

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

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

COURSE MATERIALS:

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

COMPUTER REQUIREMENTS:

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