HELPING RELATIONSHIP BETWEEN COUNSELOR AND CLIENT (STRUCTURING, TRANSFERANCE, COUNTERTRANFERENCE)

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Abstract

Human relationships have very many elements of aid. This is very much needed because of various conditions such as experiencing dilemmas, disputes, and crises felt by individuals who need immediate help. The success of counseling is largely determined by the effectiveness of a counselor in using various techniques to help individuals who have problems. Therefore, a counselor should be able to explore and apply various techniques in creating a relationship between the counselor and his client.

Keywords – Stucturing; Transference; Counter tranference

1. Introduction

Assistance is defined as providing conditions for people to meet their needs for security, love and respect, self-respect, decisive action, and growth that achieves success; Help also means providing the resources and skills that enable people to help themselves. (Brammer,1982)

A counselor is an influential key in an effective and efficient counseling relationship. The responsibility of a counselor is the responsibility of the counseling process and the result of counseling.

The proper implementation of the counseling process is strongly influenced by the liveliness and effectiveness of a counselor in using various techniques. As previously explained, the relationship between counselors and clients is at the core of the counseling and psychotherapy process. Therefore, a counselor must be able to master various types of techniques in order to create a good relationship between the counselor and the client.

Based on the explanation above, a counselor must have the skills to capture the important things expressed by the client so that the counselor can respond well to the statements expressed by the client so that the help relationship between the counselor and the client can run as expected and the purpose of counseling can be achieved as expected by the counselor and the client. Therefore, the counselor must be able to know the help relationship between the counselor and the client.

2. Method

This literature study was obtained from research articles related to titles obtained from Google Scholar. The author of this article is devoted to knowing how the relationship between counselors and counselors helps. The selection of articles is carried out through a process of identification, screening and eligibility. Of the many articles found through a search on Google Scholar, selected several articles that are relevant to the objectives and issues raised by the author.

3. Result and Discussion

a. Structuring

Structuring technique is a technique performed by a counselor in setting limits about the basis, conditions, limits and objectives of the counseling process. (Brammer,1982)

Structuring is the process by which a counselor sets boundaries such as time limits, limits of processes or procedures in counseling in general as well as certain relationships in particular. In arranging the structure will be easy to form a framework or introduction of therapy in the client. (Mohammad Surya,2003)

Counseling structures have two elements, namely:

1) Implicit elements.

That is, the role of a counselor that can generally be known by a client.

2) Formal structure.

That is, formal structures in the form of a statement of a counselor to provide explanations and provide limits in counseling.

So what is meant by structuring is a technique of giving boundaries in the counseling process.

There are several limitations in the counseling process, namely:

1) Limitations regarding time in the counseling process.

2) Limitations regarding the actions of counselors and clients.

3) Setting boundaries in the role of counselor.

4) Setting limits in the counseling process.

5) structuring in process values.

There are several purposes about structuring, namely:

1) The client gets a good introduction to the counseling process he is undergoing.

2) Can get similar thoughts and best wishes in counseling.

3) Can get certainty whether the client wants to continue or even this stops the counseling process.

4) The creation of agreement on how the pattern of interaction, actions, time, achievements, guarantees, and consequences of statements. (Lutfi, et al. (2008: 35)

An example of a structuring relationship between a counselor and a client is that the counselor and the client simultaneously form an agreement regarding time. The process of this activity an expert, namely the counselor must convey these limits when the beginning of the meeting takes place, how long the duration of the implementation process, and determine the limits of actions that lead to the determination of actions. What kind of actions can be done or should not be done during the counseling process, and also a counselor must explain his role in a counseling process, and determine what questions which is so heavy that it encourages it to be solved immediately. (Supriyo and Mulawarman, 2006).

Research shows that training social skills in counseling by establishing a structuring relationship between counselor and counselor has proven effective in developing social skills, especially in four social skills, namely: expressing / expressing their feelings, expressing / understanding the feelings of others, expressing thoughts / opinions to others, and introducing / Opened up (Hallahan & Kauffman, 1991).

b. Transference

Historically, transference means the process by which a client's previously expressed or perceived attitude towards another person important to the client is unconsciously "transferred" or projected to the counselor. For example, feelings of love, hate, ambivalence, or dependence at one time aimed at parents are now irrationally repeated with psychotherapists as the object. (Brammer,1982)

Transference is an individual's reaction to a person in the present in a way similar to the way he or she reacted to others in the past (Rao, 243:2002). In other words, transference shows the client's statement of feelings to a counselor, how the reaction that arises is positive to the counselor or negative. (Susabda, 3:2012).

Transference is a process when the attitude of a client who was previously asked to others or may be unconsciously projected towards the counselor. Simply

put, transference relates to the emotions that can arise from within the client towards the counselor.

Transfer leads to all feelings expressed or being felt by the client (such as feelings of anger, hate and feelings of love), and so on) to a counselor, such as a positive reaction to the behavior shown by a counselor or projections to the initial behavior and attitude of a counselor next. (Munro, et al., 1979).

The factor that causes transference is that a counselor is able to understand how the personality in the client is even a counselor knows better than the client himself and therefore a counselor can be warm and friendly to the client.

