

**Announcing  
TARSHI's Sexuality Counselling Skills Training, 2019 - 20  
New Delhi, India**

**Why a training on Sexuality Counselling Skills?**

Seeking professional help for one's emotional wellbeing often carries a lot of stigma with it. It can be doubly challenging to seek professional help around personal concerns related to one's sexual and reproductive health. Reproductive and sexual health related concerns are often difficult to talk about. This is especially true for people of diverse sexual identities, women and young people.

For some people and groups, stress is also caused by social stigmatisation and self-stigmatisation to a high degree. Examples of these include sex workers, survivors of domestic violence, and girls and women belonging to a familial and socio-cultural environment where son preference is deep rooted and unjust norms and gender discrimination is highly prevalent. Additionally, those belonging to the queer community face enormous discrimination on the basis of their identity, in addition to the stresses brought on by everyday life.

Secrecy, shame, guilt, and stress often surround sexuality related issues. In such contexts, counselling is a useful tool to help identify and address specific concerns – be they about sexuality, sexually transmitted infections or about sexual or reproductive health and choices.

In our work at TARSHI, we have seen value in integrating basic counselling skills to work aimed at helping meet people's sexual and reproductive health needs. Some basic counselling skills are crucial in communicating with people about an issue as personal, sensitive and intimate as sexuality. This dual track training focusing on sexuality and counselling aims to equip practitioners, professionals and individuals who work on sexuality and related issues with basic counselling skills so that they can do their 'people-related' work better.

**What is this course about?**

The Sexuality Counselling Skills Training is structured to help participants integrate the two components of Sexuality and Counselling. Weaving a counselling component into existing services will help service providers be more attuned to the needs of those they serve, and enhance the value of the service being provided. This is a unique learning opportunity for participants as it has an **online** and an **on-site component**. This way, participants can do one part of the course at their own pace, reducing the number of days they need to spend on the on-site component.

The **online component** comprises TARSHI's two-part eLearning course on Sexuality and Sexual and Reproductive Health and Rights, which addresses various concepts around sexuality, gender and SRHR, including safer sex, reproduction, pleasure, sexual and gender identities, contraception, sexuality and power, disability and sexuality, abortion etc., and provides a space for self-reflection and values clarification. It will be compulsory to complete Part 1 of the online course before the on-site training.

The **on-site training component** will take place in New Delhi and focus on counselling skills in sexuality. Each participant will receive individual attention and group feedback to enhance their skills.

Aimed at introducing basic counselling skills in the context of sexuality counselling to participants working on gender and sexuality related issues, our on-site training will be participatory and encourage thought-provoking discussions with participants from various fields of work. The training will include – an introduction to counselling, some key counselling skills like active listening; paraphrasing and reflecting; validating; being non-judgmental and maintaining boundaries; values clarification; ethics in practice; burnout prevention; and counsellor care. The Sexuality Counselling Skills Training will be in English.

### Who can benefit from the course?

- Those in direct service and grassroots organisations providing services in sexual and reproductive health, gender and sexuality, HIV, women's health and gender-based violence, and mental health.
- Counsellors working with telephone helplines and in schools, or those embarking on a career in counselling or those who would like to develop basic skills in counselling related to sexuality.
- Young people studying counselling, gender studies, B.Ed., and those pursuing higher studies in gender and sexuality related issues, psychology and/ or behavioral sciences.

### What is the timeline of the course?

As mentioned above, the online component is divided into **two parts**. All participants will need to complete the Basics and Beyond eLearning Course on Sexuality, Sexual and Reproductive Health and Rights, Part 1, **by December 10, 2019** before attending the on-site training. The online course starts on October 10, 2019.

The on-site Counselling Skills Training is scheduled as a 4-day programme to be held in New Delhi, India **from January 14 to 17, 2020**.

Participants will get access to Beyond Basics eLearning Course on Sexuality, Sexual and Reproductive Health and Rights, Part 2 on **successful completion of Part 1** and will have two months from the date of access to Part 2 to complete the course.

### What does it cost?

**Rs 14,750/- per participant (i.e. Rs.12, 500/- plus 18% GST)**

The registration fee covers costs for the **two-part online course and on-site training**, including the resource package, lunch and refreshments during the 4-day on-site training. It **does not cover** travel, accommodation and breakfast or dinner costs for out-of-town participants.

### **Deadline Extended**

**Last date for registration and payment: ~~September 30, 2019~~ October 05, 2019**

NOTE: The registration fee is highly subsidised; TARSHI will therefore not be able to offer any support to out-of-town participants for travel and boarding.

### I am interested! How do I apply?

1. Please register for TARSHI's Basics and Beyond eLearning Course on Sexuality, Sexual and Reproductive Health and Rights<sup>1</sup> [here](#) with the option 'Blended: Online Sexuality and SRHR + Onsite Counselling Skills Course'.
2. Please fill the registration form that will be sent to you along with the payment details once you register at the link above.

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<sup>1</sup> Please note: The aim of this training is to help equip practitioners, professionals and individuals who work on sexuality and related issues with basic counselling skills. This in no way certifies people as professional counsellors.

### **Participation Details:**

- Participants will be given access to the eLearning course after TARSHI receives the registration fee.
- Participants will be eligible to attend the on-site training only upon successful completion of Basics and Beyond Part 1.
- Participants will have to attend all four days of the on-site training to receive a certificate.
- Participants will have time to complete Part 2 of the course after the on-site training.

Because we want each participant to receive individual attention, we can accommodate only 25 people. Please be quick with your application to benefit from this unique opportunity.

### **Last date for registration and payment: October 05, 2019**

**TARSHI** (Talking About Reproductive and Sexual Health Issues) is a non-profit organisation based in New Delhi, India that ran a sexuality helpline for over 13 years which successfully responded to more than 60,000 calls between 1996 and 2009. In addition, TARSHI conducts [trainings, workshops and consultancies](#) to make aspects of counselling skills, gender and sexuality more accessible to people; offers [eLearning](#) courses on sexuality that reach out to a diverse, global, audience; develops [publications](#) on sexuality, SRHR, and sexuality education; has an active presence on [Facebook](#), [Instagram](#), [Twitter](#) and [YouTube](#); engages in [public education](#); and supports [advocacy](#) initiatives and activities towards creating SISA spaces in a variety of environments. For more information, please visit [www.tarshi.net](http://www.tarshi.net).

Should you require any further clarifications, please contact us at [mail@tarshi.net](mailto:mail@tarshi.net). We look forward to your participation in the course.