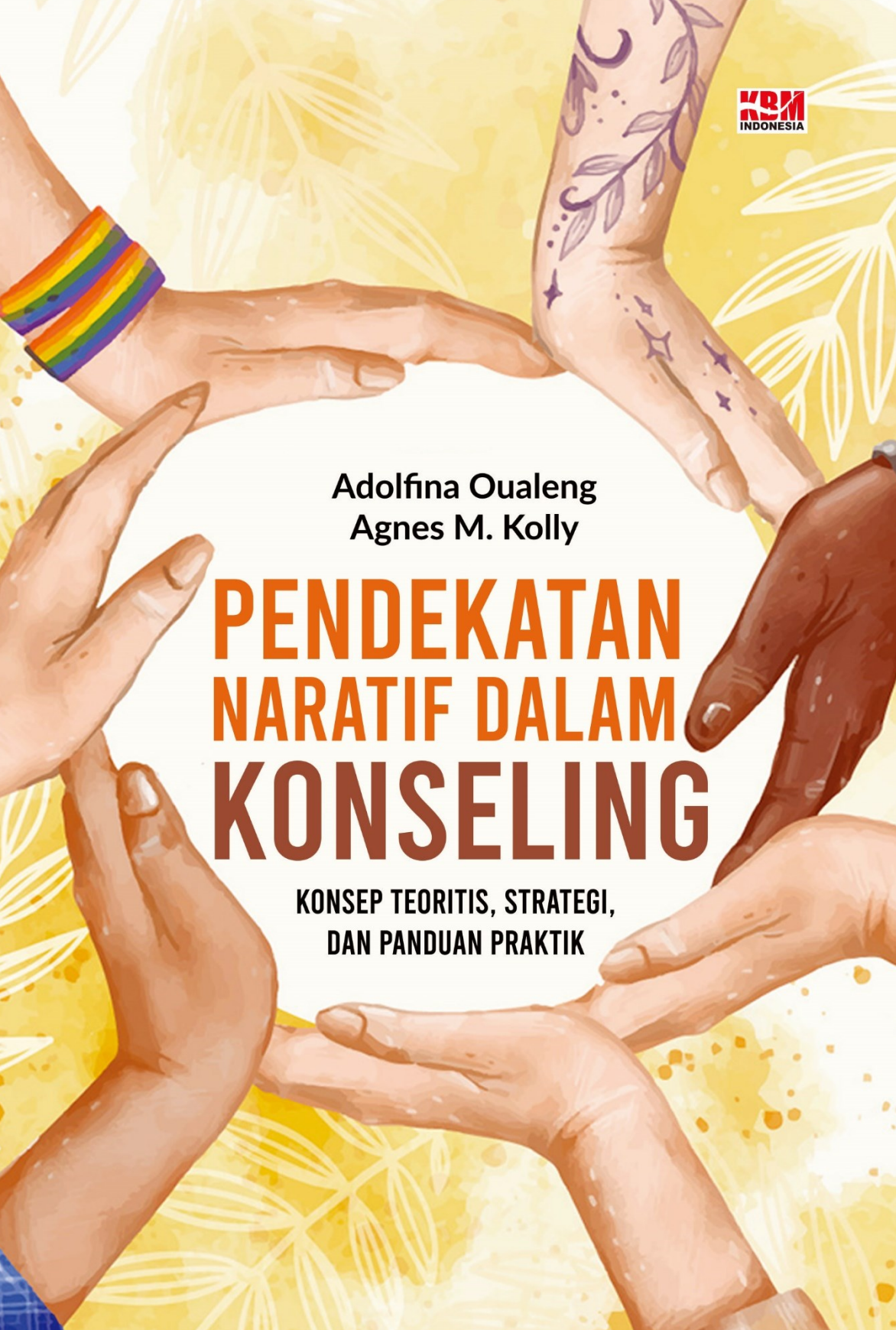




Adolfina Oualeng
Agnes M. Kolly

PENDEKATAN NARATIF DALAM KONSELING

KONSEP TEORITIS, STRATEGI,
DAN PANDUAN PRAKTIK

Pendekatan Naratif *dalam* **KONSELING**

Konsep Teoritis, Strategi, dan Panduan Praktik

Adolfina Oualeng, M.Th.PAK., Kons.
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Konsep Teoritis, Strategi, dan Panduan Praktik

