Contraceptive Counseling Approaches

- **Reproductive Life Planning**

- **Shared Decision Making**
  - Dehlendorf C. *This is How I Teach: SDM with LARC Methods* [video]. Innovating Education in Reproductive Health. Oct 25 2016.

- **Motivational Interviewing**

- **Tiered Effectiveness**

- **Other Approaches**
  - University of California, San Francisco. The Program in Woman-Centered Contraception.
Contraceptive Decision-Making for Women with Coexisting Medical Conditions


Practice Resources and Patient Education Materials

- ACOG LARC Program: http://www.acog.org/larc
  The ACOG LARC Program maintains lists of patient and practice resources, including materials for use when discussing contraceptive methods and providing contraceptive counseling to patients.

- Association of Reproductive Health Professionals: http://www.arhp.org/publications-and-resources
  The Association of Reproductive Health Professionals offers a birth control reference guide for clinicians, patient resources, and clinical practice tools. The Choosing a Birth Control Method Quick Reference Guide for Clinicians outlines the description, use, effectiveness, side effects, advantages, disadvantages, and counseling messages for the full range of contraceptive methods. Patient Resources include educational materials and interactive tools for patients regarding contraception and emergency contraception. The You Decide Tool Kit is designed to help clinicians better understand and explain the risks and benefits of hormonal contraception.

- Bedsider: http://www.bedsider.org
  Bedsider is an online birth control support network operated by Power to Decide: the campaign to prevent unplanned pregnancy. The Bedsider Method Explorer is an interactive visual tool that uses filters like “most effective,” “STI prevention,” and “hormone free” to help users find contraceptive methods that best fit their needs, or users can compare features of all contraception side-by-side. Clinicians can also visit the Bedsider Providers website to order patient education materials, register as a LARC provider on the LARC Locator, and access other digital tools.

- Beyond the Pill: http://www.beyondthepill.ucsf.edu/tools-materials
  Beyond the Pill is a program of the Bixby Center for Global Reproductive Health at the University of California, San Francisco (UCSF) that partners with Bedsider to create patient education tools in both English and Spanish that include contraceptive counseling charts, posters, brochures, and videos, which can be digitally downloaded or ordered online. Clinic and provider tools are also available for front desk staff, counselors, clinicians, and billing experts to help integrate LARC into practice.

  The CAI-CHOICE Contraceptive Action Plan enhances contraceptive services in health care practices. CAP provides e-learning courses, technical assistance, and downloadable resources to help health care providers and staff to provide quality client-centered contraceptive services.

- CDC: https://www.cdc.gov/reproductivehealth/contraception/index.htm
  The Centers for Disease Control and Prevention (CDC) provides tools to help clinicians discuss the effectiveness of contraception methods and the importance of STI prevention with their patients.
• **Family Planning National Training Center**: [https://www.fpntc.org/training-packages](https://www.fpntc.org/training-packages)
The Family Planning National Training Center works to address the needs of Title X family planning service grantees and providers and offers resource collections on providing quality contraceptive care and counseling patients regarding the Zika virus.

• **NYC Department of Health and Mental Hygiene**: [https://www1.nyc.gov/site/doh/providers/health-topics/sexual-and-reproductive-health.page](https://www1.nyc.gov/site/doh/providers/health-topics/sexual-and-reproductive-health.page)
The New York City Department of Health and Mental Hygiene provides patient and provider resources on contraception and sexually transmitted diseases, including posters and brochures in English and Spanish.

• **Reproductive Health Access Project**: [https://www.reproductiveaccess.org/resources/](https://www.reproductiveaccess.org/resources/)
The Reproductive Health Access Project works to help clinicians incorporate contraception and abortion care into their practice, and provides charts, posters, and fact sheets on a full range of contraceptive methods including hormonal and non-hormonal contraception, emergency contraception, non-prescription contraceptive methods, low cost contraceptive options, and birth control for men.

### Contraceptive Counseling, Coercion, and Reproductive Justice


This resource was last updated on January 30, 2018, please visit the LARC Program website at http://www.ACOG.org/LARC for the most updated version. Please email Mica Bumpus, LARC Program Director, at MBumpus@ACOG.org with suggestions or comments.

The resources listed above are for information purposes only. Referral to these sources and sites does not imply the endorsement of ACOG or the ACOG Foundation. Further, we do not endorse any commercial products that may be advertised or available from these organizations or on these web sites. These lists are not meant to be comprehensive. The exclusion of a source or site does not reflect the quality of that source or site. Please note that sites and URLs are subject to change without notice.