

## **INTERGRATED COUNSELLING AND EDUCATION CENTRE (ICEC)-UHS**

ICEC offers the following services:

- Art/play therapy
- General Counselling
- Psychological Counselling/psychotherapy
- Adolescent Counselling
- Guidance
- Family therapy
- Group Counselling
- Substance abuse Counselling
- Voluntary Counselling and Testing (VCT) for HIV/AIDS and care

### **Functions**

- a) The counselling centre has the following functions:
  - i. Service provision for staff and their dependants.
  - ii. Education for the dissemination of information including preventive strategies for HIV/AIDS to promote
    - Abstinence
    - Be faithful
    - Condom Use
    - Delay sex until marriage
  - iii. Training on Advocacy.
  - iv. Training of lay counsellors in professional counselling skills.
  - v. Consulting and liaising with other university personnel.
  - vi. Monitoring, evaluation and reporting of the effectiveness of the services.
  
- b) At the VCT and care unit, the following is offered:
  - (i) Counselling and testing as stipulated in the National Guidelines for Voluntary Counselling (See brief outline in appendix A of HIV Policy – pg. 45).

- (ii) The VCT and care unit will strengthen the networking (internally and externally) for the care and support of those infected and affected by HIV/AIDS.
- (iii) Confidentiality will be maintained in handling of clients' medical records/laboratory reports, as well as the client's HIV sero-status.
- (iv) Pre and post test counselling and treatment for clients will be provided.
- (v) The VCT and care unit will be involved in outreach and training programmes.
- (vi) Post exposure prophylaxis shall be provided to staff, family members and students

Please refer to the HIV/AIDS POLICY handbook for more information.