



# Counseling Today

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## Family Therapy

Oleh: Sherly Hidayat, M.Psi

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Apakah Anda pernah melihat kasus orangtua mengeluhkan perilaku-perilaku anaknya? Atau mungkin sebaliknya kasus anak mengeluhkan sikap orangtuanya? Apa yang menyebabkan hal tersebut terjadi? Apakah akan berhasil apabila dilakukan konseling pada satu sisi saja? Jawabannya adalah tidak. Masing-masing pihak sebaiknya dapat belajar saling mendengarkan dan berusaha memahami alasan dari suatu perilaku. Hal inilah yang dilakukan dalam konseling keluarga (*family therapy*).

*Family therapy* meliputi *treatment* terhadap dua atau lebih individu dari anggota keluarga yang sama yang dimana biasanya kliennya awalnya adalah anak yang bermasalah atau remaja yang bermasalah. Umumnya masalah yang terjadi ada pada satu anggota keluarga dan biasanya mempengaruhi keseluruhan keluarga (Bernstein, Pooley, Cohen, Gouldthorp, Provost, Cranney, Penner, Calrke-Stewart, & Roy, 2013). Tujuan dari *family therapy*

adalah untuk mengenali dan memahami individu masing-masing anggota keluarga dan memperbaiki hubungan (Schwartz, 2001). Tujuan dari *family therapy* tidak hanya mengidentifikasi masalah klien namun juga untuk menciptakan harmoni dan keseimbangan diantara keluarga dengan membantu setiap anggota keluarga memahami pola interaksi dalam keluarga (Bernstein, et al., 2013).

Selain itu, biasanya *family therapy* juga digunakan pada gangguan-gangguan yang spesifik atau tertentu. Misalnya: Bila ada remaja mengalami *anorexia nervosa* maka tujuan dari terapi adalah untuk remaja meningkatkan berat badan dengan bantuan pengawasan dari orangtua. Atau apabila ada anak yang suka memukul dan menyakiti anak-anak lain maka tujuan dari terapi adalah untuk meningkatkan pengawasan orangtua dan mendisiplinkan perilaku anak. Tentunya orangtua akan dibantu untuk dan

diedukasi oleh terapis sehingga mereka memahami cara-cara menangannya.

Keberhasilan suatu terapi tentunya juga dipengaruhi oleh kerjasama antara seluruh anggota keluarga. Terkadang banyak orang yang salah paham bahwa ketika anaknya dibawa ke psikolog maka anak akan langsung sembuh. Namun, keaktifan, kerjasama, dan komitmen dari seluruh anggota keluarga terutama anak dan orangtua adalah yang menentukan keberhasilan terapi. Terkadang klien pun tidak menyadari bahwa keberhasilan proses terapi tersebut merupakan hasil dari segala usaha dan perjuangan yang dilakukannya. Oleh sebab itu segala proses terapi yang dijalani oleh seluruh anggota keluarga pun perlu dihargai dan diberi pujian atas seluruh usahanya. Komitmen orangtua untuk bersama-sama menghadapi masalah tentunya juga akan berdampak pada anak dan kesejahteraan seluruh keluarga.



## The Role of Family and/or Parents in Therapy

oleh: Tessa Amanda Sawitri, M.A.  
Counsellor of Children and Young People

*"The fact is that therapy cannot work on its own without background work by the client as well as the people they are surrounded by"*

When it comes to children in one-on-one therapy, there is often a misconception or a misunderstanding on the role that parents and the family have on the therapeutic process. The most common assumption is that parents and/or the family have little to no influence on how much the child will progress within as well as outside of therapy. Due to the lack of knowledge about how therapy works, often parents hope that their child's therapist will make all the changes without any involvements on their part. Although some parents are open and willing to hear feedbacks on what they can do themselves to help their child, some parents can be quite unwilling to do so. The problem is that when parents are unwilling to make the necessary changes themselves it can have

detrimental effects on their child's therapy progress.

The fact is that therapy cannot work on its own without background work by the client as well as the people they are surrounded by. Particularly if the client is still a child, their parents as well as their family have a really big influence on how much progression they make. One of the key points of therapy is to find the root cause of the problem. If after some time the therapist finds that the issues the child has stems from the relationships with their parents or family, parental sessions should be recommended. If the therapist and the parents/family do not work together as a unity and communicate on a regular basis, it may decrease the likelihood of the child making the necessary

changes in and outside of therapy. The parents' involvements in the child's life will make the progress faster and make any changes that occur to be more long lasting.

The same thing goes even though the issue that the child is facing currently may have nothing or little to do with his or her parents and family. At the end of the day, it is important and will be far more helpful for the child, if the parents are on the same page as the therapist. Creating a uniform like environment for the child will give him or her the security and a feeling of safety they need. In order for this to happen, the parents and the family of the child must be open and willing to hear feedbacks that the therapist may have for them. ....

