Raising HIV Awareness among Non-Infected (RHANI) Wives:

HIV Risk Reduction among at risk wives in India

CURRICULUM

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RHANI Wives Individual Risk Reduction Session 1

PROTOCOL

SESSION OBJECTIVE: To establish rapport with clients, to begin discussions related to intervention topics including husband’s alcohol use and violence, and to initiate skills building on problem assessment and solving.

Introduction/Establish Rapport (2 minutes)

Introduce yourself as the interventionist for the RHANI Wives program and refer your entry by congratulating woman for participation in the program. You can describe about Have general discussion, may be about her health, children's health or cooking. Ask her about her day. Note her name[s1].

Review Program Purpose (3 minutes)

The purpose of this program is to help wives reduce the tensions and health issues in their families by communicating these with their husband and by seeking local social and health services as they are needed. The program will be offered over the next five to six weeks and will include more one-on-one sessions, like the session today, as well as two sessions with group of women who also have similar concerns like yours. Individual sessions will provide opportunity to talk about more sensitive and personal issues in your relationship, whereas group sessions will give space to discuss with other women on how to talk to partner about issues generally. This program is aligned in a more structured way to strengthen the communication between husband and wife.

In my first visit, we will discuss and identify the issues that concern you the most, causes and consequences of such issues/concerns, and the kinds of strategies that you have implemented in your life to address these concern, including how you have communicated with your husband about them. In my second visit, we will discuss in detail about some of the concerns that may worry you most and the kinds of discussions that you have been having with husband on those issues. The third visit will involve a meeting with a group of women, in this group session we will present you with some of the strategies that women can use in their lives to deal with many issues. These three sessions will be followed by 2 more individual sessions in which I will continue to work with you to find solutions to some of your problems and a group session where we can practice our skills in marital communication and where we can build support. Through these sessions, our intentions are to improve your marital communication and your marital relationship through development of your skills and confidence to deal with your problems.

It is important that you are here. Your participation shows your investment in your family, your marriage and yourself. Hence, it is important you participate in the full program to see benefits of this. If you have any issues participating, please let me know, and I can work to help you to the sessions—whether it be because of transportation or family permission. Also, I assure you of the confidentiality and privacy of our discussions. So, please tell me if we can discuss freely here or you would like to come to our office located in.............

[Step 1:]

Assessment of issues that concern the woman most (10 minutes)

Over the past year, our institute has been conducting research in this community and based on this research and our work in other similar communities we have learned that many women here have a lot of concerns in their marriage, such as: feeling her husband does not care for her, husband not talking to her about several issues or sharing discussions with her, husband drinking too much alcohol, husband fighting with her and
hurting her in fights, and husband forcing sexual relations or having sex with other women. I know as like you that these problems are not common to everybody and each individual woman in our communities may have different problems.

What are the problems that women can have in addition to these? Please list them all.

Okay, now let’s start by talking about the kind of problems or issues that bring tension in you. Please describe what kind of worries are they?

Free-list those problems/issues (Probe for all kinds of problems......Encourage her to list everything that she thinks of......)

**Alternative 1:** If woman lists problems/issues related to alcohol or marital relationships or marital violence without problem, then use the Thermometer (or any other instrument) to grade the severity.......Understand the causes and consequences for such worries/concerns**

**Alternative 2:** If woman is not expressive in describing her worries or only mentions economic issues, then ask the following:

- Who in the household is working? Who is not working but needs or wants to?
- Is this money enough for your family to get everything they need- food, clothes, or medicine?
- Do financial issues create stress between you and your husband? Are there other stresses in your marriage? How are those affecting your relationship and the way he treats you?
- Is money being wasted by some family members? Wasted on alcohol? Wasted on going out with friends? Is this your husband doing these things; tell me about that?

Use the Thermometer (or any other instrument) to grade the severity. Understand the causes and consequences for the worries/concerns she identifies.

$ As financial concerns are noted—Remind them that Swadhaar FinAccess will assist them with these types of issues. Check and confirm that they are attending this program.

**GAUGE THE PROBLEM USING THE THERMOMETER**

Restate the problems she identified and match them with pictures for the thermometer exercise. If there is not a matching picture, you can create one or write something for use in this exercise. Have her place the pictures and additional tabs on the thermometer with consideration of how much this is a stress in her life.

Should develop a picture of thermometer to show as an example on how it looks like in the field.

<table>
<thead>
<tr>
<th>MATERIALS NEEDED</th>
<th>DIRECTIONS TO USE THERMOMETER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thermometer or some other barometer for the problem—Created for this project</td>
<td>Use the pictures and additional tabs to help women identify their problems. Have them take the pictures and tabs and place each issue of her choice on the</td>
</tr>
<tr>
<td>Pictures to Indicate:</td>
<td></td>
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<tr>
<td>• Children’s Health</td>
<td></td>
</tr>
</tbody>
</table>
- Husband’s Health
- Woman’s health
- Health of Others in Family
- Husband’s alcohol use
- Husband’s partying with friends
- Marital arguments,
- Violence from Husband
- Woman left alone or neglected by husband

Additional Tabs for Other Issues (can write or draw them)

thermometer. She should place it based on how much a problem the given issue is for her.

Make sure that they place no more than three or four issues at the highest level.

Make sure she has included alcohol or violence on the thermometer.

**Step 2:**

Establishing Inter-relationships Among Issues that she listed but focus mainly on Financial Stress (*if this was one of her concerns*) and Health, Alcohol, Conflict/Fighting with husbands (5 minutes)

HIGHLIGHT THE INTERRELATIONSHIP BETWEEN MAJOR CONCERNS WITH THE FIGURE

**A cyclical figure (see below) will be created on a board to indicate how the issues of financial problems, health problems, alcohol issues, and family violence/conflict lead to one another. If any of these issues are not an identified concern for this woman, you may omit it from the figure.**

**MATERIALS NEEDED**

<table>
<thead>
<tr>
<th>Board with a cyclical figure similar to that drawn below</th>
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</thead>
<tbody>
<tr>
<td>Pictures to Indicate:</td>
</tr>
<tr>
<td>- Health</td>
</tr>
<tr>
<td>- Marital Violence</td>
</tr>
<tr>
<td>- Husband’s Alcohol</td>
</tr>
<tr>
<td>- Financial Stress</td>
</tr>
</tbody>
</table>

**DIRECTIONS TO USE CYCLE**

Use the board to guide women to identify how these specified issues lead to one another on the thermometer. She should place it based on how much a problem the given issue is for her.

Make sure that they place no more than three or four issues at the highest level.

Make sure she has included alcohol or violence on the thermometer.

Have the woman fill in the arrows with the following pictures:

- Financial problems
- Health Problems
- Family Violence/Conflict
- Alcohol Problems
Many women describe things in similar ways as you have today. Many of these issues may be linked to one another. I have a picture that you might want to help fill in. It is empty now but let us discuss about the issues that you have just listed and understand them how they can be filled within this picture. This is important as part of our goal to help you identify ways to reduce worries by reducing these other issues in your family and improve communication or negotiation.

$ As financial concerns are noted—Remind them that Swadhaar FinAccess will assist them with these types of issues. Check and confirm that they are attending this program.

Step 3:

Problem-Solving (20 minutes)

Review the thermometer board and interrelationships picture with her to assess which risks- financial, health, alcohol, or fighting/IPV- are of greatest concern? Look at the 3 risks of greatest concern, working from risks of greatest concern to least concern, ask the following:

- For this issue, how do you think you can make the situation better with good communication with your husband? (make recommendations if they cannot identify options on their own)
- Have you tried this approach before? If yes, how did it work out?
- Do you see any concerns with this approach?
- So is this something you feel you would like to try to do again?

