



COUNSELING

CONCEPTS AND PRACTICES

Dra. Sugiarti, M.Kes., Psikolog.

– COUNSELING –

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Editor Georgius Andrew Wijaya



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COUNSELING CONCEPTS AND PRACTICES

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PREFACE

The book *Counseling: Concepts and Practices* provides a comprehensive discussion and review of counseling interventions and their application to clients. This book covers essential topics such as the definition of counseling, the history of counseling, and the key parties involved in the counseling process. Beyond theoretical discussions, this book also offers practical tips and techniques applicable in real-world counseling settings. The counseling techniques presented are tailored to meet the specific needs and characteristics of clients, taking into consideration factors such as age — from children and adolescents to adults and the elderly — as well as age-relevant issues. These include topics like internet addiction in teenagers, dating violence, and psychological approaches to marital problems.

In addition to counseling techniques, this book also provides intervention strategies that can be adapted to various psychological disorders or conditions encountered in practice. The methods discussed are not limited to individual counseling but are also applicable to group counseling settings, including common patterns of problems typically encountered in both individual and group counseling contexts. All of these issues are discussed in detail and within context, with the aim of enabling readers to gain a thorough understanding of both counseling theory and its practical application.

April 2025

Dra. Sugiarti, M.Kes., Psikolog.



TABLE OF CONTENTS

PREFACE	i
TABLE OF CONTENTS	iii
01. FUNDAMENTALS OF INTERVENTION	1
02. COUNSELING	7
03. COUNSELING FOR CHILDREN	23
04. COUNSELING FOR ADOLESCENTS	39
05. COUNSELING FOR ADULTS	69
06. COUNSELING FOR THE ELDERLY	95
07. COUNSELING SETTING	103
08. COUNSELING METHODS/TECHNIQUES	117
REFERENCES	123
ABOUT THE AUTHOR.....	135

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