



**USAID**  
FROM THE AMERICAN PEOPLE



## **TRAINING WORKSHOP FOR THE TWO DAY METHOD®**

### **LEARNING OBJECTIVES**

By the end of the training workshop, the participants will:

- Be able to demonstrate knowledge of the Two Day Method, its scientific bases and how it works;
- Be able to demonstrate how to screen and counsel users interested in the Two Day Method.
- Be able to demonstrate correct use of the provider's support material.
- Have increased their level of confidence and skills in communicating with the user regarding how to talk with her partner about handling her fertile days.
- Be able to identify and practice skills for communication during counseling about the Two Day Method, to achieve good interaction with the users.

### **AGENDA**

- Welcome and introduction of participants
- What is involved in the Two Day Method?
- What are secretions?
- Initial visit: Who could the Two Day Method work for?
- Communication regarding topics of sexuality
- Supporting the couple in handling their fertile days
- Practicing counseling in the Two Day Method

- Follow-up visit: Is the Two Day Method still working for the couple?
- Evaluation of the workshop and closing ceremony

## ACTIVITY 4

### MATERIAL FOR THE CASE ANALYSIS ACTIVITY

Instructions: Read the case and use the Checklist to determine whether the Two Day Method is appropriate for the woman, and if so, what phase of her cycle she is in.

#### Questions for Case Analysis

- 1) Does the woman meet the biological criteria for using the method?
- 2) Is the Two Day Method appropriate for her? Why or why not?
- 3) What phase of her menstrual cycle is she in right now?
- 4) What explanation was the user given based on the phase she is in now?
- 5) Was the Checklist used? What do you think of it?

#### CASE 1:

- **Maria** is 26 years old and has 2 children. The youngest is 3.
- She has never used contraception and they sometimes use a condom to avoid pregnancy, but most of the time they use withdrawal.
- She would like to use a natural method.
- After hearing of the Two Day Method, she thinks it would be a good choice for her. The counselor has determined that Maria's secretions are healthy and that she is willing to check herself on a daily basis.
- She is on the third day of her period.

#### CASE 2:

- **Consuelo** wants to use a natural method.
- She became interested in the Two Day Method after hearing a friend talk about it.
- She has a 7-month old child and is still breastfeeding him. She has had sex since her last period, sometimes using a condom and sometimes not. They frequently forget to use one.
- She has noted that she sometimes has a discharge and it matches the counselor's description of vaginal secretions.
- She says she is willing to check herself on a daily basis, but she is worried about remembering to do it and whether she will know whether she is having secretions.
- She has already had 4 periods since her child was born and expects her period to begin again next week.



### CASE 3:

- **Dora** wants to use the Two Day Method.
- She has been married for 8 years and has 3 children. She was using the pill up to two months ago and now they are using a condom once in a while. She does not want another pregnancy, but she doesn't want to use the pill either because they give her headaches.
- Her secretions are normal and she is willing to check herself on a daily basis, but is afraid she'll forget.
- Her last period started approximately one and a half weeks ago.

### CASE 4:

- **Rebecka** had been looking for a natural method and after finding out what's involved in the Two Day Method she decided to use it.
- She received her last (one-month) injection a month and a half ago, and since then has not used contraception when she's had sex.
- She still hasn't had her period and isn't sure when it will come.

## **ACTIVITY 6: FACILITATOR MATERIALS**

### QUESTIONS ABOUT *MY SEXUALITY*

- 1) How many children do you have?
- 2) Do you want to have more children? Does your husband agree?
- 3) What would happen if you wanted to space your children but your husband didn't?
- 4) What are you doing now to prevent pregnancy?
- 5) Is your husband satisfied with the method the two of you are using?
- 6) Are you having sex with only one person?
- 7) Do you trust that your husband is only having sex with you?
- 8) Have you ever worried that you could have a sexually transmitted infection?
- 9) Have you ever felt pressured by your husband to have sex?
- 10) Can you talk openly with your husband when he wants or doesn't want to have sex?
- 11) Did you answer these questions truthfully?

## ACTIVITY 8

### Cases for role playing

#### CASE 1:

- **Cecilia** is 29 years old and has 3 children.
- The youngest is 3 years old.
- Before becoming pregnant, she used the 3-month injectable, but now she wants to use a natural method.
- The couple is using a condom, but they don't want to use it every time they have sex.
- She is in a stable relationship and although her husband drinks a little and gets drunk once in a while, he always respects her. Cecilia thinks that she has a good relationship with her partner.
- Neither of them have ever had a sexually transmitted disease.
- After hearing of the Two Day Method, she believes it would be a good option for her. Her secretions are normal and she is willing to check herself on a daily basis.
- She is on the third day of her period.

#### CASE 2:

- **Mercedes** wants to use a natural method.
- Her youngest child is 9 months old and she is still breastfeeding him.
- She heard a friend talking about the Two Day Method and it seemed like a good option for her. She is familiar with her secretions and for a few months she noticed that her secretions were scant and very irregular, but since she began to give her child solid food, her secretions have been more regular.
- Her secretions are normal and she is willing to check herself on a daily basis.
- She has already had 4 periods since her child was born and she is expecting the next one in two weeks. Since her last period she has had sex using a condom.
- She believes she and her husband have a stable relationship and that he would agree to use a natural method. They are faithful to each other.