For each issue identified, make sure that she has an approach she feels could help address the issue. Maintain a list of these approaches for detailed discussion in the next visit. Recommend local services from the RHANI Wives **referral list as appropriate.

Action Plan Regarding the key priority issue for her (5 minutes)

Review the problem-solving strategies she identified. Write down each strategy on a separate sheet of paper and lay the papers out in front of her. Remind her that these were the three action steps she came up with. Ask her to pick out one action step she feels like she can try in the next day or two. Let her know you will check in at the next session to see how that goal is going for her. In your case notes, keep a written record of the 3 goals she picked, not which she picked and which she did not pick.

Conclusion (5 minutes)

Remind the participant that she will see you again for the second individual session in the next week. After the second individual session, she will participate in the first group session (week 2 of the program).
RHANI Wives Individual Risk Reduction Session 2

PROTOCOL

SESSION OBJECTIVES: To reinforce the problem identification and solving skills and to increase skills related to marital communication as a means of problem solving. These objectives will be achieved via the following process: assessment of the woman’s problems related to alcohol/violence/sex relationship-sex risk, identification of the inter-relationship of these problems, problem-solving on how to reduce these concerns particularly through marital communication efforts, and action plan to identify specific steps the woman will take to reduce her risk; to this end, marital communication must be emphasized.

Establish Rapport (1 minute)

Greet her. Ask about her well being, children/cooking and the day.

It is great to meet you again. It is important that you are here. Your participation shows your investment in your family, your marriage and yourself. Hence, it is important you participate in the full program to see benefits of this. If you have any issues participating, please let me know, and I can work to help get you to the sessions—whether it is because of any kind of reason like family permission. Also, I assure you of the confidentiality and privacy of our discussions. So, please let me know whether we can discuss freely here or would you like to move?

In my first visit with you, we discussed some of the causes of tension in your life and how you would like to address these tensions. Our session today will be similar but will focus on some of the issues related to alcohol or marital violence (as indicated by last session) and your marital relationship. We will move forward focus on these types of issues. As I mentioned last time, we will sometimes meet alone and we will also meet with a group of women in this community. Our next visit will involve a meeting with a group of women, in this group session we will present you with some of the strategies that women can use in their lives to deal with many issues. In the remaining three visits I will continue to work with you to find solutions to some of your problems. Through these sessions, our intentions are to improve your marital communication and your marital relationship through development of your skills and confidence to deal with your problems.

Step 1:

Review Action Plan from Last Session (2 minutes)

Review her chosen action steps from last session. [Check your notes.] Assess whether she has been able to try this step. If yes, check to see if it is step she needs to maintain. If not, congratulate her on her ability to meet her goals.

Step 2:

Show her the diagram with Inter-relationships diagram that has Health, Alcohol (if applicable), Conflict (if applicable), lack of proper marital communication, Sexual Risk (2 minutes)

Create a model picture here this guideline should appear as it is for implementation in the field

**Show diagram. Include sexual relationship problems in diagram. Ask her where it should be put on the board.**
As we discussed last time, financial problems in the family can result in issues in terms of husband’s alcohol use, marital communication problems and violence. Let’s look at our diagram again. Marital communication can help with these problems. Can you tell me where you think marital communication could help on one of the issues within marriage? Today we will identify the kind of marital communication that you had in the past to reduce alcohol, violence or both and its affects on your marriage, and your family. [If individual sessions 3 or 4, state that this will be the same approach used in the last session.]

Step 3:

Assessment of alcohol and violence issues. (20 minutes)

Okay, let’s start by talking about the issues we discussed last time (note alcohol and/or violence).

If the participant identified alcohol, go thru the following questions:

- How often is he drinking and how often is he getting drunk? **Provide alcohol referrals as necessary.**
- What do you think are the reasons for drinking?
- What is happening in your life with his drinking?
- Have you ever discussed with him to reduce drinking alcohol? [s5]
- What was the discussion that you had with him? (Ask about each event - strategies that she implemented, what did work and what didn't work, how do they describe it worked, how do they describe it didn't work?)
- Please mention on each and every simple strategy (both talking and expression-based like face feelings) that you must have implemented to reduce intensity of drinking.
- Strategy that has stopped him from drinking for some extended period of time. What did happen in life for him at that time? How did it help?
- **Okay, let’s talk about your sexual relationship with your husband for sometime.** How has alcohol affected your sexual relationship? Have you discussed this with your husband? Have you had any discussions about your sexual relationship? What have you discussed? What are his interests sexually? What are your interests sexually? (Look out for issues related to a) man having sexual relationships outside marriage, b) man forcing or pushing sex on her, and c) opportunities for her to build sexual satisfaction in the relationship)

If the participant identified violence, go thru the following questions:

- How often do fights in which husband is aggressive happen between you? Is this something related to his lifestyle/behavior, including alcohol use?
- How severe are these fights? What are the reasons for such fights? What were the effects of such fights to your life? # Provide violence referrals as necessary and do safety assessment to determine if life threatening abuse has occurred.
Have you ever discussed with him about to address reasons for fights and preventing fights?

What was the discussion that you had with him? (Ask about each event - strategies that she implemented, what did work and what didn't work, how do they describe it worked, how do they describe it didn't work?)

Please mention on each and every simple strategy (both talking and expression-based like face feelings) that you must have implemented to reduce intensity of violence.

Strategy that has stopped him from being violent for some extended period of time. What did happen in life for him at that time? How did it help?

What are those timings or situations when he listens and when he doesn't listen to you?

If you can talk to him, how long you can talk to him at a stretch?

What will be his behavior after the violence has occurred?

Okay, let's talk about your sexual relationship with your husband and how violence affects it. How is the fighting in your marriage affecting your sexual relationship? What kind of discussions do you have with husband on sexual relationships? What are his interests in sex? What are your interests in sex? (Look out for issues related to a) man having sexual relationships outside marriage, b) man pushing sex on her, and c) opportunities for her to build sexual satisfaction in the relationship) % Provide HIV/STI testing referrals as necessary.

If the participant identified alcohol and violence, go thru both sections listed above.

**Maintain case notes on their responses. Be prepared to review in subsequent sessions.**

*State:* Violence is never acceptable in a relationship, and (if they are in an abusive relation) you managing this situation so well is really a demonstration of your strength and capacity to take care of yourself (and children). % Provide Domestic Violence referrals if indicated.

If your husband sees other women sexually or has done so in the past, he may have a sexually transmitted disease. If he is sexually active with you and does not use condoms, he can give you those infections. If you think this may be the case, you should use condoms with your husband and you should go to the clinic for STI testing. % Provide HIV/STI testing referral

[^6]: If woman indicates severe depression, anxiety, suicidality or any other mental health concern during the assessment, debrief to see if she is okay and would like immediate assistance, gauge if she should continue with the session or program and after session indicate to NIRRH PI if this is the case, link her to services as needed.

Use the Thermometer (or any other instrument) to grade the severity of concerns identified.

**GAUGE THE PROBLEM USING THE THERMOMETER**

If it is difficult to use the thermometer at this stage, it could be removed here.
Restate one major problem she identified for each of the following issues: alcohol use, marital violence, and sexual risk or sexual problems; you may skip one of these issues if they are not a problem she reports. Match the with pictures for the thermometer exercise. If there is not a matching picture, you can create one or write something for use in this exercise. Have her place the pictures and additional tabs on the thermometer with consideration of how much this is a stress in her life.

