The person-centered therapy as intervention tools in group counseling for counselors

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Article Info

ABSTRACT

Guidance and counseling services in schools still do not provide enough counseling and group therapy. One of the reasons why the service isn't up to par is because the counseling teacher lacks certain talents, particularly when it comes to counseling approaches. As a result, a separate investigation on the counseling strategy is required. As a result, the author delivers a concept paper on one counseling and group treatment strategy. After reviewing a variety of scientific sources, this manuscript was created. This article examines Carl Rogers' client-centered approach, often known as self-counseling, as a counseling intervention tool. It is intended that this script will assist school counselor in giving references for counseling and group therapy implementation in schools.

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Introduction

The COVID-19 pandemic, which began at the end of December 2019, is still affecting all countries throughout the world (Adninda & Hasymi, 2020; Engko & Usmany, 2020). Covid-19 has had an impact on a wide range of industries and spheres of life. The education sector is one area where numerous adaptations have been required during the pandemic. Activities and activities in the education sector are carried out online during the pandemic (Anugrahana, 2020; Yunitasari & Hanifah, 2020).

This shift in learning habits in the online era has resulted in a slew of issues with its implementation in the field (Engko & Usmany, 2020; Tuti, 2020). Students, teachers, and parents face challenges as a result of the demands placed on online learning. These impediments range from the ineffectiveness of lectures due to signal barriers to poor performance during activities (Engko & Usmany, 2020). Furthermore, due to virtual environmental factors, challenges in online learning have an impact on individual motivation (Cahyani, Listiana, & Larasati, 2020). As a result, kids' motivation to learn suffers as a result of this illness. Group counseling programs for students can help with problems caused by the pandemic (Khairani, 2017).

Various psychological issues that arose as a result of the COVID-19 pandemic have resulted in a public demand for guidance and counseling. Group counseling is one of the services that might be performed. This service can be implemented in a number of different ways. The person-centered therapy approach is one method that can be applied. This strategy focuses on the individual and directs them to develop and achieve self-sufficiency.

The counselor, as an educator, is a member of the school's education staff with expertise in the field of guidance and counseling. The counselor also has expertise in providing psychopedagogical services, which have the goal of facilitating and bringing humans from where they are to where they should be (Amri, 2019; Soedarmadji & Hartono, 2012).

Group advice and counseling can, of course, be implemented with the help of counselors who have the necessary qualifications (Riswanto, 2019), As a result, school counselors must understand a variety of guidance and counseling techniques and approaches. Carl Rogers' client-centered technique, sometimes known as self-counseling, is one way.

Method

Library research or library research is the method employed. The examination of numerous manuscripts of research publications relevant to the person-centered therapeutic method resulted in the creation of this text. The author conducted a thematic analysis in order to arrive at basic conclusions on the use of person-centered therapy as an intervention tool by counselors in group guidance and counseling.

Results and Discussions

Group Counseling Based on Person-Centered Therapy

The Rogers approach to counseling and group therapy is founded on the concept that people can move forward constructively provided they are in an environment that encourages progress (Corey, 2012). Rogers approaches the study of human personality from a humanistic perspective. Rogers believes that humans are good, logical, and have a natural urge to develop fully (human development).

The counselor's function is emphasized as a facilitator rather than a leader in this method. The facilitator's job is to establish a safe and therapeutic environment for group members, and to ensure that interactions are honest and meaningful. In terms of maintaining mutual respect and confidence in order to move forward in this environment. In this situation, the members of the group make their own decisions and effect change for themselves.

Rogers group counseling facilitators earn trust by being respectful, loving, and sympathetic. Being a compassionate, caring, trustworthy, and responsive individual is essential for becoming an excellent group facilitator. Rogers (1970) explains that the group will progress if the facilitator has complete faith in the participants.

One of the ways for offering advice and counseling services is to use a group procedure. The goal of the group process is to assist in the development of personality, social interaction skills, and problem-solving through sharing experiences with others (Maskhur, 2018). The ultimate goal of the group process is for people to modify their behavior as a result of group interaction and debate (Sanyata, 2010).

In general, counseling is a process in which counselors provide support to individuals (clients) using counseling interview methods in order to help them solve difficulties (E. A. Prayitno & Amti, 2004). Group counseling is one of the counseling options available. Group counseling services are provided to a group of 8-10 persons who are led by a counselor and are guided by the dynamics of social interaction that occur inside the group (Prayitno, 2012). If the number of students served by the school counselor is not proportional to the number of students, for example, one school counselor serving 150 students, group counseling services will be employed more (Riskiyah, 2017; Zamroni & Rahardjo, 2015).

Several studies that conducted group counseling services concluded that group counseling has several benefits, including raising student learning motivation (Sukarsini, Suranata, & Budiarta, 2018), increasing students' moral reasoning skills to avoid acts of violence in schools (Yonita & Karneli, 2019), and increasing student empathy (Nurhasanah, Neviyarni, & Effendi, 2019).

