

Core Counseling Competencies

1. Show respect and empathy
2. Follow ethical standards (confidentiality, non-discrimination)
3. Ask questions about:
 - a. Symptoms and feelings
 - b. Diet
 - c. Water, sanitation, and hygiene
 - d. Barriers and enablers
 - e. Medication
4. Listen actively (with reflection)
5. Encourage positive practices
6. Communicate correct and appropriate information
7. Address the client's concerns and situation
8. Use communication materials effectively
9. Discuss and agree on priority actions to try
10. Make appropriate referrals