(to be continued at page 3)

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..... If there are clearly certain issues that the therapist see must be worked on in order to help the child, the parents should be able to process the information and work with the therapist on practical ways they can help their child at home.

The role of the parents and/or the family is to be there for the child in the way that the child needs it the most. A lot of parents

are willing to cater to their child's needs however, they may simply not know how or not know what they can do exactly to really make a difference. This is where constant and regular communication with the therapist is very much needed. The therapist is there to help the parents to understand their child a little bit better. And because some children may be able to be more open with their therapist rather than their parents – the therapist are then there to let the parents in on what their child is feeling and thinking.

The therapist can act like a bridge between the child client and his or her parents. This can be done without breaking confidentiality the therapist will merely be giving information on what they think the parents can do to help based on what they have learnt about the child during therapy.

If parents and therapists work together simultaneously – the progress the child client will make within as well as outside therapy will be far more powerful and the changes will most definitely be long-term.

## Kegiatan Kami

Selama beberapa bulan lalu, ICA mengadakan beberapa kegiatan yang juga melibatkan rekan-rekan dari luar kepengurusan ICA. Pada tanggal 13 Februari 2016, bertempat di sebuah kafe di Jakarta Barat, ICA mengadakan Academic Discussion dengan tema “Kegalauan Remaja: Memahami dan Menolong Remaja”. Acara ini diikuti oleh rekan-rekan dari berbagai latar belakang profesi, seperti konselor, dosen, mahasiswa S1 dan S2 dan konselor dari

berbagai setting. Para peserta secara interaktif berbagi pengalaman dan pengetahuan mereka dalam membantu remaja melewati hal-hal yang meresahkan mereka.

Setelah itu pada tanggal 28 Mei 2016 di Universitas Krida Wacana, ICA kembali mengadakan seminar mini dan diskusi dengan salah satu mitra ICA dari Singapura, Jeffrey Po, PhD. Beliau berbagi tentang Fourth Wave Psychotherapy yang merupakan integrasi

pendekatan spiritualitas dari dunia timur dan psikologi. Jeffrey Po akan kembali menjadi pembicara kunci pada seminar publik yang akan diadakan ICA pada bulan Juli 2016 mendatang. Tetap nantikan acara-acara ICA berikutnya!





# Indonesian Counseling Association


## VISI

Menjadi wadah yang mempersatukan para tenaga profesional dan akademisi yang bergerak di bidang konseling, psikologi, dan kesehatan mental untuk memberikan pelayanan konseling dan psikologi kepada semua lapisan masyarakat di tingkat nasional dan internasional.

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 Indonesian Counseling Association (ICA) presents:  
One-Day Seminar:


## Unmasking Love:


Current Issues in Couple Relationship


### Details


Date : Saturday, 6th August, 2016  
Time : 09:30—16:00  
Venue : The Agathon  
3rd Floor,  
Serenade Centre  
Jl. Raya Boulevard Blok B No.1  
Gading Serpong—Tangerang

### Speakers

 **Dr. (Cand.) Evans Garey, S.Psi. M.Si.** is the president of Indonesian Counseling Association (ICA), trainer, and also counselor for youth, parents, and couples. His specializes as a facilitator for PREPARE/ENRICH (Premarital and Marriage Assessment and Training).  
Topic: **Building a Strong & Happy Relationship**

 **Jeffrey Po, Ph.D.** is the founder and past president of the Association of Psychotherapists and Counsellors (Singapore). In addition to his doctorate in counselling psychology, Jeffrey is also a Certified Spiritual Counselor.  
Topic: **Marriage - Pair Bonding: Cooperative Alliance or What? - Evolutionary and Social Aspects of Relationship**

 **Abigail Lee, M.Coun.** is the president of the Association of Psychotherapists and Counsellors (Singapore), and holds a Master's in Counseling. For nearly 10 years, she has been working with couples and families.  
Topic: **"Healthy Communication Patterns in Relationship" - Solutions and Stabilization of Relationships**

 **Jeslyn Lim** is the treasurer of the Association of Psychotherapists and Counsellors (Singapore), a developmental psychologist, and certified hypnotist at Mind Culture. Trained in applied psychology and organizational psychology at an undergraduate level, she subsequently pursued her post-graduate as a Hypnotherapist.  
Topic: **Lies and Deception in Relationship**

### Investation

- Student: Rp 275.000,-  
\*Group of four: Rp 250.000,-/ person
- Non student: Rp 375.000,-  
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- For 50 first registration: Free Book: "Meditative flow-Psychotherapy" by Jeffrey Po, Ph.D
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**For registration & more information**  
Ms. Tessa (0878 8777 4035)  
Ms. Christina (0811 9111 689)  
Email: [seminar@indo-counseling.org](mailto:seminar@indo-counseling.org)

**For payment transfer:**  
BCA (No.: 808 011 248 4)  
Accname: Christina Tetja

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