

# **Training on Implementation of Solution Focused Brief Therapy (SFBT) Counseling Approach as a Curative Service in the Pandemic Era**

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## **ABSTRACT**

Community Service Activities on "Training on Implementation of Solution Focused Brief Therapy (SFBT) Counseling as a Curative Service in the Pandemic Era" are carried out virtually or online through the Zoom Cloud platform. This activity was carried out by the PPM Team consisting of lecturers in the Guidance and Counseling Department, Faculty of Education, Yogyakarta State University with the objectives of: (1) improving the ability of counselors and BK teachers in aspects of the implementation of online-based counseling services (e-counseling). ), (2) empowering counselors and BK teachers to be able to provide professional counseling with a Solution Focused Brief Therapy (SFBT) approach with an ecounseling scheme.

This PPM activity was carried out for seven days with the allocation of the total number of meetings, namely 32JP. This PPM activity in a nutshell consists of: (1) pre-test implementation, (2) seminar presentation of material on the Solution Focused Brief Therapy (SFBT) counseling approach and direct experience sharing to describe the counselee's response and continued SFBT counseling, (3) assignment and mentoring case analysis by participants, and (4) post-test implementation with each participant's presentation and discussion of the results of the assignment. This PPM activity was attended by 32 BK teachers from public and private schools from various levels of education in the Province of the Special Region of Yogyakarta. The training methods used in this PPM activity are lectures, discussions, interactive question and answer, and practice through assignments and mentoring.

The results of the PPM activity "Training on Implementation of Solution Focused Brief Therapy (SFBT) Counseling as a Curative Service in the Pandemic Era" can be stated as follows: (1) participants experienced increased understanding and skills in designing various relevant statements and questions as counselor responses in counseling SFBT of 23% which is indicated from the pre-test and post-test which generally shows the progress of participants in analyzing cases, and (2) participants can develop understanding and skills in the process of designing various relevant statements and questions as counselor responses in counseling SFBT is based on the presentation of SFBT counseling theory approach material.

*Kata Kunci: Training, Counseling, Solution Focused Brief Therapy*