Annex 2: Making Your Own Training Program

Sample Timetables for Different Types of Workshops

Introduction

This annex provides sample timetables for the following workshops:

I. Nine-day Course for Registered Medical Practitioners (over several months)
II. Nine-day Course for Traditional Birth Attendants (over several months)
III. Four-day Workshop for Staff of a Community or Primary Health Center
IV. One-day Joint Workshop for Health Workers (Action Planning)
V. Three-day Community Workshop
VI. Half-day Workshop for Policy-makers

Note: Some program timetables include medical topics, such as universal precautions, that have no corresponding toolkit module. We suggest you work with a qualified medical professional to prepare and deliver these modules.
## I. Nine-day Course for Registered Medical Practitioners

<table>
<thead>
<tr>
<th>Day</th>
<th>Modules Covered</th>
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</table>
| 1   | Introduction to Stigma – Animal Cards (A1)  
    | Naming HIV Stigma through Pictures (A2)  
    | Assessing Knowledge and Fear Levels (D1) |
| 2   | Naming Gender Violence through Pictures (B1)  
    | How It Feels to Be Stigmatized – Reflection (A3)  
    | Basic HIV and AIDS Knowledge (D2) |
| 3   | Stigma and Violence in Different Contexts (A5)  
    | Comparing AIDS, Cancer, Leprosy and TB (A14)  
    | Fears about Non-sexual Casual Contact (D4) |
| 4   | Naming Stigma in our own Workplace (A6)  
    | How It Feels to be Abused – Reflection (B3)  
    | Technical Knowledge – Universal Precautions I |
| 5   | When HIV Enters the Home – Stigma and Violence (A12)  
    | Sexual Rights and Responsibilities (B7)  
    | Technical Knowledge – Universal Precautions (continued from day 4) |
| 6   | How Health Providers Are Stigmatized (A8)  
    | How It Feels to be Stigmatized – Testimonials (A4)  
    | People Living with HIV Have Rights and Responsibilities (C5) |
| 7   | Forms, Effects and Causes of Stigma – Problem Tree (A9)  
    | Violence in the Workplace – How We Treat Battered Women (B4)  
    | Counseling Skills |
| 8   | Women’s and Men’s Life Cycles – Stigma and Violence (A13)  
    | Forms, Effects and Causes of Violence – Problem Tree (B2)  
    | Technical Knowledge |
| 9   | How to Mobilize the Community to Stop Gender-Based Violence (B6)  
    | Action Planning |
## II. Nine-day Course for Traditional Birth Attendants

<table>
<thead>
<tr>
<th>Day</th>
<th>Modules Covered</th>
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</table>
| 1   | Introduction to Stigma – Animal Cards (A1)  
                      Naming HIV Stigma through Pictures (A2)  
                      Assessing Knowledge and Fear Levels (D1)  |
| 2   | Naming Gender Violence through Pictures (B1)  
                      Stigma and Violence in Different Contexts (A5)  
                      Basic HIV and AIDS Knowledge (D2)  |
| 3   | How It Feels to be Stigmatized – Reflection (A3)  
                      When HIV Enters the Home – Stigma and Violence (A12)  
                      Fears about Non-sexual Casual Contact (D4)  |
| 4   | Things People Say about People Living with HIV (C3)  
                      How It Feels to be Abused – Reflection (B3)  
                      Forms, Effects and Causes of Stigma – Problem Tree (A9)  |
| 5   | Judging People (C4)  
                      Gender, Violence, and HIV and AIDS (B5)  
                      Comparing AIDS, Cancer, Leprosy and Tuberculosis (A14)  |
| 6   | Women’s and Men’s Life Cycles – Stigma and Violence (A13)  
                      Naming Stigma in our own Workplace (A6)  
                      Technical Knowledge – Universal Precautions 1  |
| 7   | Sexual Rights and Responsibilities (B7)  
                      Forms, Effects and Causes of Violence – Problem Tree (B2)  
                      Technical Knowledge – Universal Precautions (continued from day 6)  |
| 8   | How It Feels to be Stigmatized – Testimonials (A4)  
                      Effects of Stigma on the HIV Epidemic (A11)  
                      People Living with HIV Have Rights and Responsibilities (C5)  |
| 9   | Violence in the Workplace – How We Treat Battered Women (B4)  
                      Counseling Skills  
                      Action Planning |
### III. Four-day Workshop for Staff of a Community or Primary Health Center

<table>
<thead>
<tr>
<th>Day</th>
<th>Modules Covered</th>
</tr>
</thead>
</table>
| 1   | Introduction to Stigma – Animal Cards (A1)  
     | Naming HIV Stigma through Pictures (A2)  
     | Basic HIV and AIDS Knowledge (D2) |
| 2   | Naming Gender Violence through Pictures (B1)  
     | How It Feels to be Stigmatized and Abused – Reflection (A3 and B3)  
     | Stigma Walk – Mapping Stigma in a Health Facility (A7) |
| 3   | Naming Stigma in Our Own Workplace (A6)  
     | Judging People (C4)  
     | Forms, Effects and Causes of Stigma – Problem Tree (A9) |
| 4   | Violence in the Workplace – How We Treat Battered Women (B4)  
     | People Living with HIV Have Rights and Responsibilities (C5)  
     | Action Planning |

### IV. One-day Joint Workshop for Health Workers

Note: After registered medical practitioners, traditional birth attendants and community health workers have completed their own trainings, this is a joint workshop for health workers to plan community education on HIV stigma and gender-based violence.

<table>
<thead>
<tr>
<th>Day</th>
<th>Modules Covered</th>
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</thead>
</table>
| 1   | Sharing about the Impacts of the Training  
     | Analysis of Causes of Stigma and Gender Violence in the Workplace, Home, and Community – Possible Solutions  
     | Action Planning by Each Cadre (Solutions and Action Plans)  
     | Joint Action Planning – Planning Community Education Rallies to be Organized Jointly by Health Workers (with Network of People Living with HIV) |
V. Three-day Community Workshop

Note: This workshop could be organized by health workers who were trained in the workshops described above.

<table>
<thead>
<tr>
<th>Day</th>
<th>Modules Covered</th>
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</thead>
</table>
| 1   | Naming HIV Stigma through Pictures (A2)  
Stigma and Violence in Different Contexts (A5)  
Assessing Knowledge and Fear Levels (D1)  
Basic HIV and AIDS Knowledge (D2) |
| 2   | Fears about Non-Sexual Casual Contact (D4)  
Judging People (C4)  
When HIV Enters the Home – Stigma and Violence (A12) |
| 3   | Forms, Effects and Causes of Stigma – Problem Tree (A9)  
Effects of Stigma and Gender Violence (A10) and Effects of Stigma on the HIV Epidemic (A11)  
Action Planning |

VI. Half-day Workshop for Policy-makers

Note: This workshop could be organized for senior government policy-makers to raise their awareness on HIV stigma and gender-based violence.

<table>
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</thead>
</table>
| 1   | Naming Stigma through Pictures (A2)  
How It Feels to be Stigmatized – Testimonials (A4)  
Stigma and Violence in Different Contexts (A5)  
Forms, Effects and Causes of Stigma – Problem Tree (A9)  
Action Planning |