

# **Improving Counseling Skills Cognitive Behavior Therapy (CBT) as an Effort to Reduce Student's Cognitive Distortion for High School Counseling Teachers in Sleman**

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## **ABSTRACT**

Counseling skills are one of the important aspects that guidance and counseling teachers must master in order to provide appropriate counseling services. Various problems experienced by students at school can be resolved through counseling services, one of which is problems related to cognitive distortion. Therefore, counseling skills with a cognitive behavioral approach are one of the appropriate skills to use. However, guidance and counseling (BK) teachers at SMA Sleman Regency still feel they are not skilled enough in using counseling skills, especially the cognitive behavioral counseling approach. So, the PKM activity for Lecturers with Off-Campus Activities (DLK) seeks to help Sleman Regency High School Counseling Teachers improve their cognitive behavioral counseling skills to overcome the problem of cognitive distortions.

The training participants were 27 BK teachers from Sleman Regency. Activities are carried out in a blended manner (online-offline) through several stages, namely: 1) administrative preparation and information delivery stage, 2) material presentation and discussion stage, 3) training and mentoring stage, 4) stage of working on worksheets independently, 5) stage practice, 6) evaluation stage and finally the closing stage. To determine the success of the activity, descriptive analysis was carried out using pretest and posttest data.

The results of the training showed that there was an increase in CBT counseling skills among high school guidance and counseling teachers in Sleman Regency. The increase in CBT skills is known from the average pre-test score of 38.57 in the medium category and the average post-test score of 58.04 in the high category. The pre-test percentage was 47% and the post-test was 72%. The increase in pre-test and post-test scores reached 20 points (25%). Thus, it can be concluded that CBT counseling skills training as an effort to reduce students' cognitive distortions for high school guidance and counseling teachers in Sleman Regency has achieved the targeted results.

*Kata Kunci: Cognitive behavior therapy, cognitive distortions, guidance and counseling's teacher*