

# INCREASING PERSON-CENTRED SKILLS OF GUIDANCE AND COUNSELING TEACHERS IN JUNIOR HIGH SCHOOL, KULON PROGO

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## ABSTRACT

*In this era of disruption, guidance and counseling teachers play an important role in being ready and optimally supporting students through counseling services. The success of counseling services will provide great benefits for students because they can develop their potential optimally. However, the problems encountered show that not all teachers have equal capacity in carrying out counseling according to existing rules. There are still many teachers who do not base the assistance provided on a particular counseling approach, so it is common for counseling sessions to change and tend to give advice. Therefore, the community service team was designed with the theme of person-centred counseling skills training for junior high school guidance and counseling teachers in Kulon Progo Regency. The person-centred counseling is included in the humanistic counseling approach which aims to help the client towards the development direction he wants to achieve. The program designed in this training consists of two modes that was offline and online. The offline activities carried out consist of conveying the theoretical and practical basis, 5 person-centred counseling skills and simulations according to the theory that has been studied. Meanwhile, online activities are carried out by giving BK teacher participants the opportunity to explore cases in their schools through project-based learning which is then complemented by independent assignment and evaluation activities. In measuring improvement during this training, participants were given pre and post-tests. The hope is that after this training, the knowledge gained can be applied so that the process of providing guidance and counseling services in schools can run well.*

*Kata Kunci: Training, counseling, skills, person-centred, guidance and counseling teacher*