
Counselor Readiness and Diagnosis in The Psychotherapy Counseling Process in Education

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Abstract

Readiness to provide counseling and psychotherapy is indicated by the fulfillment of several requirements. Counseling can only be initiated when people recognize the need for change and are ready to engage in the change process. A psychological diagnosis provides information about the client's current problems or conditions, such as the possible causes of the client's problems, techniques used, and the counselor's predictions about the client's future outcomes or behavior, and also includes the client's strengths. This research method uses a literature review, where a literature review is a written summary of journal articles, documents, and books that explain theories and data that have occurred in the past or are currently developing. The purpose of the results and discussion of this article is to determine the extent of counselor readiness in the diagnostic process in psychotherapeutic counseling.

Keywords – Counselor Readiness Diagnosis; Psychotherapy; Counseling Process; Education



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1. Introduction

The need for counseling and psychotherapy can be seen in several necessary conditions. Compared to clients who are skeptical, clients who experience encouraging counseling and hope for success in solving problems often embrace change. There are several factors that indicate potential problems in negotiations. In the process of carrying out consultations, these factors can come from clients, counselors, and supporters. Client factors may include their attitude towards the counselor or the counseling process, their intelligence or mental capacity, and their willingness to share information about themselves with others (Education & Yogyakarta, 2009). Individuals may recognize that something is important to them in everyday life and recognize that they need the help of others to solve problems, such as through the use of counseling and psychotherapeutic procedures. Whereas in the context of counseling and psychotherapy, there are procedures that clients must follow, similar to the ability to understand what is hinted at (Dan et al., 2022)

According to Brammer (1982), diagnosis in medicine requires evaluating many symptoms, integrating observations, returning to general categories after leaving them, and finally naming the specific names relevant to the particular condition. A psychic diagnosis identifies the problem or condition the patient is currently experiencing, including possible causes of the problem, the techniques to be used, and the counselor's opinion about the patient's outcome or next steps, as well as the underlying psychological problems. The diagnosis is made on a permanent basis. Using diagnosis, a counselor can determine whether the patient needs information, is experiencing a difficult situation (trauma), or has a condition that affects his or her perceptions. Because there is not just one type of approach that works for every problem, a counselor can use different types of approaches that are relevant to the current problem.

Prayitno (2017) confirms that counseling is a professional obligation towards a person or group of people to advance their daily welfare and resolve conflicts between their daily goals and personal goals, as well as their ability to achieve these goals through various types of support services and learning activities. In order for the counselee's leadership change process to run smoothly, the counselee's process can have a positive impact by being observant and remaining non-reactive to the issues being discussed. Given this, a counselor will need certain counseling techniques to ensure that a counselor can help a counselor reach his full potential.

2. Method

According to Sugiyono (2017) this research method is a literature study, or also called a literature review. defines literature review Is a written summary of articles from journals, documents, and books that explain theory and information that occurred in the past or is currently happening, organizes literature into topics or documents that are needed.

3. Result and Discussion

Readiness

Readiness and learning principles have long been recognized in educational theory. For example, a child may not be “ready” to read until they have reached certain levels of motivation, maturity, and basic skill development. The need for counseling and psychotherapy can be seen in several necessary conditions. For example, based on the findings of Lipkin's 1954 study, it can be concluded that clients who engage in interesting conversation and anticipate successful problem solving are more likely to experience change than clients who are skeptical.

When people recognize that change is needed and when they are strongly committed to change, negotiations cannot proceed. There are parts of our culture that can help with the problem-solving process. For example, the first time someone seeks help for emotional problems, others often mistake them for a larger-than-life person and fail to see their humanity. Because it is often a feeling of shame that causes people to seek counsel from a counselor, this article will focus more on effective methods of assisting clients in identifying their needs, seeking advice, and using their relationship with the counselor to their advantage.

Factors That Determine Readiness

There are several factors that determine readiness in counselling. These factors can come from: 1) the client, 2) the counselor and 3) the atmosphere in the implementation of counseling. Factors from the client include: 1) the client's perception of the counselor or the counseling process, 2) the client's intellectual or conceptual abilities and 3) the client's openness in providing information about himself.

a. Client

Research There are factors according to Tinsley, Workman, and Kass (1980), which are as follows: 1) personal commitment; 2) situations that facilitate communication; 3) experienced counselors; and 4) threat of danger. According to the findings of this study, commitment is very important when expressing an understanding of the feasibility of an agreement. As long as the client is committed, the prognosis is good, and they are willing to extend their time and resources to the consulting process.

b. counselor

Raskin's research highlights the value of therapists in helping their clients. The main reason clients are accepted by therapists is because they have strong motivation. The Raskin study was conducted in conjunction with the National Psychotherapist Survey conducted by Goldman and Mandelsohn (Lumongga, 2005) . I've seen clients become more sensitive, interested, and want to learn more about educational and occupational standards, and a little bit about packaging. This suggests that counselors enjoy working with clients who have good verbal skills, some pathology, and enjoy themselves. Speaking is known as the Yavis style (Young, Assertive, Verbal, Intelligent and Socialized).

c. Atmosphere

The atmosphere in counseling can affect client readiness. For example, if the counseling atmosphere is unpleasant and client confidentiality is not maintained, it will make the client anxious and suspicious. As happens in hospitals, schools and colleges which have administrative policies and negative issues, can reduce the feeling of trust and also support (Nurlatifah et al., 2022) This example explains that counseling has discipline in activities, which exceeds the discipline of officers . In addition, the aspect of facilities can also affect client readiness.

