



KEMENTERIAN
PENDIDIKAN DAN KEBUDAYAAN
REPUBLIK INDONESIA

Sebuah Kegiatan yang Diinisiasi Oleh
Deputi Tumbuh Kembang Anak Kemen PPPA



280520

KEMEN PPPA JAKARTA

2020

Youtube FAN

**CAPACITY BUILDING
FASILITATOR FORUM
ANAK NASIONAL**

09.45-11.00 WIB

KEMEN PPPA JAKARTA

2020

Title : **CAPACITY BUILDING
FASILITATOR FORUM ANAK NASIONAL**

Theater : Youtube Forum Anak Nasional

Date : **28 Mei 2020 | 09.45-11.00 WIB**

Themes : Mengasah Kemampuan Peer Counseling
bersama Mona Sugianto (Psikolog)

LIVE
STREAMING





Peer Counseling

Capacity Building
Fasilitator Forum Anak Nasional
Bidang Tumbuh Kembang Anak
Kementrian Pemberdayaan Perempuan &
Perlindungan Anak
28 Mei 2020



Disconnected World

(Rashedi, Plante, & Callister, 2015)



Terjadi diskoneksi antara individu dengan:
dirinya sendiri, dengan **sesamanya**, dengan
lingkungannya, dengan **semestanya**,
dengan **Penciptanya**, dengan aneka **sumber**
energi hidup lainnya.

re-connecting

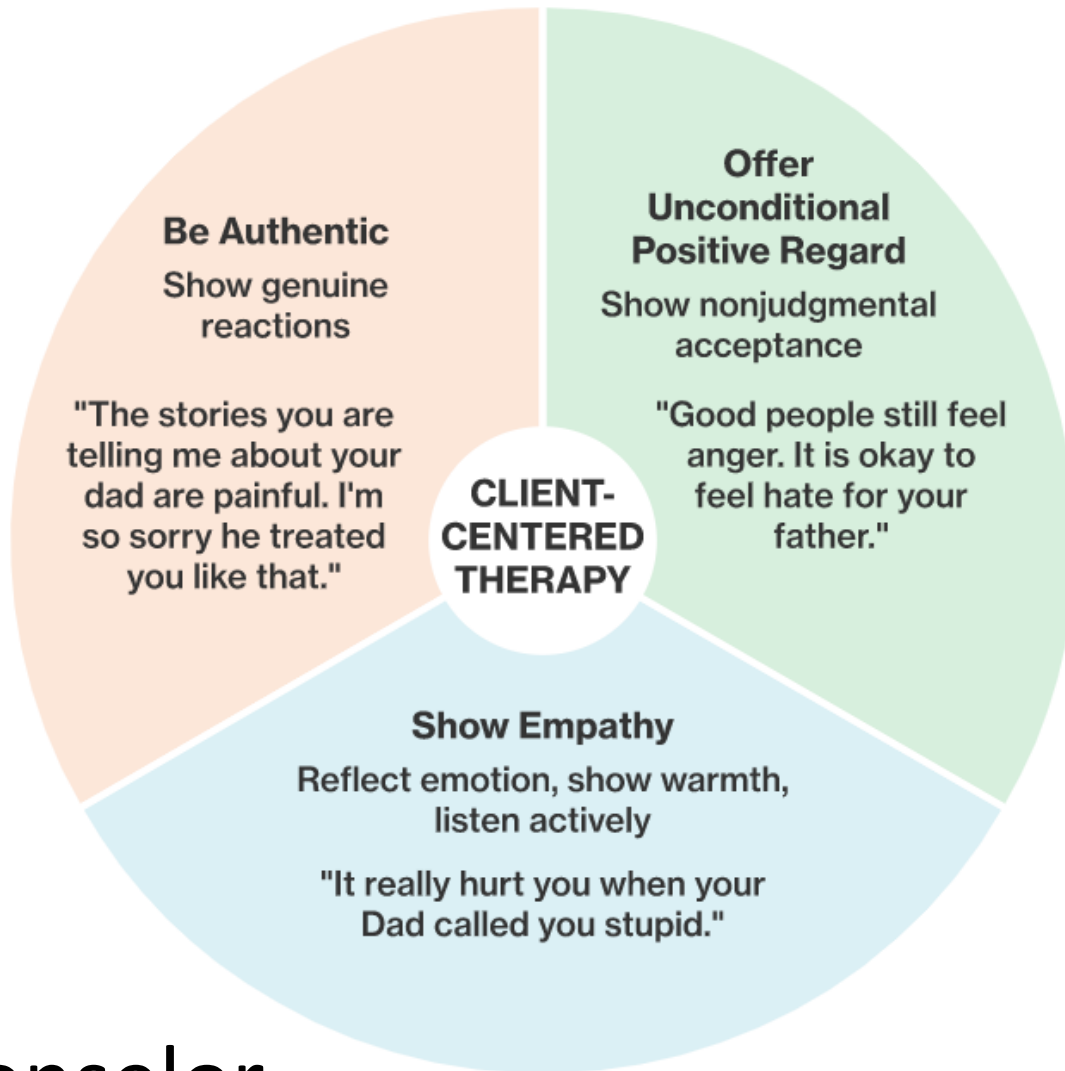
A vibrant, abstract collage composed of several overlapping circular and rectangular frames. The top left frame contains five colorful butterflies (pink, yellow, red, green, and purple) on a light blue background. The top right frame shows a black bird in flight against a blue sky with white clouds. The middle left frame depicts a pink starfish and two orange and white striped fish on a yellow background. The middle right frame features a zebra with a yellow and black pattern on a red background. The bottom left frame shows a zebra with a yellow and black pattern on a red background. The bottom right frame contains a zebra with a yellow and black pattern on a red background. The background of the entire collage is a grid of colored squares in various colors including red, yellow, green, blue, and black.

