of leprosy control.
- Stigmatization affecting LAP emotionally, socially, economically and spiritually

Individual counseling has benefits in addressing these psychosocial problems.