Important factors that also become a concern in the counseling environment are cultural, economic, and ethnic similarities between the counselor and the client. However, there is no evidence to suggest that counselors and clients who come from the same ethnicity can make counseling effective. The implications of this are as follows:

- a. Counselors need to attend cross-cultural counseling in order to better understand one another 's culture .
- b. Counselors need to have extensive knowledge about culture in order to avoid group identity, so they are able to empathize with clients who have different ethnicities, cultures, races, etc.

Diagnosis

In psychology textbooks, a diagnosis (diagnosis) is described as 1) the definition of a condition or disorder or as a disease, and 2) the classification of a person based on the condition or disorder that the person has or had in the past. . Chaplin, (1997). (1997). In the sense mentioned above, it is explained that the process of diagnosis relates to the individual's classification of any disease or disorder that they may have.

According to Corey (2017), Rogers was the first person to study pro-counseling in depth by analyzing the transcripts of actual therapy sessions and he

was the first doctor to conduct a large study of psychotherapy using quantitative methods.

The diagnosis is made the basis for planning (Febrianti & Wibowo, 2019). With the diagnosis, the counselor can determine whether the client needs information, has a bad experience (trauma), experiences that distort perceptions. Counselors can use a variety of approaches that are relevant to the problem, because there is no one approach that fits all problems. Brammer (1982) states that diagnosis in medicine means examining symptoms, integrating observations and rearranging them into general categories and finally assigning specific names to a disease. the causes of the client's problems, the techniques to be used and the counselor's predictions of the client's future results or behavior and includes the client's strengths (Iman, 2009) .

The term "psychotherapy" is derived from two words: "Psyche", which refers to a person's subconscious mind or spirit, and "therapy", which includes techniques for self-help, treatment of illness, or healing. Psychotherapy is a technique based on psychological knowledge that is used to treat mental illness in a person. This involves dialogue between the treating professional and the patient to help the patient deal with abnormalities at the level of their behavior and identify and deal with problems they may experience in their daily life or while at work.

Three relationship strategies are described by Capuzzi & Gross (2013): 1) Strategies for building relationships and encouraging counselee dialogue; 2) Strategies that assist in data collection; and 3) Strategies that add to and improve relationships (Morgan et al., 2022) building relationships in the counseling process is an absolute thing that must be done by counselors in helping counsees, counselors need to train themselves to build relationships that help in the counseling process so that the quality of the relationship between the counselor and the counselee is more meaningful, the counselor needs to master the strategy of building relationships in the counseling process. The most important strategies are those that encourage communication and encourage dialogue between parties, and those that facilitate the collection of data and information related to the parties and that strengthen existing relationships. When conducting consultations, the counselor should consider all the relevant fundamental factors involved.

According to Brammer (1982), a counselor must also establish good relations with clients who are unable to express their problems and concerns in detail, but still offer some kind of authorization or motivation to continue counseling. As a general rule, counselors should be careful around clients who often want to please and clients who use counseling as a tool to get out of their

obligations to do work (Gadalla et al., 2023) Psychodiagnosis and missionary diagnostic categorization schemes are two types of diagnostic tools which are available. Psychodiagnosis is a term used to describe neurosis, psychosis and gangrenous character in the same way as psychiatric classification. A mini-diagnostic classification plan is a type of diagnostic procedure that enlarges the schema by focusing on two dimensions, namely the underlying causes of the problem. The purpose of diagnosis in counseling is to identify the patient's condition. Some of the tests that can be used include partner attractiveness inventories, applying rating charts, and identifying personal inventories.

4. Conclusion

The need for counseling and psychotherapy can be seen in several necessary conditions. factors that indicate a lack of trust in negotiations. Throughout the implementation of the consultation, this factor or factors can come from the client, counselor, and sponsor. The diagnosis is made on the basic principle. A counselor can determine whether a patient needs information, has a troubling state (trauma), or has a state that is perceptually distorted by the diagnosis. Since there is no one-size-fits-all approach, counselors may use a variety of relevant approaches to problem solving (Harahap, 2021) . . The interaction between therapist and patient is necessary in psychotherapy to help patients overcome abnormal behavior and overcome any problems they may face in their daily life or while they are at work. Psychotherapy is a method based on psychological knowledge that is used to treat mental illness in individuals.

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