Rogers (1951) states that feelings of transference develop when clients perceive that others understand themselves better than clients understand themselves. The way transference is viewed, whether as hostility or dependency, largely depends on the level of threat involved.

In other words, transference is viewed as a type of projection of the client's unresolved past or present and an unrecognized attitude toward authority figures and objects of love towards the therapist. This projection is done in such a way that the client responds to the therapist in a similar way to the way he or she responds to other objects of love.

There are two types of transference: it can be designated as positive or negative. Positive transfer will be done by the patient when they project their feelings of love or dependence on a counselor, it could be by thinking of him as a loving and helpful father or mother. A negative transference will be made by the client when they project their feelings of hostility and aggression. This feeling of transference changes shape, sometimes quite suddenly. For example, a client may experience warm feelings towards the counselor when explaining the problem, but feel scared and upset because he has said "all" or because he has expressed his or her perceived "weaknesses". Often the patient's positive transference will turn into a negative feeling when the counselor does not give all the reassuring advice as expected. Several times dients responded to counselors in a manner

similar to that used during childhood "confessions" to their biological parents. (Brammer,1982)

The most advanced functions of transfer in counseling are:

1. Can form a good relationship between counselors and clients.

2. Foster a client's trust in the counselor.

3. Allows that the client acquires feelings through the interpretation of his feelings.

In psychotherapy development and transference processes are seen as a form of personality change over a long period of time. Completion of feeling tranference can be achieved when a counselor is able to maintain an attitude of accepting and understanding and applying reflexive, questioning, and interpretive techniques.

c. Counter Transference

The transfer back is an emotional reaction and projection from the counselor to the client, both those he is aware of and that he is not aware of. (Mohammad Surya, 2003) There is a positive and helpful counter-transference attitude in the form of facilitating the properties of the counselor. Acceptance of attitudes is very important in building therapeutic relationships. Next, the counselor must decide how big the "real person" will be the client. (Brammer,1982)

A common form of feeling of transferback is the idea that the client must somehow like the counselor and that the counselor should please the client. Though the relationship is built on mutual trust and friendliness.There are times when the counselor has to risk the admiration of this client. For example, sometimes counselors have to help clients see that they have to give important things, and sometimes eliminating pleasant behaviors is painful.

Countertransference can cause negative effects on clients. Hadley and Strupp (1976) summarized their views on the negative effects of counseling around several themes. All of these factors are the counselor's misjudgment or due to ignorance of the rigidity of the style..

Applying incorrect techniques with certain clients due to ignorance or unrealistic beliefs and letting transference or countertransference out of control adds to the possibility of negative effects. Communication in difficulty and the inability to recognize and deal with the client's cognitive distortions, such as excessive generalizations, increases the likelihood of failure as a counselor.

When viewed from a cultural background, between transference and counter transference will cause errors that will interfere in the counseling process. For example, in Turkey there are several cultures that may be considered different in meaning by people outside Turkey. One such culture is that Turks often wink, when the counselor gives transference to the counselor in the form of non-verbal language that winks and previously the counselor does not know the background of the consular culture then the counselor will counter transference negatively such as the counselor captures the attitude as affection or likes from the consensual because in the past the counselor the person he likes has winked and the sign likes to counselors (Comas-Diaz, 2011: 553).

Some mistakes made by counselors should not be ignored that in addition to empathic explanations, previous behavior is also related to the personal problems of the counselor in the past. One way counselors manifest anxiety is by impulsively verbalizing questions, comments, or topic changes that may be technically irrelevant to the current counseling process. Its net effect is often distracting from the point of view of stopping or diverting the flow of client feelings, removing them from loaded topics, or creating more feelings of transferability. An example is a counselor who has difficulty working with adolescents because his unsolved teenage age problems are revived.

Epstein (1977) warned that avoiding one's hostile or angry feelings is not always beneficial. Clients who feel worthless often tend to feel increasingly worthless when the counselor is always warm. By recognizing and being honest about his own anger, the counselor can set appropriate boundaries for himself and the client.

4. Conclusion

Stucturing . So, in a counseling structuring technique is the setting of limits by a counselor on what can be done while the counseling process is ongoing and determining what limits should not be done during the counseling process. In this construction technique, a counselor forms what boundaries exist in the counseling process, such as setting time limits, limits in the implementation of counseling, limits on the role of counselors, and so on.

Transference. Transference can be interpreted as an expression of a client's feelings towards the counselor, either in the form of a rational reaction to the personality of a counselor or a conscious projection of the attitudes and mistakes that occurred before. For example, feelings of love, hate, dependence at one time aimed at parents are now irrationally repeated with psychotherapists as the object.

Countertransference. Countertransference is the emotional reaction and projection of a counselor to a client both consciously and unconsciously. The onset of transfer back stems from the anxiety of a counselor. One way counselors manifest anxiety is by impulsively verbalizing questions, comments, or topic changes that may be technically irrelevant to the current counseling process. Its net effect is often distracting from the point of view of stopping or diverting the flow of client feelings, removing them from loaded topics, or creating more feelings of transferability.

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