Go with the flow

- # Focus on objectives

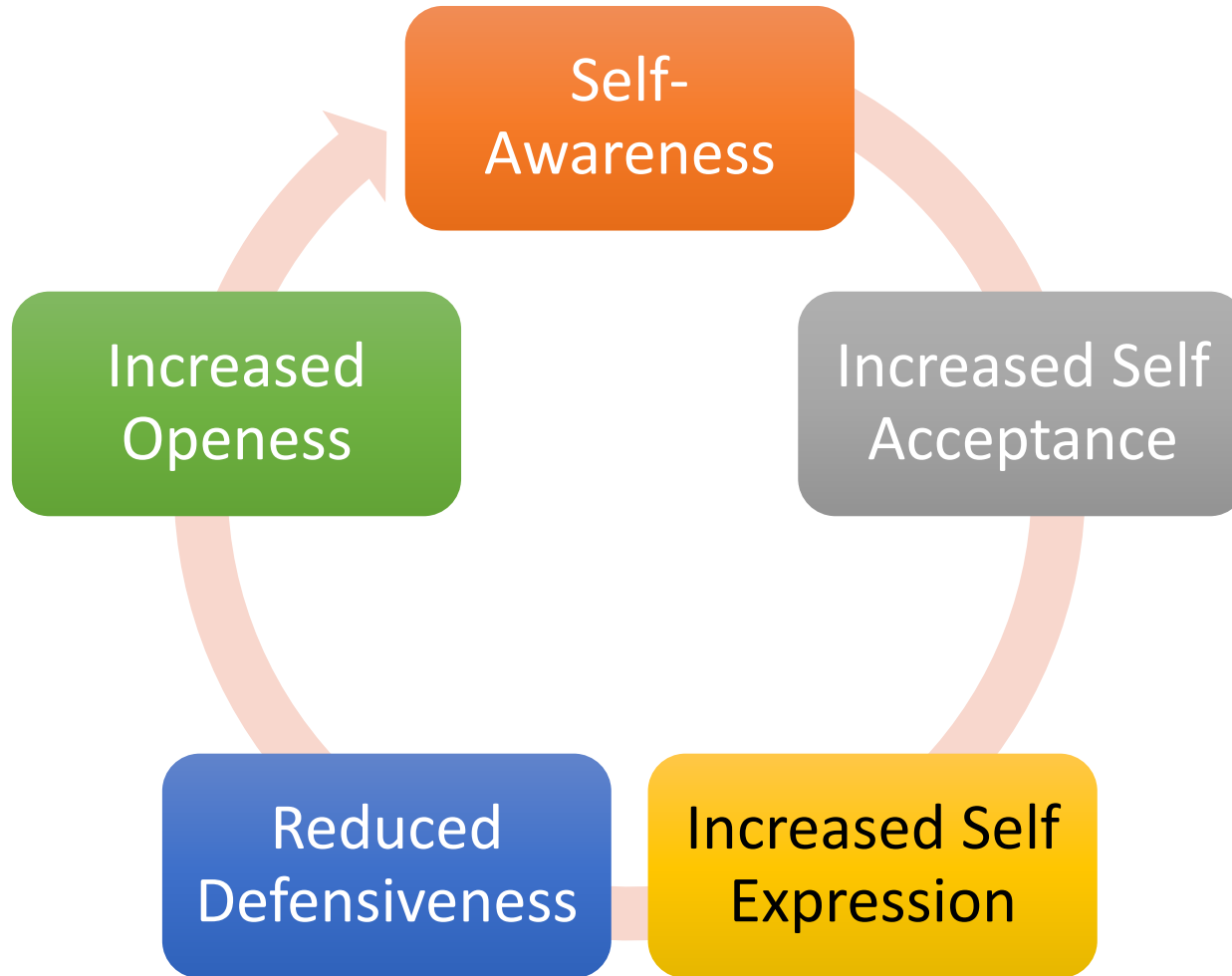
- # re-connecting

Client Centered Therapy



Kriteria Konselor

Client Centered Therapy



Tujuan Konseling

Client Centered Therapy

active listening

“way of being”



reflection of feeling

Teknik Konseling

Solution Focused Brief Therapy



Solution Focused **Brief** Therapy



Brief therapy is a type of counseling that is time limited and present oriented. **Brief therapy** focuses