**MATERIALS NEEDED**

Thermometer or some other barometer for the problem—Created for this project

Create Tabs for Issues she has identified in the areas of alcohol, violence, and sexual/relationship/sexual risk (can write or draw them)

**DIRECTIONS TO USE THERMOMETER**

Use the tabs to help women identify the problems with which they are most concerned. Have them take the tabs and place each on the thermometer. She should place it based on how much a problem the given issue is for her.

Make sure she has included alcohol or violence and sexual problems on the thermometer.

**Problem-Solving to Improve the Communication on issues that she identified (20 minutes)**

Identify three specific issues of concern, with at least one related to alcohol or violence and at least one related to sexual problems, and then ask the following:

- For this issue, how do you think you can make the situation better? (make recommendation around communicating with husband about the concern)
- What way you can do this differently (different from the strategies that she has listed)
- Have you tried this approach before? If yes, how did it work out?
- Do you see any concerns with this approach?
- So is this something you feel you would like to try to do again?

**Action Plan (10 minutes)**

For each issue identified, make sure that she has identified an approach she feels could help improve the communication on specific issues that she identified as problem and improve sexual relationship. Help prioritize communication with husband, directly or indirectly, as an option. Write down the approaches she plans to take, and give her a copy of this. Keep record of this in your case notes, as well. Let her know you will check in on this in your next individual session with her.

**State:** Talking to your husband about condoms, staying sexually faithful with you, and working with you to make a sexual relationship you both enjoy can help him, you and your family stay healthy and avoid HIV and other sexually transmitted diseases. If you are not ready to some of these things now, think about how you might be able to do these things in the future. Condom use is the best way to keep from becoming infected with HIV and some STIs, or infecting others. If you have pain, itching, odor or discharge in your vaginal area, this could indicate an infection; you can go to the clinic to see if this is the case and to get treated for infections.#

**Conclusion (5 minutes).**
**Assess and Debrief:** You have done very well! How are you feeling now? You know, sharing information also eases tension in many instances. That happens often with me and it is true for many other people too. What are your thoughts? (**Use referrals for services if service needs are identified**)

Get woman's reactions. Conduct safety protocol, if need is indicated.

**State:** Okay, let me remind you that in the next week we will be meeting as a group with other women with whom this program is working. The group session will be very interesting and fun; you will be able to learn some of the skills on how to deal with situations/concerns that you may have, and you will have an opportunity to meet with new friends. Women who will come as a group to the program are from this community itself and have similar conditions as you have, so you need not be concerned about coming as a group. We will not share your personal stories in the group. We will just provide opportunities to build women’s skills on communication or negotiation with their husbands. An example of this is:

Pick the example most reflective of the woman’s situation:

**Example 1— Only husband’s alcohol use reported.**

Rita is very unhappy because her husband drinks alcohol too often. He is working hard to earn for their family, and this is his way to unwind. However, the alcohol is an expensive habit, and it is draining the family fund so there are no savings. She is very worried but not sure how to talk about this with him, as he is the only one earning. One evening she makes a very nice dinner for him and tells him she did so because she wanted to thank him for how hard he works. She then brings up the issue of a financial goal they share, wanting to get a nicer place to live. She asks him how they can gain more savings for this goal and what she can do to help. She says she is cutting back on grocery spending to help and asks if they can also cut back on alcohol spending. He agrees.

**Example 2— Only husband’s violence is reported.**

Rita is very unhappy because her husband is very stressed and sometimes beats her when he is feeling too stressed from work. He is working hard to earn for their family, but there still is not enough money. She knows that this makes him more stressed, but she does not want to be beaten due to this. She asks her mother-in-law what she should do, because the beating keeps her from doing her work for the house. The mother-in-law agrees to speak with him and tell him that the domestic work cannot be done if he does this; she also advises her daughter-in-law to avoid him until after he has had dinner and some rest.

**Example 3— Husband’s alcohol use and violence reported.**

Rita is very unhappy because her husband drinks alcohol too often and sometime beats her after this. He is working hard to earn for their family, and alcohol is his way to unwind. However, when he drinks, he drinks too much and then becomes abusive to her. One evening she makes a very nice dinner for him and tells him she did so because she wanted to thank him for how hard he works. She then gives him a massage and tell him that she wants to help him relax, but it hard after he drinks so much and then becomes angry with her. They discuss how he can drink less and she can help him relax more at home.

Okay, what do you think is the convenient date and time in the next week? We are actually thinking about the timing between 2-4 but will re-coordinate with you about the exact day after checking with everybody.
RHANI Wives Individual Risk Reduction Session 3 (Intervention Session 4)

PROTOCOL

SESSION OBJECTIVE: To continue skills building on problem solving about marital issues and use of marital communication to address marital issues. Additionally in this session the counselor will assess her understanding of available services and resources she can use to support her communication and negotiations and her use of these resources and services.

Introduction to the session (2 minutes)

Greet her. Ask about her well being, children and the day.

It is great to meet you again. It is important that you are here. Your participation shows your investment in your family, your marriage and yourself. Hence, it is important you participate in the full program to see benefits of this. If you have any issues participating, please let me know, and I can work to help get you to the sessions—whether it is because of transportation or family permission. Also, I assure you of the confidentiality and privacy of our discussions. So, please let me know whether we can discuss freely here or would you like to move?

In today’s session, we will continue our discussion from the last session I had with just you, and we will talk a bit about marital issues you may be having. Additionally, if you participated in the group session, we will discuss whether you have tried out any of the communication skills you learned there. If you did not participate in the group session, we will focus on the kinds of communication you are having with your husband and how you want to improve that to help you with any marital concerns you are having.

Step 1:

Review Action Plan from Last Session (3 minutes)

Review her chosen action steps from last session. [Check your notes.] Assess whether she has been able to try this step. If yes, check to see if it is step she needs to maintain. If not, congratulate her on her ability to meet her goals. Ask her how she feels about this action step and whether she wants to keep working on it.

Step 2:

Review the alcohol, violence, and sexual risk issues noted in Individual Session 2. (5 minutes)

Discuss what she said last time regarding these risks related to alcohol, violence, and the sexual relationship. Assess whether there are any additional concerns in these areas or if any issues have come up around these areas since your last individual session. Ask:

- Restate what she said last time about her husband’s alcohol use. Have you been having any (additional) concerns about your husband’s alcohol since we last spoke? Tell me about these.
- Restate what she said last time about her husband’s violence. Have you been having any (additional) concerns about your husband’s violence since we last spoke? Tell me about these.
- Restate what she said last time about her sexual relationship and sexual risk with her husband. Have you been having any (additional) concerns about your sexual relationship and sexual risk with your husband since we last spoke? (Probe for forced sex, extramarital sex, gynecologic health concerns) Tell me about these.
MONITOR THE PROBLEM USING THERMOMETER

In view of monitoring the development on the problem initially identified by the woman, the thermometer will again be used with reference to values in the 2nd session. The Counselor will use thermometer to monitor the situation on each of the problem that she identified. This monitoring mechanism to be included in each case notes. The question and format for recording is as follows:

Please recall to our conversation in the 2nd session where you have identified the following issues and you have given a score against each of the issue. Please tell me whether or not there is an improvement in solving the issue. If so, please rate it again on thermometer with reference to the previous value.

