

# CHOICES

A PROGRAM FOR WOMEN ABOUT CHOOSING HEALTHY  
BEHAVIORS TO AVOID ALCOHOL-EXPOSED PREGNANCIES

## TRAINING COURSE - SYLLABUS

### COURSE DESCRIPTION

Changing High-Risk Alcohol Use and Increasing Contraception Effectiveness Study (*CHOICES*) is a program for women about choosing healthy behaviors. The *CHOICES* program was developed by the Centers for Disease Control and Prevention (CDC) to help prevent alcohol exposed pregnancies (AEP). An AEP can result in a broad range of serious birth defects and disabilities, including babies born with fetal alcohol syndrome (FAS), fetal alcohol spectrum disorders (FASD), or other adverse outcomes.

This course will train you to become a *CHOICES* counselor, using the *CHOICES* motivational interviewing techniques, in order to reduce AEP among women who are at high risk for such pregnancies.

### PROGRAM OBJECTIVES

- Discuss the risks of an alcohol-exposed pregnancy (AEP)
- Discuss ways to prevent an AEP
- Describe components of motivational interviewing that are fundamental to the *CHOICES* program
- Demonstrate motivational interviewing strategies used in *CHOICES*
- Discuss the key components of the *CHOICES* counseling sessions
- Conduct each of the *CHOICES* counseling sessions

### COURSE STRUCTURE

The *CHOICES* Counselor training program is a six-module course with a blended approach to distance learning. There will be an introductory webinar, six online sections to be completed at your convenience, and five scheduled, facilitator-led webinars.

The entire training course should be completed within four weeks.

### COURSE PARTICIPATION

Full participation and demonstration of the concepts is required to obtain a certification of completion.

## COURSE SCHEDULE

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### THE CHOICES PROGRAM & MOTIVATIONAL INTERVIEWING

**WEBINAR 1a:** Introducing the CHOICES training

**MODULE 1:** Overview of CHOICES & Risks of Alcohol Use During Pregnancy

**MODULE 2:** Motivational Interviewing: Engaging & Focusing

**WEBINAR 2a:** Motivational Interviewing: Engaging & Focusing

**MODULE 3:** Motivational Interviewing: Evoking & Planning

**WEBINAR 3a:** Motivational Interviewing: Evoking & Planning

### CHOICES COUNSELING SESSIONS

**MODULE 4:** Counseling Session 1

**WEBINAR 4a:** Counseling Session 1

**MODULE 5:** Counseling Session 2

**WEBINAR 5a:** Counseling Session 2

**MODULE 6:** Counseling Sessions 3 & 4 / 2-Session Alternative

**WEBINAR 6a:** Counseling Sessions 3 & 4 / 2-Session Alternative

## COURSE REQUIREMENTS

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### COURSE MATERIALS:

- Facilitator Guide
- Counselor Manual
- Client Workbook
- Student Workbook

### COMPUTER REQUIREMENTS:

- Internet Connectivity
- Sound Card
- Web Camera
- Microphone or Telephone Connection