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Editor

Halena M. Bekata

Background isi buku di ambil dari <https://www.freepik.com/>

Official

Depok, Sleman-Jogjakarta (Kantor)

Penerbit Karya Bakti Makmur (KBM) Indonesia

Anggota IKAPI/No. IKAPI 279/JTI/2021

081357517526 (Tlpn/WA)

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ISBN: 978-634-278-024-4

Cetakan ke-1, Desember 2025

15,5 x 23 cm, iv + 117 halaman

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KATA PENGANTAR

Sebagai seorang konselor dan pendidik di bidang bimbingan dan konseling, Penulis memandang pendekatan naratif sebagai jembatan antara teori konseling dan praktik reflektif dalam dunia pendidikan. Penulis meyakini bahwa setiap individu memiliki cerita yang unik. Cerita ini terbentuk dari pengalaman, keyakinan, nilai, dan hubungan yang dijalani sehari-hari. Namun, tidak jarang seseorang terjebak dalam narasi hidup yang membatasi dirinya, narasi tentang kegagalan, ketidakmampuan, atau rasa tidak berharga. Melalui pendekatan konseling naratif, konselor membantu individu untuk meninjau kembali cerita hidup tersebut, menemukan makna baru, dan menulis ulang kisahnya menjadi lebih positif, penuh harapan, dan memberdayakan.

Konseling naratif berakar pada gagasan *narrative therapy* yang dikembangkan oleh Michael White dan David Epston, dua tokoh penting dalam dunia psikoterapi pascamodern. Pendekatan tersebut diadaptasi ke dalam konteks pendidikan dan pengembangan diri, sesuai dengan ranah kerja konselor. Pendekatan ini menegaskan bahwa manusia hidupnya melalui cerita, dan perubahan dapat terjadi ketika seseorang mulai melihat dirinya dari narasi yang berbeda. Dalam konteks bimbingan dan konseling, pendekatan ini membantu konseli mengembangkan potensi diri. Memperkuat identitas positif, serta memaknai kembali pengalaman hidupnya secara konstruktif.

Dalam buku ini, penulis menggunakan istilah konselor untuk menyebut individu yang memberi layanan konseling dan

konseli untuk menyebut individu yang menjadi penerima layanan konseling.

Pemilihan istilah ini disesuaikan dengan ranah profesi konselor atau guru BK, yang berfokus pada proses pendidikan, pengembangan diri, dan kesejahteraan psikologis, bukan pada konteks klinis tetapi pada praktik pendampingan non-klinis. Seluruh konsep dan teknik yang diuraikan sebagai pendekatan konseling reflektif yang membantu individu memaknai pengalaman hidup secara konstruktif dan berdaya. Dengan demikian, penggunaan istilah “konseli” dipandang lebih tepat dibandingkan “klien” yang umumnya digunakan dalam ranah psikoterapi atau layanan klinis.

Penulis mengucapkan terima kasih kepada Direktorat Jendral Riset, dan Pengembangan melalui Direktorat Penelitian dan Pengabdian kepada Masyarakat (DPPM), Kementerian Pendidikan, Kebudayaan, Riset dan Teknologi Republik Indonesia melalui Skema hibah Penelitian tahun 2025 yang telah mendukung melalui pendanaan penerbitan buku ini.

Terima kasih juga penulis sampaikan kepada Universitas Tribuana Kalabahi dalam mendukung dosen dalam mengembangkan diri melalui penulisan buku.

Buku ini hadir sebagai panduan bagi konselor, mahasiswa bimbingan konseling, serta para praktisi pendidikan yang ingin memahami dan menerapkan pendekatan konseling naratif dalam praktik sehari-hari. Di dalamnya dibahas landasan teori, prinsip dasar, teknik serta contoh penerapan konseling naratif.

Penulis berharap, buku ini dapat menjadi sarana untuk membantu individu menemukan kembali harapan dan kekuatan dalam dirinya melalui cerita yang mereka miliki.

Kalabahi, 24 November 2025

Salam Hangat

Penulis

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