INDONESIAN COUNSELING
WHICH ONE IT IS?

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INTRODUCTION
The development of counseling in the world is experiencing rapid changes. This happens in developed countries, such as America, England and other European countries. The rapid counseling development in Western countries is influenced by the complex problems that are faced by those countries, so they are under great pressure to overcome these problems speedily.

Counseling used to be based on majority social values or we can say that counseling services are mainly provided for people from the middle and upper classes. Counseling was first developed by white people. Soon, however, problems arose. In practice counseling seeks to meet not only the needs of white people but also those of other social groups. These other social groups include minorities such as (school?) students, college students and illegal immigrants, etc. Usually, they bring their own cultures, which still strongly kept, to America. Mostly, Asian
The establishment of ABKIN (Asosiasi Bimbingan Dan Konseling Indonesia/ Indonesian Guidance and Counseling Association) was a historical milestone for counseling in Indonesia. Recently, ABKIN efforts to support school counselors has been successful. In fact, counselors in one profession now included in Regulation No. 20, 2003 concerning the National Education System. Chapter 1 paragraph 1 clause (4) states that “A teacher is an educational staff who is qualified as a teacher, a lecturer, a counselor, study guide, widyaiswara, tutor, instructor, facilitator and other terms related to their skills and participation in education.” This explicit mention of counselors, at last, promotes public trust in counselors.

Along with the development of those theories, Indonesia is working on a counseling approach which is based on Indonesian culture. One alternative is PADA counseling techniques.

PADA COUNSELING

PADA counseling, also known as PADA techniques, has been developed in some countries in Asia, especially South East Asia, such as Singapore, Malaysia, Thailand and Philippine. These techniques are developed using two counseling approaches, the humanistic and behaviorist approaches, and also Eastern culture. New counseling techniques have recently become known to us. PADI itself is an acronym for Problem definition, Attempted solution, Desired changed, and Action plan or Intervention plan.

Problem definition is an effort to define the problems which are faced by an individual. Defining a problem is an important step, because clients often come to a counseling room with many problems that they don’t understand. The other thing that sometimes occurs is that the presenting problems are not the main problem. For example, a mother complains that she can’t control her own child. Her child can’t be controlled and prefers to hang around with his/her playmates. The mother’s statement gives us an indication of what seems to be a problem but, if we look at it from the point of view of developmental psychology, children in puberty tend to be strongly influenced by their peers.

Furthermore, it is actually the child who is having a problem, not the mother. To define the clients’ problems, we need to pay attention to these points;
students often face difficulties in their studies due to differences between their cultures and American values. American counselors identify their problems. Nevertheless, the counselors themselves find it difficult to help these students. Another group is women, who are also regarded as a minority. Generally, women are discriminated against in jobs and other aspects. Women are still regarded as weak individuals who need to be protected.

In fact, recently, women have broken down the boundaries and force counselors to serve them. Many researchers have conducted studies about cross-cultural counseling. These researchers have developed new methods or techniques that can be used to counsel clients from have different cultural backgrounds.

THE DEVELOPMENT OF COUNSELING IN INDONESIA

Indonesia is a melting pot country of at least 300 ethnic groups spread widely all over the country. This diversity is a gift for our country, because it gives color to our lives. In each ethnic group, we can find a traditional model of support. Generally, help is given to those who need it by public figures with spiritual skills – such as a kyai (Moslem teachers), pastor or priest or an elder or one who is regarded as the elder - anyone regarded as a person with special abilities to solve certain problems. (spiritualist and shaman) (Rosijadin,1995). In our daily lives, Indonesians still depend on them. For example when people are looking for a job they do not hesitate to come to people like this to ask for advice or even some magic spell. There is a strong belief that this will help them get the expected job.