<table>
<thead>
<tr>
<th>Issue No.</th>
<th>Issue type</th>
<th>Value in the 2nd Session</th>
<th>Value at the time of 3rd session (Current)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Husband’s alcohol use</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Husband’s partying with friends</td>
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<td></td>
<td>Marital arguments</td>
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<td></td>
<td>Physical violence from Husband</td>
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<td></td>
<td>Marital communication</td>
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<td></td>
<td>Sexual relationship with husband</td>
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<td></td>
<td>Economic difficulties of the household</td>
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<td></td>
<td>Health of the husband</td>
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<td></td>
<td>Health of the child</td>
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<td></td>
<td>Self health</td>
<td></td>
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<tr>
<td></td>
<td>Others, specify _________________________</td>
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</tr>
</tbody>
</table>

Step 3:

Problem-Solving to Improve the Communication on issues that she identified (20 minutes)

Identify three specific issues of concern, with at least one related to alcohol or violence and at least one related to sexual problems, and then ask the following:

Alternative 1. If she attended the group session—

- For this issue, how do you think you can make the situation better? What did you learn in the group lesson that could be useful in addressing this issue?
- Have you tried any of those strategies learned in the group session? If yes, check to see what was communication strategies were tried?
  - For each communication effort tried, ask—How did you introduce it, under what situations? What was its effect? What was the reaction of your husband? What would you do differently next time if you tried that strategy again?
  - If no communication strategy was tried, ask—Why did you not try any of these strategies? Understand in detail about applicability of such strategies in her life. Identify situations under which she could and could not use direct communication with her husband.

- What else would you like to do to deal with the issue? Have you tried this approach before? If yes, how did it work out?
- Do you see any concerns with this approach?
- So is this something you feel you would like to try to do again?
Alternative 2. If she did not attend the group session—

- For this issue, how do you think you can make the situation better? Have you tried this approach before? If yes, how did it work out?
- Do you see any concerns with this approach?
- So is this something you feel you would like to try to do again?

Step 4:

Action Plan (5 minutes)

For each issue identified, make sure that she has identified an approach she feels could help improve the communication on specific issues that she identified as problem and improve sexual relationship. Help prioritize communication with husband, directly or indirectly, as an option. Write down the approaches she plans to take, and give her a copy of this. Keep record of this in your case notes, as well. Let her know you will check in on this in your next individual session with her.

Step 5:

Educate on Resource and Service Options to Improve her Situation (5 minutes)

Again briefly review her concerns about alcohol, violence and her sexual relationship with her husband, using the thermometer. Ask her what types of resources, services or supports she would need to help the situation.

Remind her (if she attended group session 1) or tell her (if she did not attend group session 1) of the major types of resources, services and supports she should consider:

A. Social Support from Friends and Family—

Think about your natal family, your in-laws, your neighbors, and your or your husband’s friends. Can they help you with the difficulties in your life? For example, can they loan you money or talk to your husband on your behalf about the issues you are having with him? Can they give you a safe place to go if your husband is drunk of violent?

B. Resources in the Community to Whom She Can Turn—

Provide the listing of local informal resources—community leaders or advocates who are helping women, men and families with issues related to alcohol, violence, and sexual risk. How can these be helpful to you in your situation?

C. Formal Services to Which She Can Go—

Provide the listing of formal services for health, alcohol, violence, and STI/HIV education and testing. Are these places that can help with your marital issues? What about Swadhaar? Are you participating in the FinAccess program? Can this help your financial stresses in the family?

Step 6:

Identification of Problem-Solving to Improve her Situation on issues that she identified (10 minutes)
Assess her use of social support, resources and formal services in the past to deal with her identified situations/worries.

**Show pictures. Describe what kind of social support, resources, and formal services they could be. Develop a script to describe those pictures. This description will be read to women.**

Alternative #1 If she reports alcohol but no violence from husband, ask:

- What social support, local resources or formal services do you know about to help your husband with his alcohol problems? Which ones have you used?
- For each support, resource or formal service she indicates, ask—
  - Please describe how did you approach to such services?
  - What all happened in use of such service? What was the outcome?
  - What were strengths in use of such services?
  - What were the challenges that you faced in use of such services?
  - Did the services help your husband reduce his drinking levels or stop drinking for extended period?
  - Did any of these services help reduce sexual risk that was associated with men's alcohol use?

Alternative #2 If she reports violence but no alcohol from husband, ask:

- What social support, local resources or formal services do you know about to address your husband’s violence against you? Which ones have you used?
- For each support, resource or formal service she indicates, ask—
  - How did you approach to such services? What do you think about such services?
  - What all happened in use of such service? What was the outcome?
  - What were strengths in use of such services?
  - What were the challenges that you faced in use of such services?
  - Did any of these services helped stop the violence for extended period of time? Did it help reduce the intensity of the violence?
  - Did any of these services help reduce sexual risk that was associated with violence?

Alternative #3 If she reports alcohol and violence from husband, ask all questions from alternatives 1&2.
State: If your husband sees other women sexually or has done so in the past, he may have a sexually transmitted disease. If he is sexually active with you and does not use condoms, he can give you those infections. If you think this may be the case, you should use condoms with your husband and you should go to the clinic for STI testing. **Provide HIV/STI testing referral**

- Note the single support or service she would be most interested in. Review with her the safety in acquiring this support or service and confirm with her that the approach will not incite violence from her husband.

Step 7:

Action Plan (5 minutes)

For each service or resource she has identified, make sure that she has identified a resource or service she feels could help her situation with her husband with regard to sexual risk reduction, as well. Write down the approaches she plans to take, and give her a copy of this. Keep record of this in your case notes, as well. Let her know you will check in on this in your next individual session with her.

- Recommend local services from the RHANI Wives **referral list as appropriate. Help her think how to expand this action step to reduce her risk for HIV/STI.

Conclusion (5 minutes)

Assess and Debrief: You have done very well! How are you feeling now? You know, sharing information also eases tension in many instances. That happens often with me and it is true for many other people too. What are your thoughts? (**Use referrals for services if service needs are identified)

Get woman’s reactions. Conducted safety protocol, if need is indicated.

State: Okay, let me remind you that in the next week we will again be meeting as a group with other women with whom this program is working. The group session will be very interesting and fun; you will be able to hear other women’s perspectives, and you will have an opportunity to meet with new friends. Women who will come as a group to the program are from this community itself, so you need not concerned about coming as a group. We also will not share your personal stories in the group. We will just provide opportunities to build women’s skills on communication, as we did in the first session, but we will also develop her skills with regard to acquiring local support, resources, and services, as we discussed today. An example of how you might do this is:

Pick the example most reflective of the woman’s situation:

**Example 1— Only husband’s alcohol use reported.**

Rita is very unhappy and stressed because her husband drinks alcohol too often. He is working hard to earn for their family, and this is his way to unwind. However, the alcohol is an expensive habit, and it is draining the family fund so there are no savings. She is very worried but not sure what services might be available to help them. After attending Swadhaar meetings on financial management of the household, she asks her Swadhaar counselor if there is a similar program for men. She gets the listing and tells her husband about it. She only discusses financial management and not his alcohol use. He agrees to attend to help the financial situation in the family. In that program, the counselor talks to men about how to reduce their expenditure, including that spent on alcohol.

**Example 2— Only husband’s violence is reported.**
Rita is very unhappy because her husband is very stressed and sometimes beats her when he is feeling too stressed from work. He is working hard to earn for their family, but there still is not enough money. She knows that this makes him more stressed, but she does not want to be beaten due to this. She asks her mother-in-law what she should do, because the beating keeps her from doing her work for the house. The mother-in-law agrees to speak with him and tell him that the domestic work cannot be done if he does this; she also advises her daughter-in-law to avoid him until after he has had dinner and some rest. She avoids him by staying with a neighbor after his dinner is prepared. She has used her social support from mother-in-law and neighbor to help herself in this situation.

Example 3—Husband’s alcohol use and violence reported.