Group counseling does not always assist in the resolution of problems for everyone, such as disruptive group members who are not appropriate for group counseling. Clients may be forced to take action when they are not ready due to peer pressure (Gladding, 2012). As a result, group member selection must be studied and tailored to varied scenarios and settings in order for group performance to be successful.

Person-Centered Therapy contributes to individual and group counseling situations in a variety of ways (Corey, 2003). Individual counseling is a service provided to a client by a supervising teacher in order to help the client with personal issues (Tohirin, 2007). The purpose of individual counseling services is for clients to understand their own condition, environment, problems experienced, strengths and weaknesses so that clients are able to overcome them (Mahidin & Batubara, 2020).

The people-centered approach stresses the role of the group counselor as a facilitator rather than a leader. The facilitator's primary responsibility is to establish a safe and healing environment in which group participants can interact in an open and honest manner. The purpose of Client Centered Therapy is to help clients develop their personalities in such a way that they are integrated, independent, and capable of solving their own problems (Mahidin & Batubara, 2020).

Members become more respectful of themselves and believe in themselves as they are in this environment, allowing them to advance toward self-direction and empowerment. At the end of the day, group members make their own decisions and effect change for themselves. Participants discovered, however, that they did not have to go through the fight for change alone, and that the group as a collective organism had its own source of transformation, thanks to the presence of the facilitator and the support of other members.

The facilitator will not be able to persuade the participants to believe in the group process. Respectful, kind, and even loving facilitators earn trust. It has a lot to do with "how to be" a person to be an effective group facilitator. There is no approach or methodology that can build trust unless the facilitators are fully present, loving, caring, real, and responsive. This involves the ability to constructively challenge others (N. Rogers, 2011)

Rogers (1970) believes that if the facilitator has great faith in the members of the group and does not use tactics or exercises to get the group moving, the group is more likely to move forward. Group processes are subject to the same core conditions as person-centered therapy. The facilitator's job is to empathize with what the participants in the group are saying. Rather than leading members to a specific objective, group facilitators help them develop attitudes and behaviors of authenticity, acceptance, and empathy, which allow them to interact with one another in a therapeutic way and choose their own path as a group.

According to Rogers, the facilitator should refrain from offering interpretive comments or observations about the group process because such remarks make the group self-conscious and slow down the process. Members must report on group procedures, which is consistent with Rogers' theory of putting members in charge of the group's direction. Groups are completely capable of expressing and following their own goals (Raskin, Rogers, & Witty, 2008), "When therapeutic conditions are available in a group and the group is trusted to find its own way," they argue, "group members prefer to establish methods that are right for them and resolve problems within the time restrictions of the scenario.

The Function of Group Counseling Based on Person-Centered Therapy
Carl Ransom Rogers proposed the concept of self-counseling. Rogers' theory takes a humanistic approach to studying human personality, and he believes that humans are good, reasonable, and have a natural drive to grow fully. According to Rogers, conditions for authenticity / that is, unconditional positive acceptance and sympathetic understanding / are required to achieve this.

Such conditions, including the presence of warmth, honesty, positive appreciation, and an understanding attitude, are required in the counseling process to assist clients with undergoing their own structure in relation to unique experiences. As a result, the client may face / accept his circumstance without feeling threatened, leading to self-acceptance and values consistent with his life ideals.

Carl Rogers pioneered a new therapeutic method known as non-directive therapy. This method is founded on the belief that the client, not the counselor, has the authority to set his or her own life goals, and that each person can stand alone and solve his or her own problems.

The therapist's personal-centered role is based on their own behaviors and attitudes, not on procedures that force the client to "do something." People-centered therapy research suggests that therapists' attitudes, rather than their expertise, ideas, or tactics, help clients transform their personalities (C. R. Rogers, 1961). Essentially, therapists employ themselves as change agents. Their "role" is roleless while dealing with clients on a one-on-one basis. They do not become disoriented in their professional tasks. A therapeutic atmosphere for growth is created by the therapist's attitude and belief in the client's inner resources (Bozarth, Zimring, & Tausch, 2002).

Thorne (2002) emphasizes the necessity of therapists working with clients on a one-on-one basis rather than depending too heavily on professional contracts. He warns against adopting a pseudo-professional approach typified by handing out lengthy contracts to clients, adhering to strict restrictions, and sticking to empirically established methodologies. This overemphasis on professionalism, he claimed, was intended to protect therapists from over-engagement with clients, which sometimes resulted in a lack of interaction with them.

According to person-centered philosophy, the therapist's role is to be present and available to clients, focusing on their immediate experiences (Fajariyah, 2011). First and foremost, the therapist must be willing to be honest with the client in their interaction. The therapist acts as a catalyst for transformation by being consistent, welcoming, and empathic. Rather than seeing clients in predefined diagnostic categories, therapists meet them and join their world based on their experience throughout time. Clients can soften their inflexible defenses and perspectives and move to a better level of personal functioning by relying on the therapist's real caring, respect, acceptance, support, and understanding. Clients have the required flexibility to explore elements of their lives that are unconscious or distorted when the therapist has this mindset.