on the client's presenting symptoms and current life circumstances, and it emphasizes the strengths and resources of the client.

The **therapist** in **brief therapy** is active and directive. Termination of counseling is a major focus from the initial session.

Solution Focused Brief Therapy

DASAR

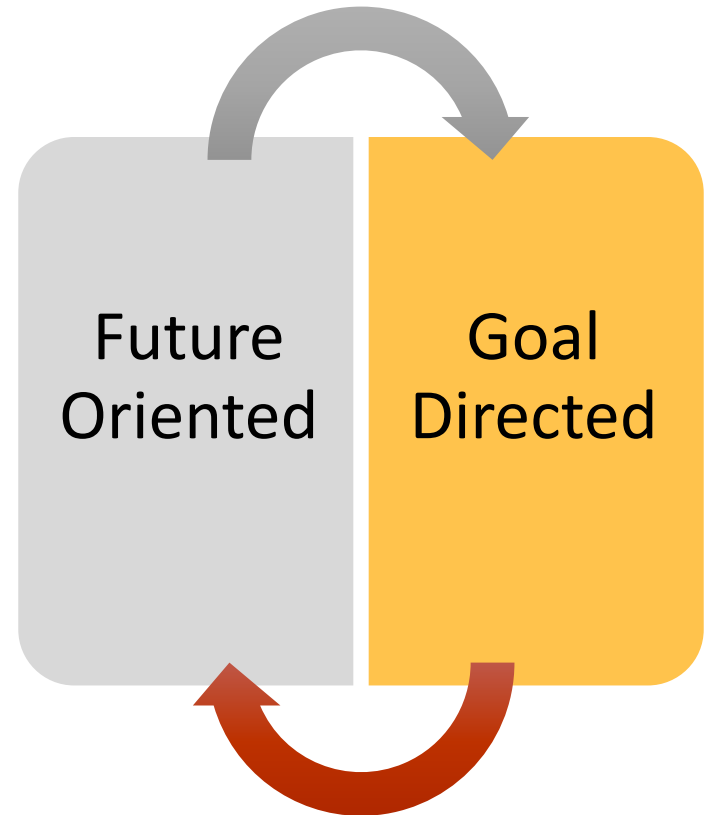
All people are free
to make choices

Klien berdaya
untuk
mewujudkan
apa yang
mereka
inginkan
terjadi dalam
hidup mereka
(solusi)