Rita is very unhappy because her husband drinks alcohol too often and sometimes beats her after this. He is working hard to earn for their family, and alcohol is his way to unwind. However, when he drinks, he drinks too much and then becomes abusive to her. One evening she makes a very nice dinner for him and tells him she did so because she wanted to thank him for how hard he works. She then gives him a massage and tells him that she wants to help him relax, but it hard after he drinks so much and then becomes angry with her. They discuss how he can drink less and she can help him relax more at home. She asks him to talk to the doctor at the local health center about his alcohol use, and he agrees to do so. Rita knows this doctor from a RHANI Wives referral, and she knows the doctor will talk to her husband about the violence, as well.

Is the time that we met in the last week good? Note and set schedule accordingly.
RHANI Wives Individual Risk Reduction Sessions 4

PROTOCOL

SESSION OBJECTIVE: To continue skills building on problem solving about marital issues and use of marital communication and local resources and services to address marital issues.

Introduction to the session (2 minutes)

Greet her. Ask about her well being, children and the day.

It is great to meet you again. It is important that you are here. Your participation shows your investment in your family, your marriage and yourself. Hence, it is important you participate in the full program to see benefits of this. If you have any issues participating, please let me know, and I can work to help get you to the sessions-whether it is because of transportation or family permission. Also, I assure you of the confidentiality and privacy of our discussions. So, please let me know whether we can discuss freely here or would you like to move?

In today’s session, we will continue our discussion from the last session I had with just you, and we will talk a bit about marital issues you may be having. Additionally, if you participated in the group sessions, we will discuss whether you have tried out any of the communication skills and resource acquisition skills you learned there. If you did not participate in the group sessions, we will focus on the kinds of communication you are having with your husband, the types of support and services you are acquiring to help your situation, and what your plans are moving forward in your marriage.

This is your final session in the RHANI Wives program, so let’s make sure that we end in such a way that can support you to keep you and your family healthy and safe.

Step 1:

Review Action Plan from Last Session (5 minutes)

Review her chosen action steps from last session. [Check your notes.] Assess whether she has been able to try these steps. If yes, check to see if she needs to maintain these steps in her life and how she plans to do so.

Step 2:

Review the alcohol, violence, and sexual risk issues noted in Individual Sessions 2 and 3. (10 minutes)

Discuss what she has said regarding her risks related to alcohol, violence, and the sexual relationship. Assess whether there are any additional concerns in these areas or if any issues have come up around these areas since your last individual session. Ask:

- Restate what she said last time about her husband’s alcohol use. Have you been having any (additional) concerns about your husband’s alcohol since we last spoke? Tell me about these.
- Restate what she said last time about her husband’s violence. Have you been having any (additional) concerns about your husband’s violence since we last spoke? Tell me about these.
- Restate what she said last time about her sexual relationship and sexual risk with her husband. Have you been having any (additional) concerns about your sexual relationship and sexual risk with your husband since we last spoke? Tell me about these.
MONITOR THE PROBLEM USING THERMOMETER

In view of monitoring the development on the problem initially identified by the woman, the thermometer will again be used with reference to values in the 2nd session. The Counselor will use thermometer to monitor the situation on each of the problem that she identified. This monitoring mechanism to be included in each case notes. The question and format for recording is as follows:

- Please recall to our conversation in the previous sessions where you have identified the following issues and you have given a score against each of the issue. Please tell me whether or not there is an improvement in solving the issue. If so, please rate it again on thermometer with reference to the previous value.

<table>
<thead>
<tr>
<th>Issue No.</th>
<th>Issue type</th>
<th>Value in the 2nd Session</th>
<th>Value in the time of 3rd session</th>
<th>Value at the time of 4th session</th>
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<tbody>
<tr>
<td></td>
<td>Husband’s alcohol use</td>
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<td>Husband’s partying with friends</td>
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<td>Marital arguments,</td>
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<td>Physical violence from husband</td>
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<td>Marital communication</td>
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<td>Sexual relationship with husband</td>
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<td>Economic difficulties of the household</td>
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<td>Health of the husband</td>
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<td>Health of the child</td>
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<td>Self health</td>
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<td>Others, specify</td>
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Step 3:

**Problem-Solving to Improve the Communication and to Acquire Support, Resources or Services (20 minutes)**

Identify three specific issues of concern, with at least one related to alcohol or violence and at least one related to sexual problems, and then ask the following:

Alternative 1. If she attended the group session—

- For this issue, how do you think you can make the situation better? What did you learn in the group lesson that could be useful in addressing this issue?
- Have you tried any of those strategies learned in the group session? If yes, check to see what was communication strategies or support/service/resource acquisition strategies were tried?
For each effort tried, ask-- How did you do it, under what situations? What was its effect? What was the reaction of your husband? What would you do differently next time if you tried that strategy again?

If none were tried, ask—Why did you not try any of these strategies? Understand in detail about applicability of such strategies in her life. Identify situations under which she could and could not use direct communication with her husband.

- What else would you like to do to deal with the issue? Have you tried this approach before? If yes, how did it work out?
- Do you see any concerns with this approach?
- So is this something you feel you would like to try to do again?

Alternative 2. If she did not attend the group session—

- For this issue, how do you think you can make the situation better? Have you tried this approach before? If yes, how did it work out?
- Do you see any concerns with this approach?
- So is this something you feel you would like to try to do again?

Step 4:

**Action Plan (15 minutes)**

For each issue identified, make sure that she has identified approaches she feels could help a) improve marital communication and b) acquire support/services/resources to improve the sexual relationship and her sexual health. Write down the approaches she plans to take, and give her a copy of this. Keep record of this in your case notes, as well. Help her think how to expand this action step to reduce her risk for HIV/STI.

State: Talking to your [s14] husband about condoms, staying sexually faithful with you, and working with you to make a sexual relationship you both enjoy can help him, you and your family stay healthy and avoid HIV and other sexually transmitted diseases. If you are not ready to some of these things now, think about how you might be able to do these things in the future. Condom use is the best way to keep from becoming infected with HIV and some STIs, or infecting others. If you have pain, itching, odor or discharge in your vaginal area, this could indicate an infection; you can go to the clinic to see if this is the case and to get treated for infections.

Let her know that you will not be checking in with her on her action plan, as the sessions are now older. But she should continue to check in with herself and recognize her progress in achieving her goals in marriage.

**Conclusion (10 minutes)**

**Assess and Debrief:** You have done very well! How are you feeling now? You know, sharing information also eases tension in many instances. That happens often with me and it is true for many other people too. What are your thoughts? (**Use referrals for services if service needs are identified)**

Get woman's reactions. Conduct safety protocol, if need is indicated.

State: You have now completed all of the sessions. There are some things that we all have learned in this process. I would like to ask you a few questions about your experiences with this program.
• What have you learned about your relationship that you did not know before?

• How has your relationship with your husband changed based on your involvement with this program?

• What other things do you need to keep your relationship safe and healthy?
  
  o Use referrals for services if service needs are identified)
NOTES--

- Blue text indicates session objectives. Should not be erased.

- Red text indicates need for referral, debriefing, or safety assessment. Should not be erased.

- # Indicates assessment for life threatening IPV; if this is identified, go to safety protocol.

- % Indicates assessment of need for referral to HIV/STI

- ^ Indicates assessment of need for mental health referral

- $ Indicates referral to Swadhaar
Before reviewing about program counselor needs discuss with women about why she has selected. Don’t make feel her as she is victim. We choose her through lottery system. Tell her that she is representative of the community. Ask her whether she is ready to attend the 6 session or not.

Place needs to be discuss with women at the time of base line survey or in family intervention session.

Or someone else discuss with him.

