

Improve The Ability Of Counseling Teachers In Analyzing Counselee Cases Based On The Theory Of Counseling

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ABSTRACT

Community Service Activities (PPM) on "Improving the Ability of Counseling Teachers in Analyzing Counseling Theory-Based Counseling Cases" 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 aim of: (1) providing basic knowledge and skills in analyzing cases based on the REBT (Rational Emotive Behavior Therapy) approach, (2) provide understanding and clarification regarding the use of theory urgently in the implementation of professional counseling services, and (3) increasing the ability to obtain and process a variety of information from the symptoms that the counselee raises in the context of diagnosis the counselee's problems or needs.

This PPM activity was carried out for seven days with an allocation of the total number of meetings, namely 32JP. The PPM activities briefly consist of: (1) conducting the pre-test, (2) seminars explaining case analysis material in REBT's point of view, cognitive counseling and reality counseling, (3) assignment and assistance to case analysis by participants, and (4) post-test implementation with presentations and discussions of each participant on the results of the assignment. This PPM activity was attended by 20 BK teachers from public and private schools from various types of education levels. The training methods used in this PPM activity are discussion, discussion, interactive question and answer, and practice through assignments and mentoring. Capaian hasil kegiatan PPM "Meningkatkan Kemampuan Guru BK dalam Menganalisis Kasus Konseli Berbasis Teori Konseling" ini dapat dinyatakan sebagai berikut: (1) para peserta mengalami peningkatan kemampuan dalam menganalisis kasus konseli berbasis teori konseling yang diindikasikan dari pelaksanaan pre-test dan post-test yang secara general menunjukkan perkembangan kemampuan peserta dalam menganalisis kasus, dan (2) para peserta dapat mengembangkan pemahaman dalam proses menganalisis kasus berdasarkan pemaparan materi berdasarkan pendekatan teori konseling REBT teori konseling kognitif, dan teori konseling realita.

Kata Kunci: *Case analysis, counseling, counseling theory*