

PAEDIATRIC COUNSELLING: A novel approach in FXB-Village program for HIV infected children

INTRODUCTION

FXB India Suraksha, the Indian arm of FXB International has been providing family centred, culturally sensitive, comprehensive community based care and support services for families infected and / or affected with HIV/AIDS through FXB-Village program. FXB-Village program is further complemented in India by integrating a novel paediatric counselling module for children living with HIV (CLHIV).

This paper will present the features of the paediatric counselling module developed by FXB India Suraksha and its application in the state of Manipur.

METHODOLOGY

Counselling was provided in group and individual sessions. Individual counselling sessions were conducted during home visit. Drawing sessions were conducted during one to one counselling session. While drama sessions were conducted in groups; the story telling sessions were conducted both one to one and in groups. Prior consent was taken from parents for counselling sessions.

Pictures drawn by CLHIV about stigma and discrimination in school and community



OBSERVATION / RESULTS

S No.	Month	Session	
		Group	Individual
1	Jan 2010	38	3
2	Feb 2010	59	6
3	Mar 2010	49	8
4	Apr 2010	60	14
5	May 2010	82	3
6	Jun 2010	56	7
7	Jul 2010	70	15
8	Aug 2010	37	14
TOTAL		451	70

The novel feature of the counselling module developed by FXB India Suraksha is its therapeutic effect through the drawings, drama, visual art, writing (prose and poetry), dance, storytelling and music. The module uses creative expression as a means for healing the mind, body and spirit. The therapist acts as a guide in a co-creative process and develops a trusting relationship with the child through the artistic medium. Feelings of all nature can be explored in a safe environment. Using the art, counsellor is able to uncover and understand blocks in the unconscious mind of the child through symbolic language, that block them from going forward with their lives and dreams for the future.

Pictures drawn by CLHIV expressing covert needs of love and care



STORY TELLER - Master Tomba, 10 yrs

In my neighborhood there is a girl. Both her parents have died. I have seen her suffering from many illnesses. People say that she is suffering from HIV. One day a group of NGO people took her to hospital. I am told that she is taking ART now. May be from the taking of ART she is not having any illness at present. One incident happened recently. The girl was not given Japanese encephalitis vaccine at school by a medical team. She was disappointed

CONCLUSION & RECOMMENDATIONS

The counselling module described in this paper was effective both in dealing with the crisis situation in of HIV infected children as well as ongoing support.

FXB India Suraksha recommends that Paediatric counselling be made mandatory to every HIV Care and Support treatment program.

DRAMA SESSION - Content of the drama:

The scene is a verandah of a rich family. The neighborhood child, Master Anganba is playing carom along with other children. The man and his wife come rushing out and shout at other children asking why they are playing with the boy. They announce that Master Anganba is HIV positive. Both his parents have died of AIDS. In the meantime counselors from NGO come in search of Master Anganba. Seeing what was happening, the counselors tell that there is nothing to fear playing with a HIV infected child. He is innocent and we should support him. The man and the wife accept their mistake and hug Master Anganba.

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