## Feedback Form

### Instructions for the participants

1. Briefly examine how your partner completed this exercise.
2. Place an X under “Yes,” “Partially” or “No” for each answer regarding your partner’s enactment of a counseling session. If you mark “Partially” or “No,” please write a comment in the “Comments” column explaining how your partner could have done better.
3. Give this feedback to your partner after you have completed the form.

|  | Yes | Partially | No | Comments |
|--|-----|-----------|----|----------|
|--|-----|-----------|----|----------|

### My partner:

|  |  |  |  |  |
|--|--|--|--|--|
| 1) Did the screening to establish that the user could use the method.  |  |  |  |  |
| 2) Established what phase of her cycle the woman was in and focused the presentation based on that phase (clarified or stressed key points based on what phase of her cycle the woman was in). |  |  |  |  |
| 3) Explained how to use the method and verified comprehension.   |  |  |  |  |
| 4) Explained how to use the Card and verified comprehension.   |  |  |  |  |
| 5) Followed the memory aids.   |  |  |  |  |
| 6) Provided support on   |  |  |  |  |



|   |  |  |  |  |
|---|--|--|--|--|
| handling the woman's fertile days.        |  |  |  |  |
| 7) Used simple words in her explanations. |  |  |  |  |

### TEST – TWO DAY METHOD

**Instructions: Read the question and choose the answer(s) you believe are correct.**

- 1) To use the Two Day Method correctly:
  - a) Couples need to be able to talk freely about when they want to have sex and when to avoid it.
  - b) The woman must check herself daily to see whether she is having secretions or not and mark the fact on her Card.
  - c) Couples must avoid unprotected sex on their fertile days.
  
- 2) The woman using the Two Day Method has a greater likelihood of becoming pregnant:
  - a) Every day
  - b) When she is menstruating
  - c) Only if she had secretions yesterday
  - d) Only if she had secretions today
  - e) If she had secretions today or yesterday
  
- 3) The woman is on a safe day on which she won't get pregnant:
  - a) Only on the days she is menstruating
  - b) If she is menstruating or if she didn't have secretions today or yesterday
  - c) Only if she didn't have secretions today
  
- 4) Which is not a characteristic of the Two Day Method:
  - a) It is natural.
  - b) A woman has to know the date of her last period to be able to begin using the method.
  - c) It requires that the woman pay attention to her secretions every day in order to know whether she is on a fertile day.
  - d) It requires the couple to work together.

- 5) A woman who is postpartum or breastfeeding can use the Two Day Method:
  - a) At any time
  - b) If she's had at least 4 periods after her baby was born
  - c) As soon as she begins to menstruate
  - d) When her baby is 4 months old
  
- 6) A woman who has recently used the pill can use the Two Day Method:
  - a) At any time
  - b) One month after stopping use of the pill
  - c) After stopping the pill and having at least one period after stopping it.
  
- 7) A woman who used the 3-month injectable can use the Two Day Method:
  - a) When her period resumes
  - b) If 4 months have passed since she received the last injection and she has had her period after those 4 months had passed
  - c) At any time
  - d) If 3 months have passed since she received the last injection
  
- 8) A woman who uses the Two Day Method must pay attention to her secretions:
  - a) As soon as she gets up in the morning
  - b) At least twice a day beginning at mid day
  - c) Only before going to bed
  
- 9) It is recommended that a woman just starting to use the method check her secretions by:
  - a) Just looking at them
  - b) Just feeling them
  - c) Just touching them
  - d) Looking at them, touching them and feeling them
  
- 10) Secretions
  - a) Are not always the same and change over time
  - b) Continue for several days in a row once they have begun
  - c) Are scant when they begin, so a woman has to pay close attention to be able to notice them
  - d) Always feel and look the same

11) Each time a woman gets her period, she should:

- a) Continue to mark the same Card
- b) Begin to mark a new Card
- c) Stop marking

12) What do the following symbols on the Card represent?

● \_\_\_\_\_

○ \_\_\_\_\_

× \_\_\_\_\_

## TRAINING EVALUATION

**INSTRUCTIONS FOR COMPLETING THE FORM:**

Please evaluate some of the aspects of this workshop. On a scale of 1 to 4, with **4 meaning complete agreement** and 1 meaning complete disagreement, rate each one of the topics based on your own opinion. Your answer will be kept confidential and is very important to us, so we ask you to think it over well and be as objective as possible.

- |  |   |   |   |                  |
|--|---|---|---|------------------|
| 1) The training achieved its objectives  | 1 | 2 | 3 | 4                |
| Completely disagree  |   |   |   | Completely agree |
|  |   |   |   |                  |
| 2) The training time was sufficient to cover the subject   | 1 | 2 | 3 | 4                |
|  |   |   |   |                  |
| 3) The discussion and question time was sufficient   | 1 | 2 | 3 | 4                |
|  |   |   |   |                  |
| 4) The counseling tools provided (Checklist, Client Card, Memory Aid) are useful                         | 1 | 2 | 3 | 4                |
|  |   |   |   |                  |
| 5) The topics were presented clearly:  |   |   |   |                  |
| Background on the method   | 1 | 2 | 3 | 4                |
| Selection criteria   | 1 | 2 | 3 | 4                |
| Steps in a counseling session  | 1 | 2 | 3 | 4                |
| What secretions are like   | 1 | 2 | 3 | 4                |
| How to determine whether there are secretions  | 1 | 2 | 3 | 4                |
|  |   |   |   |                  |
| 6) The demonstration of the counseling steps was useful  | 1 | 2 | 3 | 4                |
|  |   |   |   |                  |
| 7) The practices in pairs were useful  | 1 | 2 | 3 | 4                |
|  |   |   |   |                  |
| 8) What is your overall impression of the workshop?  |   |   |   |                  |
|  |   |   |   |                  |
| 9) What suggestions do you have for future training workshops?   |   |   |   |                  |
|  |   |   |   |                  |
| 10) Do you think you need additional information to be able to provide counseling on the Two Day Method? |   |   |   |                  |