Counselor can provide this information with the help of flip chart.

Team is in the process of preparing required material.

Avoid to discuss about her husband directly.

Counselor has to get feedback from the women about group session (how they feel, its useful for them or not, whether they are comfortable in group or not).

Team is in the process of preparing required material.

Team is in the process of preparing required material.

Avoid to discuss about her husband directly.
RHANI Wives Group Session 1

PROTOCOL

Objectives: To develop marital communication skills around the areas of husband's alcohol use, husband's violence, and the sexual relationship between husband and wife. Participants will be aware that they are not alone in dealing with these problems in the family. Participants will understand the importance of communication skills around each of these issues. Participants will feel that it is possible to increase communication with their husbands around each of these issues.

Guidelines/Notes:

❖ It is important that you become familiar with the content of this session before implementing it.
❖ Read the whole session and consult additional sources of information if you are not familiar with some of the topics to be discussed throughout the session.
❖ Make sure that you have all the materials that will be used during the session.
❖ Participants may not want to talk, or may feel uncomfortable or embarrassed. Respect participants who wish to remain silent.
❖ Participants must agree to maintain the confidentiality of the group, not sharing what group participants may share with them. Remind them, though, that you cannot guarantee this confidentiality, so they should be cautious of what they share in group.
❖ Keep the group festive and fun. Always end on a positive note.
❖ REMEMBER, a major point of these groups is to build support among women in the community in ways that they can use when the program is over. Foster the relationships, support and validation among group members.

Icebreaker (5 minutes)

This activity is primarily done, so that the women become more familiar with each others name.

The name of the game is “Aaun Ja Tikli Marunja” (which means come and put a bindi or a dot on the forehead), the facilitator will have the name of all the members. The facilitator will not tell the names of all the woman or rather they will not know the names of each other. Later the facilitator will pick out one of the ladies and will put a cloth on her eyes, and then randomly we will call one of the ladies names and tell her to put a bindi on the blind folded lady. Once the woman puts the bindi we will open the cloth and ask her to recognize the woman who had put the bindi from the whole group. If she is right in picking out the right name then we will congratulate her. If she makes an error by picking out another woman then we will punish her, as part of the punishment we will tell her to talk about things she likes the most. Similarly we will do with everyone.

Introduction about session (3 minutes)

Welcome everybody and thank them for coming. State something like:

I know that you are all very busy. Your decision to come today is very important and it shows that you care about your health and the economic stability of your family. This is the first of two group sessions in this program. At this point, you should have had two individual sessions with your case manager. It is very important that everyone attends all of the sessions because the topics we cover in each session will build on issues concerning women, economic stability of your family and community health.

This session will be very interesting as it engages everybody and get others perspectives and also gives an opportunity to meet with new friends.
Remind the women that you will not disclose anything that the women say during these group sessions. Ask that everyone in the group verbally agree to this. Assure the group that this is meant to be a safe space where women can learn about various health and economic issues.

Describe that the purpose of this session—
As you know, in your individual sessions we have been talking a lot about ways to improve the health of your marriage and your family. An important means of doing this is to talk to your husband about your worries and how you both can work together to improve your situation. In these sessions, we will learn how to engage in these types of marital communication. Sometimes, this can be by directly talking to your husband, and sometimes this can be through indirect ways of letting your husband know your recommendations. We will discuss both.

Setting platform: show flip chart about healthy family

Script for group session #1

Sanjay’s family is been residing in Mumbai since past 11 years. He is been married since 10 years. For a very long time their family life was functioning smoothly, and they use to take every decisions in their life together. Day by day their responsibilities started increasing in every aspects of their life concerning their children, education, financial etc. Sanjay started consuming alcohol and his life started gradually revolving around this, he use to spend of the time consuming alcohol. Like for instance we will see one day what happened. Sanjay came home drunk and enters in brashly.

Sanjay: Manju get me food.
Manju: I am doing some thing
Sanjay: I really don’t care, please get me the food.
Manju: See I am not going to listen to you. Can’t you see I was making some chapatti.
Sanjay: How dare you talk to me like that? First you should give me the food.
Manju: I have taken enough of your nonsense. Since long I have been bearing all this and now I am not going to keep quiet.
Sanjay: Slaps her in anger.

Due to which gradually their communication started declining which had an impact on their martial relationship. They had got into petty fights due to which most of the time Sanjay would be mentally stressed and removed his bout of anger by beating and slapping his wife and children. He would demand Jaya to keep sexual relationship with him. But due to his drunken state she would refuse him to keep sexual relationship. In spite of this, he exerted force on her to keep sexual relationship which had a negative impact on Jaya health.

Addressing it to the Women

1) What do you think are the existing problems in Sanjay and Manjus life? (The next Q will be based on the women’s Response)
2) What are the reasons for these Fights/tensions?
3) What are the reasons that they are not able to communicate with each other?
4) How can they increase their interaction between each other? Or how can they improve their martial relationship? (Probe do they need to spend time with each other???)
5) What do you think are the various reasons due to which Sanjay has started consuming Alcohol? And do you think Sanjay is doing the right thing by consuming alcohol? If Yes then why and if No then Why?
6) Has she ever spoken to Sanjay about her dislike for alcohol? If yes has it worked and if No then why?
7) What can manju do in such a kind of situation?
This is a different scene; let’s see how this family deals with it.

Vikas: get me the food
Jaya: Yes sure.
Vikas: Just get me anything. (Shouting Loudly)
Jaya: Ok, so I will get some food.
Vikas: what the hell, the food is not cooked properly; there is no salt in the food. He starts throwing the food on the Floor.
Jaya: Ok, wait I will make something else for you.
Vikas: No I don’t want anything. I am going to sleep. (He is angry) and you come with me in the room.
Jaya: Ok, just wait let me eat food.
Vikas: No, you first come here. (he wants to indulge in Sexual relationship)
Jaya: No, I’m very tired and exhausted.
Vikas: I don’t care...u come here right now (he shouts in anger and forces her to have sex). you have to listen to me. Whenever I call you, you have to come.

Whenever Vikas comes home, they have fights and he is always in an irritable mood. He abuses jaya and exerts force on her.

Addressing it to the Women:

1) What do you think happened in this part?
2) What do you think can happen in the future? If the women is so compliant with the husband?
3) What do you think; can communication help them to deal with the problem? How and when?
4) What will happen if Jaya doesn’t fulfill his sexual urges?

Let’s See another Story:

It’s an evening time and Kusum is trying to wind of all the work. Kishor rings the bell

Kishor: gets some sweets at home for the children.
Kusum: starts thinking ohh!! Today how come he is not drunk!! In Surprise
Kusum: Says so how come you have come so early
Kishor: just didn’t have any much work today
Kusum: ok wait I will remove some food
Kishor: Just wait for a while don’t remove the food now. You know actually I wanted to know what’s happening about Teena and Meenas school and tuition fees.
Kusum: I have not paid their school fees, because I don’t have any money.
Kishor: I don’t even know when I will get my salary. All my money is exhausted.
Kusum: How come, you had some money saved with you?
Kishor: Yes indeed I had the money but, because that day I had gone out with Mahesh and Nikhil to the bar and all the money got over
Kusum: See kishor, Im very happy that you spoke today about our children’s school fee, and similarly if you would have spoken to me about other matters, and if the money would not have been sent on unnecessary things like alcohol, then today we wouldn’t have been in such a serious problem today, what do you say?
Kishor: Yes, I know but I get so stressed that I feel nice after consuming alcohol.
Kusum: I will try and cut my expenditure on groceries, but even you will have to help me by not spending money on unnecessary things. Next time when we have a problem, we need to sit and talk about it. But kishor alcohol is not a solution to our problem. You have seen it has increased our problem and if you continue doing this then it will have a sever impact on your health .I also dislike it when you come home drunk, at times under
the influence of alcohol you slap me. Due to which I am also mentally stressed and due to which most of the time Im ill/sick.
Kishor: Ok, next time I will be careful and try to avoid to indulge in alcohol.

