

## Introduction:

Over the past two decades, counseling as a service was integrated in Kitovu Mobile care and support for HIV and AIDS infected and affected people. The Counselling and Training Programme was uprooted in 2000 when the need for psychosocial support for orphans and vulnerable children and the skills training to increase the service providers were realized. The Programme aims at promoting the psychosocial wellbeing of the target groups in order to mitigate the short and long term psychological problems.

### Vision Statement:

The vision statement of Kitovu Mobile is to see; *An empowered community with the ability to cope with HIV and AIDS and its impacts.*

### Mission Statement:

The mission statement of Kitovu Mobile is; To improve the quality of life of people affected by HIV and AIDS through working with communities in the areas of prevention; care, support and mitigation plus capacity building thus fulfilling the words of Jesus *‘I have come that they may have life, life in its fullness (John 10:10)*

### Motto:

Kitovu Mobile’s Motto is “We Care”

### Programme Goal:

To alleviate the suffering of traumatized orphans and other vulnerable children (OVC) in and out of school, thus enabling them realize their full potential.

## Specific Objectives:

- ✓ Improved access to counselling services for traumatized orphans and other vulnerable children.
- ✓ Stronger resilience among traumatized orphans and vulnerable children through Education for Life skills.

## Targeted groups

Orphans and vulnerable children are the primary beneficiaries. The parents/guardians, teachers, local and religious leaders, and Community Workers are the secondary beneficiaries.

## The programme focuses on two major strategies

1. Counselling
2. Training

### 1. Counselling

Counselling is best known for its ability to soothe the pain which people go through especially in the era of HIV and AIDS scourge. It is a psychological (inner struggles) treatment that works upon a person’s mind / soul or spirit to enable him/her think positively and in the long run causes healing in the mind and body.

The clients who have ever been counseled always tell that counseling has helped them to go through difficult moments. The counsellors offer individual and group counselling to their targeted

groups in different forms (bereavement, HIV and AIDS pre & post test, and family counselling etc).

## 2. Training

The Training strategy aims at increasing the service providers and strengthening the quality of counselling services among the targeted groups. The training section targets people who are willing to offer counselling services especially at community level e.g. Community workers/Volunteers; School Teachers (School Trauma Counsellors); Youth (Peer Facilitators), Local and Religious Leaders; Others include Kitovu Mobile Staff, Sister NGOs on request, Religious Leaders from all denominations. This kind of training is basically directed towards offering basic counselling skills. We have a special package for counsellors offered on request and we are in the process of establishing a Training Centre.

### Training Contents:

- ✓ HIV and AIDS pre and post test counseling.
- ✓ Education for Life /behavior change process and communication.
- ✓ Formation of Peer Support groups
- ✓ Psychosocial support for orphans and vulnerable children (PSS).
- ✓ The Journey of Life.
- ✓ Memory Work
- ✓ Conflict Management and Resolution.
- ✓ Cognitive Behavioral Therapy.
- ✓ Gender awareness.
- ✓ Human growth and development.

### Training activities:

- ✓ Mobilization of the targeted beneficiaries.
- ✓ Sensitization of communities in the targeted areas.
- ✓ Impart knowledge and equip skills on counselling and related issues.
- ✓ Support Supervision for trained groups and beneficiaries

### Benefits of counselling services:

- ✓ Clients are helped to understand their situations.
- ✓ They are helped to learn how to deal with their problems.
- ✓ They are helped to live positively.
- ✓ They are helped to make appropriate decisions.
- ✓ They are given the right information.
- ✓ Increased creativity among the beneficiaries.
- ✓ Increased solidarity among the beneficiaries.
- ✓ Stronger resilience among orphans and other vulnerable children.

### Benefits of the Training:

- ✓ Acquisition of knowledge and skills.
- ✓ Improved handling of psychosocial problems (self and others).
- ✓ Ease the accessibility to counselling services.
- ✓ Promotion of the counselling profession.
- ✓ Multiplication of service providers.
- ✓ Replication of the counselling model by sister organizations.

- ✓ Shared responsibility among the community and the organization at large.
- ✓ Creation of voluntarism spirit among community members.

### Summary:

The sensitization and the usage of the counselling services have enlightened the public on how useful counselling is. This has promoted counselling to be a powerful tool in psychosocial support. However, the counselling profession is only in its infancy stages yet the demand for counselling services is high. This stimulates the need for training more PSS service providers.



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## KITOVU MOBILE AIDS ORGANIZATION (Kitovu Mobile)

Masaka, Ssembabule, Rakai and  
Lyantonde Districts

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## COUNSELLING AND TRAINING PROGRAMME



*PSS has helped children to cope with the effects of HIV and AIDS and other related traumas- 'Peer to Peer' support is one of the strategies used.*