The Purpose of Group Counseling Based on Person-Centered Therapy
The goal of the client-centered approach is for the client to gain more independence and integration. The focus is on the individual rather than the problem that the individual poses. Rogers didn't feel that therapy's sole purpose was to fix problems. Rather, the purpose is to aid clients in their development so that they may better address issues as they arise.

Rogers (1961) People seeking psychotherapy frequently ask, according to Rogers, "How can I find the true me?" How am I going to be the person I genuinely want to be? "How can I leave my body behind and be myself?" The overarching purpose of therapy is to create a supportive environment in which the individual can work toward self-actualization. Clients must first get past the masks they wear, which they build during the socialization process, before they can move toward that aim. By engaging the body, clients come to recognize that they have lost touch with themselves. They also understand that there is a more authentic way of life in a safe environment in therapy sessions.

What kind of person emerges from behind the mask when bodies are put aside throughout the therapeutic process?. According to Rogers, 1961, people who are becoming more actualized have (1) an openness to new experiences, (2) self-confidence, (3) a source of internal appraisal, and (4) a desire to develop. A fundamental goal of person-centered therapy is to encourage these characteristics.

These four features provide a fundamental foundation for comprehending the therapeutic movement's direction. The therapist does not choose the client's exact goals. The belief that clients in enabling relationships with therapists have the potential to identify and clarify their own goals is at the heart of person-centred thinking. People-centered therapists believe that the issue isn't setting goals for what clients need to change, but they disagree about how to best assist clients in achieving their own goals and finding their own solutions (Bohart & Watson, 2010).

Counselor in The Person-Centered Therapy
In theory, group dynamics are used in the execution of group counseling. Because their activities strive to uncover and examine each group member's condition, the content of the talk in group counseling requires all group members to retain confidentiality. In order to open up, clients must feel safe and trusted. As a result, the counselor must encourage all group members to keep the secrecy of all other group members' conversations during the early phases of carrying out activities.

The stages in the implementation of group counseling are (1) formation, which is the process of forming a group of people, (2) transition, which is the process of moving from one activity to the next in order to achieve group goals, (3) the activity stage, which is the core stage of discussing topics in order to resolve group members' problems, (4) conclusions, which is the process of evaluating the results of group counseling activities, and (5) the closing stage, which is the process of closing the group. At each step of the activity, the counselor must have interpersonal competency based on warm authority, be able to shape and manage group members, and establish a congenial atmosphere.

Counselors must also consider the mix of group counseling services' participants (homogeneity and heterogeneity), as this is one of the determinants of group counseling's success (Burlingame, Fuhriman, & Mosier, 2003). According to (Prayitno, 2012), group members' concerns should be diverse, with the caveat that they must meet relative homogeneity (such as education level and development level). Heterogeneous groups will give and receive varying materials and levels of comprehension about a problem topic. As a result, group counseling services are linked to the sorts of guidance and counseling support services and activities that are effective for recognizing difficulties, as well as the client's eligibility to participate in group therapy.

The counselor's function is emphasized as a facilitator rather than a leader in this method. The facilitator's job is to establish a safe and therapeutic environment for group members, and to ensure that interactions are honest and meaningful. In terms of maintaining mutual respect and confidence in order to move forward in this environment. In this situation, members of the group make their own decisions and effect change for themselves.

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Person-Centered Therapy as An Intervention Tools in Group Counseling
Person-centered therapy is founded on the notion that clients heal themselves, create their own progress, and are active self-healers, according to Rogers' self-counseling perspective (Bohart & Watson, 2010, 2011). The therapeutic connection creates a supportive environment in which the client's self-healing abilities can flourish. Clients enjoy being understood and accepted, which leads to the formation of a safe environment in which they can explore their feelings, thoughts, actions, and experiences; they also value support for trying new activities (Bohart & Tallman, 2010).

Roger's self-counseling group counseling environment encourages members to be more grateful of themselves and to believe in themselves as they are, allowing them to advance toward self-direction and empowerment. At the end of the day, group members make their own decisions and effect change for themselves. Participants discovered, however, that they did not have to go through the fight for change alone, and that the group as a collective organism had its own source of transformation, thanks to the presence of the facilitator and the support of other members.

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Meanwhile, according to Rogers, the component of togetherness in problem-solving may be seen in the therapist/role counselor's of being present and accessible to clients and focusing on their firsthand experiences. First and foremost, the therapist must be willing to be honest with the client in their interaction (Corey, 2012).

Conclusions

Based on the foregoing, it can be stated that the person-centered treatment approach can be employed in group counseling to help clients overcome psychological issues. Counselors can utilize this method as an intervention strategy for clients who are having troubles. This method emphasizes the counselor-client interaction in order to boost the client's confidence and help them reach self-actualization.

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