



UCSF AIDS Health Project

Training Program http://ucsf-ahp.org/HTML2/services_providers_training.html

Online Resources for the Basic I

Comparing the Health Educator Model with the Client-Centered Counseling Approach*

Health Educator Model	Client-Centered Counseling
Talking ratio between client and counselor in favor of counselor.	Talking ratio in favor of client.
“This is how you can lower your risk.”	“What can you do to not get HIV?”
Educates clients about HIV transmission and prevention.	“Tell me what you know about HIV.”
Informs clients.	Facilitates discussion focusing on client.
Health educator is an expert.	Client is regarded as the expert in their own life.
Assumes education/information will change behavior.	Facilitates client finding their own answers and solutions.
Standardized information.	Individualized sessions.
Boundaries incorporated automatically within expert stance.	Counselors need good boundaries with their clients.

Source

*Francis Salmeri, MFT, UCSF AIDS Health Project, 2003.