**Addressing it to the Women:**

1) What do you think happened in this story?
2) If you were in place of Kusum, How would you communicate with kishor?
3) What do you think, why is this problem happening?
4) How can they solve these problems?
5) will communication like these, help them to solve the problem?

**Group discussion conclusion:**
Summaries the key strategies that woman can use:

**Condom Skills Exercise**
*Talking to your husband about condoms, staying sexually faithful with you, and working with you to make a sexual relationship you both enjoy can help him, you and your family stay healthy and avoid HIV and other sexually transmitted diseases. If you are not ready to some of these things now, think about how you might be able to do these things in the future. Condom use is the best way to keep from becoming infected with HIV and some STIs, or infecting others. If you have pain, itching, odor or discharge in your vaginal area, this could indicate an infection; you can go to the clinic to see if this is the case and to get treated for infections.*

State: Now let’s make sure we all know how to use condoms properly.
- Demonstrate how to use a condom properly for the participants. Make sure they understand the following about proper condom use:
  - Check expiration date.
  - Open the package carefully.
  - Check to see which way it rolls.
  - Leave a space at the tip and pinch to make sure there is no excess air.
  - Be sure condom is on before any sexual contact is made.
  - Always put condom on an erect/hard penis.
  - Unroll condom all the way down the shaft of the penis.
  - After ejaculating/coming, pull out while the penis is still erect/hard.
  - Hold the base of the condom so it doesn’t slip off.
  - Unroll or slip it off and toss in the trash.
  - NEVER REUSE a condom.
- Provide them each with 2 condoms for their personal use.
- Let them know that next time you will ask them to show you how to use them.

**Closer of the group session with an activity (3 minutes)**

**Game Activity:**

We will make 10 chits which will contain incomplete sentences which will be based on If and then.. There will be two groups, so one woman from each group will come up and they will pick a chit. after they pick up a chit they will read the sentence and combine the sentence . For example, if I was to be a Minister and the next chit will be then I will a cobbler which will be a funny line.
RHANI Wives Group Session 2

PROTOCOL

Purpose
The purpose of this session is to discuss about the ways in which women can search for resources and the ways in which they can effectively utilize.

Guidelines/Notes:
- It is important that you become familiar with the content of this session before implementing it.
- Read the whole session and consult additional sources of information if you are not familiar with some of the topics to be discussed throughout the session.
- Make sure that you have all the materials that will be used during the session.
- Participants may not want to talk, or may feel uncomfortable or embarrassed. Respect participants who wish to remain silent.
- Participants must agree to maintain the confidentiality of the group, not sharing what group participants may share with them. Remind them, though, that you cannot guarantee this confidentiality, so they should be cautious of what they share in group.
- Keep the group festive and fun. Always end on a positive note.
- REMEMBER, a major point of these groups is to build support among women in the community in ways that they can use when the program is over. Foster the relationships, support and validation among group members.

Session Structure

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Material</th>
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Total time : 45 Minutes

Game/activity (5 minutes)
We will ask the women to give a 5 min instant recipe.

Introduction about session (3 minutes)

Welcome everybody and thank them for coming. State something like:
*Its great to see everybody in this session. Your decision to come today is very important and it shows that you care about your health and the economic stability of your family. This is the second of two group sessions in this program.*
Remind the women that you will not disclose anything that the women say during these group sessions. Ask that everyone in the group verbally agree to this. Assure the group that this is meant to be a safe space where women can learn about various health and economic issues.

Describe that the purpose of this session—
As you know, in your previous individual session we have talked a lot about ways that you find and use the resources around you to solve some of the problems that you have. The resources could be anything such as a person from within family, neighborhood, husbands' friends, key local leaders or NGO personnel. An important means of doing this is that someone facilitates your communication with the husband or someone talk on your behalf the way that you would like to negotiate with husband. In this session, we will learn how to find and engage in such type of communication. Sometimes, this can by directly talking to your husband, and sometimes this can be through indirect ways of letting your husband know your recommendations. We will discuss both.

**Script for group session #2**

**Group Session 2**

Still Vikas’s behavior has not change, and Jaya is in a state of tense and anxious, She don’t know how to handle this situation :

(Jaya is alone in house and talking with herself in front of mirror)

Jaya: Starts crying and says I am really depressed and I can’t tolerate this anymore. He always abusing me and slapped me so hard even though I have no fault. I tried my best to please him by cooking testy food, by doing all the household work before he comes home, by initiating communication with him on several issues. Despite all of these he still ignores my communication with him. He is alright in the morning and promises me that he will not drink in the evening. But still he comes home drunk. He shouts at me in the evening. He forces me to do all those duties which I do not like. I really do not know what to do? All my efforts so far have been to communicate with him directly and change his behavior. I still have the same problems as I had in the past. I am helpless. I am desperate. What should I do now?

(In above situation Jaya tried her level best to talk to her husband and negotiate with him about change in his behavior. This may be the situation for many women who are part of this program. What other strategies or resources that she can reach to for help in this situation.)

**Addressing it to the Women:**

1) What Jaya can do differently in this situation?
2) Whose help she can take in this kind of situation? (Family, Friend, neighbour)
3) What are the ways that women can search on their own such help?
4) How can she think of identifying favourable resources?
5) What way she can reach to those resources?

Let’s see this situation (she is in depression and always confused. She has socially isolated herself from neighbors)
Reena: goes to sunitas house to get some sugar
Sunita: Is crying and (Next day: as soon as she sees Reena entering the house the next day, she immediately stops crying and wipes her tear)
Reena: Feels she (Sunita) is in tension, takes the decision to talk to sunita the next day and reena wants to help her
Sunita: she was in the kitchen and banging a few vessels in anger.
Reena: What happen? Why are you looking so sad and upset?

Sunita: nothing, im fine
Reena: no Sunita I have been observing you since some time and it’s very important that you tell me what’s happening to you?
Sunita: No yaar, these issues will be for life long
Reena: I am worried about you, initially you used to open-up and talk to me. But now it’s not the same. See if you don’t share with me then with whom will you share your problems?
Sunita: Im in lot of tensions, you know that he consumes alcohol and these days he is been drinking a lot. He constantly keeps on harassing me, abusing and beating me. Moreover he doesn’t even care about the children’s.
Reena: what ever you are telling me, you are not the only one who is suffering from such problems. I am happy that you are sharing all these problems with me and don’t worry too much about all these things.
Sunita: but I really don’t know what to do. Im very worried, I can’t even talk to my parents about it because even they will be stressed out.
Reena: Do you want me to go and talk to your husband and make him understand?
Sunita: Ok , but do you think he will listen to you.
Reena : Or else we can tell his friend and he can make him understand .
Sunita : That is fine.

Addressing it to the Women:

1) What do you think is Sunitas current state?
2) What can sunita do in such kind of situation?
3) Whose help can she take?
4) Whom can she talk to about these problems?
5) Does she need to talk to her husband about this?
6) If you would be in sunitas situation, how would you handle it?
7) Will it help Sunita if she tells his friend to explain him?

Let’s see this other situation. Simran has problems in life; her husband has an extra martial affair. He drinks alcohol and beats her. Simran has thought many times to take help from somebody, but finally her few friends tell her to go the nearby hospital and meet a Social Worker.

