

# **Evaluation of Individual Counseling Services using SEFT Therapy Techniques Based on the Discrepancy Model in the Guidance and Counseling Service Unit (ULBK)**

**by Diana Septi Purnama, Mitta Kurniasari, Budi Astuti**

## **ABSTRACT**

Guidance and counseling services are efforts made by guidance and counseling teachers to help solve problems independently. This research uses the discrepancy evaluation model to evaluate individual counseling carried out by counselors in the Guidance and Counseling Services Unit. Individual counseling means counseling provided by a counselor to a client in order to resolve personal problems. Individual counseling takes place in an atmosphere of direct communication or face-to-face between the counselor and the counselee who discusses various problems experienced. In accordance with its function, guidance and counseling services aim to help clients solve their problems, both internal and external. UNY's Guidance and Counseling Services Unit (ULBK) is one of the units that provides individual counseling for students. One of the approaches used in providing individual counseling is the SEFT therapy technique approach. To see the success of individual counseling services provided by ULBK, an evaluation needs to be carried out. The evaluation was carried out using the discrepancy model. The research results showed that there was a change in the condition of mind and feelings for the better after receiving individual counseling services. These results prove that SEFT therapy is effective in helping to solve problems. This research can provide input and recommendations for counseling and psychology institutions that have the same role as ULBK to be able to use the same therapy.

Kata Kunci: *evaluation, individual counseling, discrepancy model, seft therapy*