

TEORI KAUNSELING *dan* PSIKOTERAPI

SAPORA SIPON
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**EDISI
KEEMPAT**



TEORI
KAUNSELING
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PSIKOTERAPI



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Prakata

Manusia menghadapi pelbagai cabaran kesan daripada globalisasi yang melanda seluruh dunia. Impak kepada cabaran ini ialah kesihatan mental dan kehidupan manusia menjadi tidak berarah. Kaunseling pula ialah proses yang bertujuan membantu individu dalam menangani permasalahan yang dihadapi. Kaunseling yang berkesan ialah kaunseling yang bersandarkan teori kerana ia dapat memberi keyakinan dan hala tuju kepada kaunselor dalam menjalankan tugasnya. Kaunselor juga dapat memberi fokus tentang perkara yang dilakukannya terhadap kliennya melalui penggunaan teori. Penggunaan teori dalam amalan kaunseling juga akan membantu kaunselor dalam memberi sepenuh perhatian dan tenaga terhadap apa yang difikirkannya menjadi punca masalah yang dialami oleh klien. Justeru, pengetahuan dan kemahiran teori amat penting untuk dikuasai oleh pengamal-pengamal kaunseling. Buku Teori Kaunseling dan Psikoterapi Edisi Keempat ini mempunyai beberapa penambahan bab yang membincangkan keperluan teori dalam kaunseling di Bab 1, Teori Sistem di Bab 17 serta penambahan bab baru iaitu Bab 18 Teori Kaunseling Kontemporari yang membicarakan Terapi Seni dan Terapi Interpersonal.

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USIM, Nilai

Bab 1

KEPERLUAN TEORI DALAM KAUNSELING

Penggunaan teori dalam amalan kaunseling merupakan satu isu yang penting dan perlu diberi perhatian oleh kaunselor. Teori membolehkan kaunselor meneliti sesuatu pengalaman kaunseling dengan lebih terperinci. Di samping itu, teori dapat mengawal pemikiran kaunselor dengan teratur serta dapat membantunya membuat penerokaan dan penilaian proses kaunselingnya (Zakaria Mohamad, 2010). Sehubungan itu, penggunaan teori akan dapat membantu kaunselor merancang sesuatu matlamat kaunseling bagi kliennya (Brammer dan Shostrom 1982 dalam Othman 2000). Kenyataan ini disokong oleh Murdock (1991) yang menyatakan bahawa;

“...Before applying a theory, the counsellor must have a solid understanding of the theory in question. The counsellor must know how theory defines the healthy personality and psychological dysfunction. In order to help, counsellors need to have some ideas of where the client ‘should’ be going and why the client has come to counselling...” “...Mental health counselors face an explosion of counselling models. Unless counsellors understand the philosophical systems that under grid these model of counselling, plus the implication of those philosophical systems for actions in counselling, they risk using counselling models inappropriately or inefficiently...”

Kaunselor perlu mengetahui teori kerana pengetahuan tersebut membantu kaunselor mengkonsepsikan masalah klien berdasarkan tingkah laku lalu, sekarang dan akan datang (Sharf, 2000). Kaunselor yang berfungsi tanpa landasan teori bermakna mempraktikkan tanpa turutan peristiwa dan tidak bersandarkan kerangka kerja yang logik. Ini mengakibatkan kaunselor akan menghasilkan intervensi yang tidak teratur dan subjektif. Manfaat teori seterusnya ialah kaunselor memerlukan teori sebagai satu kerangka rujukan dan bertindak sebagai pemandu arah dalam proses kaunseling.

Kepentingan teori juga berupaya mengurangkan kerumitan situasi terapeutik. Lovinger (1992) menjelaskan teori juga dapat memberikan jalan untuk memahami dan mencari penyelesaian kepada tindak balas emosi

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