Klien memiliki
'personal
resources'
untuk
mengatasi
masalah
mereka

Klien bisa
diperkuat
untuk
meningkatkan
frekuensi
perilaku baik
dan berguna

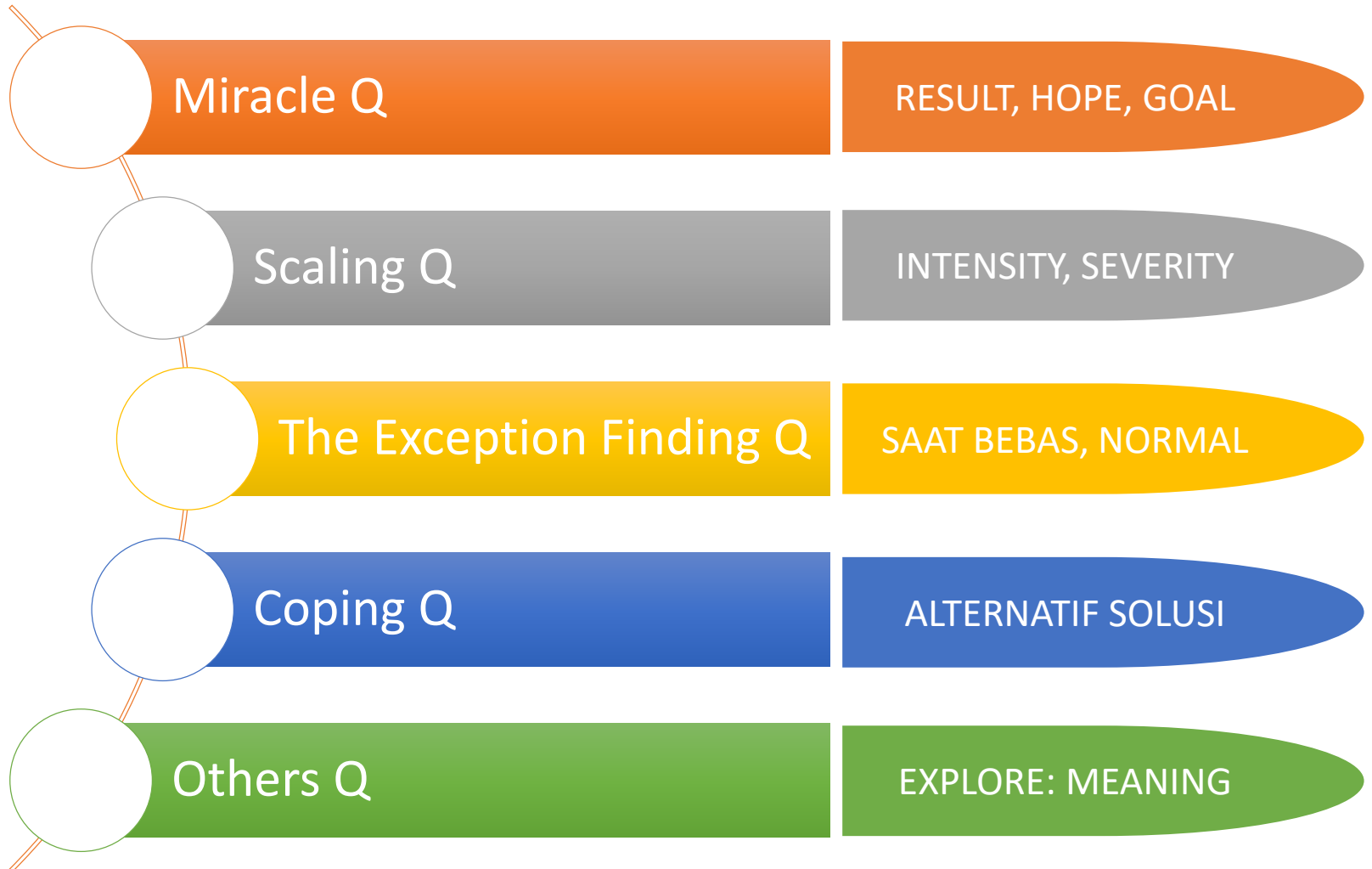
ORIENTASI



(Steve de Shazer & Insoo Kim Berg)

Solution Focused Brief Therapy

TECHNIQUE





**Love and compassion are necessities,
not luxuries.
Without them
humanity cannot survive.**

Dalai Lama



Psychological Services & Mental Health Awareness

Counseling & Psychotherapy

(Individual, Couple, Marriage, Family)

Psychological Test & Diagnostic - Assessment

Self Development

Career Coaching

Mentoring

Employee Assistance Program

Community Development

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