Social Worker: Please come in
Simran: my life is so stressed, what do I do???
Social Worker: can you please tell me, what happened to you?
Simran: im fed up of my husband, what do I do?
Socail Worker: What is the exact problem with your husband?
Simran; See first is that, I doubt he has an affair, he consumes alcohol and most of the time he beats me and my children.
Social Worker: what do you want to do?
Simran; See I really don’t know, his alcohol is the biggest problem? Because whenever he is drunk he beats me and he will force me to have sex with him.
Social Worker: Firstly have you spoken to him about this?
Simran: Yes, I have tried but failed to speak to him?
Social Worker: ok, I would suggest you take an opportunity to talk to him when he is not drunk and express
your dislike for alcohol and that he doesn’t like you hitting him.
Simran ; Actually I always thought he will not listen to me .But I will surely try.
Social worker: also I would suggest you to use some protection when you are maintaining sexual relationship
with him, to keep your self save and secure.
Simran: Im really depressed, I would want to run away from my house can’t take it his drinking habit. Can you
please tell me, can any body solve this problem for me?
Social Worker: simran I understand you are going through a lot, I appreciate that you have taken care of your
health and family up till now. I will give you a list of referral where they help men who are alcoholic and hope
you get some help form there .
Simran: Wish I would have thought about this before

Addressing the issue:

1) Why do think Simran thought of going to a Social Worker?
2) Will she benefit something from the Social Worker?
3) What do think, does she need to use other resources (like friend, parents, neighbours), to solve her
problem?
4) What do you think; did simran do the right thing of seeking help from a Social Worker?
5) What can simran do on her own do to solve these problems?
6) What can Manju do to stop this sexual coercion? (Probe can she talk to her husband? How and When)
7) Should simran use condoms to protect herself and why?

Group discussion conclusion:

Summaries the key strategies that woman can use

Reinforce Condom Use. Provide Condoms to Participants.

Talking to your husband about condoms, staying sexually faithful with you, and working with you to make a
sexual relationship you both enjoy can help him, you and your family stay healthy and avoid HIV and other
sexually transmitted diseases. If you are not ready to some of these things now, think about how you might be
able to do these things in the future. Condom use is the best way to keep from becoming infected with HIV and
some STIs, or infecting others. If you have pain, itching, odor or discharge in your vaginal area, this could
indicate an infection; you can go to the clinic to see if this is the case and to get treated for infections.

State: Now let’s make sure we all know how to use condoms properly.

- Make sure to have enough condoms and penile models for women to practice condom use.
- Have the group break up into pairs for condom practice. Provide each pair with a penis model and 3
  condoms. Have the pairs practice putting condoms on the model. Monitor to ensure proper application of
  the condom. Make sure they understand the following about proper condom use:
  - Check expiration date.
  - Open the package carefully.
  - Check to see which way it rolls.
  - Leave a space at the tip and pinch to make sure there is no excess air.
  - Be sure condom is on before any sexual contact is made.
  - Always put condom on an erect/hard penis.
  - Unroll condom all the way down the shaft of the penis.
  - After ejaculating/coming, pull out while the penis is still erect/hard.
- Hold the base of the condom so it doesn’t slip off.
- Unroll or slip it off and toss in the trash.
- NEVER REUSE a condom.

- Interventionist may skip the exercise with some or all participants if the group is resistant.
- Provide each participant with 2 condoms for their personal use.

**Group session closer with an activity/game (3 minutes)**

We will play with them Chinese Whispers. The simple idea is to arrange the participants so that they form a chain. The chain can be circular, square or even just a line of people. The only restriction is that each person should only be able to communicate with one person on either side of them. The facilitator will provide the first person a phrase or sentence that will be too easy to remember. This first person then whispers it to the next, ensuring that no-one else hears it. The next person whispers what they think they heard to the next person, and so the phrase passes down the line. The last person to get the whisper announces it to the group and then compares it to the original.
Guidelines for Counselors for Good Facilitation

General Guidelines to Good Facilitation

- Make sure you only begin the session when it is clear that she is safe to speak to you.
- Be open, kind, and warm
- Offer water or tea or breaks, as she needs them
- Maintain strict protection of client confidentiality for all participants.
- At the beginning of each session, explain to the group the purpose of the session, expected duration, and what is hoped to happen in the session.
- Keep each session interactive and client-focused:
  - For individual sessions, the session should be responsive and relevant to client needs. Listen to what the client says, use open-ended questions, do not interrupt, and respond to questions appropriately.
  - For groups, this means you should enhance participation of all group members in the session and that the group should be speaking more than you do. Additionally, the session should be responsive and relevant to group needs. Listen to what the group says, use open-ended questions, do not interrupt, and respond to questions appropriately.
- Establish ground rules with the individual or group at the beginning of the sessions to increase participation comfort. Ground rules should include confidentiality and respect.
  - All group members should participate but no one is required to do so, and no group member should dominate discussion.
- During the session, communicate at the individual or group’s level of understanding, avoiding technical terms, jargon, or words beyond the comprehension of the client.
- Take what the individual or group member says at face value, while exploring relevant circumstances and details of her life/risks to establish a context for what they report/believe.
- Optimize opportunities to validate and reinforce the group members’ intentions and reported actions relative to addressing marital communication and service and resource acquisition related to husband’s alcohol or violence or to sexual risk.
- Respond appropriately to what the individual client states, and to her feelings.
  - Within groups, should one group member respond inappropriately to another group member’s thought’s, feelings or actions, remind the full group that the ground rules of these sessions include respect. This means that while the group members do not have to all agree with one another’s attitudes or behaviors, they must respect what they each share within that group context.
- Respect and promote respect for participants’ choices regardless of what they are; however, simultaneously, provide information as to how certain choices may benefit the individual’s health.
- Maintain ongoing discussions with other counselors and your supervisor to learn from one another and to ensure that any issues that arise are identified and addressed quickly.
Special Considerations for Individual Sessions
  o Establish rapport from the start - be friendly and a good listener.
  o TOPICS-- Program topics all relate to health, finance, alcohol, violence, and sexual relationship/sexual risk- these topics are inter-related to contribute to sexual health problems in marriage. Program messages are:
    o Marital Communication can help with these stressors
    o Social support, local resources, and formal services can also help with these stressors.
  o SKILLS-- Skills development is specific to problem identification, prioritizing most important problems, problem solving, and creating an action plan for the best solution identified.
  o Be sensitive when focusing on the sexual relationship. Hint at it in session 1 but do not bring it up directly until session 2.
  o Validate her ideas for risk reduction, no matter how much you may not agree with them. Instead, question her about your concerns; help her consider whether the option is safe.
  o Make sure you are compassionate around violence issues. Reinforce the following message: *Violence is not acceptable and it is not your fault.*
  o The script is there for a rough guideline. FOR THE PILOT, follow the script closely. After you are accustomed to it, make the script your own.
    o The questions in the script are not a survey tool – these are PROBING questions. You don't have to ask every question.
    o If the woman is not able to problem solve around an issue, move on. Come back to the concern later in the session or at the next session.
    o Review what she shared in the last session. Demonstrate you are listening and there to support her action plans
  o If there are interruptions, don't start over, just review previous session and keep going.
  o MAINTAIN GOOD CASE NOTES-- Counselors must keep track of details of every case. Each discussion has to be recorded.
    o EVERY session is important – they help build the picture of the client
    o Particularly for the pilot, we need to know what elements of intervention work and what elements do not work, and how these differ for different women.
RHANI Wives Curriculum Pictures

Thermometer: used for participants to indicate the severity of factors that bring tension to them.