From the above review, we can conclude that counselor will be more successful if they use the cultural approach, because every culture has its ways of solving the problems occur in the society (Lee & Sirch, 1994). Counseling in Indonesia has experienced significant progress, even though, it has been at a snail's pace. In 1995, IPB National Congress and convention (now, it's called ABEKN) moved to develop counseling which is based on Indonesian culture. People observing problems in guidance and counseling in Indonesia concluded that there was a need for counseling in Indonesia to develop its own identity.

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Furthermore, it is actually the child who is having a problem, not the mother. To define the clients' problems, we need to pay attention to these points;
The problem is stated positively (usually it is about behavior),
the problem belong to the client,
make sure, when the problem occurs,
how the problem influences the client and his or her
environment,
who are involved?
the cultural background should be considered.

Yeoh (2003) stated that if a counselor knows the cause of the
problem, he/she should inform the client. This is important so that the
client can realize what the real problem is and can easily discuss it with the
counselor. Through this discussion there will be an agreement about which
problem will be dealt with by the counselor and the client through
counseling, so the counselor can focus on helping the clients.

Attempted solution the client will already have made some effort
to solve his or her problem. In this case, the counselor must ask the clients
about the results. The aim of asking this question is to give support and
motivation to the client to solve his or her problems. It is important for the
counselor not to indicate his or her perception of the efforts that have been
made by the client to solve the problem, even though those efforts are not
what the counselor would do. By avoiding indicating his or her perception
of the clients’ efforts, the counselor can be more objective.

Through the client’s openness about his or her past problem solving
efforts, the counselor and the client will be able to find new ways of
overcoming the problems. It is better for the counselor to identify the
weaknesses and strengths in each effort made by the client. Yeoh (2003)
said that exploration of the ways already used by the client can lead to
putting aside unsuccessful ways and discussion of successful ones which
can be used as alternative ways to solve the client’s problems. But it has to
be adjusted to the clients’ condition.

Desired changes are changes that the client desires to achieve
through the counseling process. As with problem solving, it is better for
clients to reflect on what changes in active and positive behavior or actions
are desired. The counselor can ask,” What do you call out for, by joining
counseling?” this question can be used by the counselor to measure the
client’s chances to change and what the client plans to do.

Action Plan or sometimes people call it Intervention plan is the
implementation step. At this level, the counselor has decided on a
counseling strategy to be used to solve the client’s problems. Yeooh (2003) stated that in planning intervention, a counselor has to consider these points (a) take time to evaluate and plan, (b) start with small changes which are carried out by the client, (c) strengthen the client’s will to change and (d) be creative.

Cormier & Cormier (1985) stated that in choosing a strategy the counselor has to consider these things:

a. Is the strategy appropriate to the client’s character?
b. Is the strategy appropriate to the characteristics of the client?
c. Will the strategy become either positive or punishment?
d. Does the strategy encourage self-management skills?
e. Is the strategy implementation supported by the literature?
f. Is the strategy easy to be implemented?
g. Does the strategy cause new problems for the client or significant others?
h. Does the strategy need more than one counselor?
i. Will the strategy lead to the same failure?

Those questions should be considered by the counselor in deciding which strategy will be used to overcome the client’s problem. Because this is an electric (?) counseling technique, it is important to set a deadline for the counseling implementation process. This is often needed or behaviorist approaches. The deadline is an effort to examine whether or not the client sticks with the discussed plans. Moreover, the deadline will ‘force’ the client to be more responsible in solving his or her problems.
EKKLESIOLOGI DAN KONSEP PELAYANAN HOLISTIK

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INTISARI

Holistic service is a service method which is teach all the basic aspects of within a human being as well as code of conduct. Holistic service is conducted through our five pillars of Christian Services. They are, koinonia, diaikonia, marturia, liturgia and oikonomia. The article mostly deals with koinonia, diaikonia and marturia, due to the fact they are a foundation of Christian services since the early church era until today age. In a nutshell, a good concept of Ecclesiology will come out from a proper understanding of the holistic service.

KATA KUNCI : gereja, holistik, koinonia, marturia, diaikonia

PENDAHULUAN