

# Preparing Counselors, UGM Held Guidance Counseling Training

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Guidance is the process of providing assistance to individuals carried on continually so that they understand themselves and are capable to direct and act reasonably in accordance with the demands and circumstances of families and communities. And so, an individual can enjoy their life happily and make a significant contribution to society.

That was said by Dr. Tina Afiatin, a lecturer of Faculty of Psychology Universitas Gadjah Mada, in Guidance and Counseling for Lecturers, Students, and Academic Staff to Become Counselors at the Faculty, Monday (10/10). According to Tina, counseling service is intended to make human beings organize their own life, ensure their development as optimally as possible and assume full responsibility for their direction in life. In addition, it is to make individuals able to use freedom as adult human beings based on the ideals to realize all the potential which is good to them. "In addition, they are able to accomplish all the duties in life satisfyingly," she explained at UGM Multimedia Room.

It was explained that counseling is the most basic guidance to help individuals face to face with the aim that individuals can take responsibility for problems or special issues. Counseling activity always involves a face to face meeting which is confidential, discussing actual problems faced by the client. Solving the problem will be sought together by taking a choice among several alternatives, or an act of self-adjustment. "Which option will be made and what adjustment measures will be taken are the rights and obligations of counseling itself," Tina Afiatin explained.

Therefore, in counseling there are always a process and face to face meeting. In this aspect, clients experience a series of process from recognizing problems, disclosing them, until the unavailability of solution until the moment the problems are solved satisfactorily. "The series of changes within the individual normally follow the sequence, revealing the problem completely, looking at the core of the



problem clearly, being aware of all the reactions in the natural sense of the issues more fully, facing problems with clear thinking, more rationally, and finding a satisfactory solution," she said.

Director of Student Affairs, Drs. Haryanto, M.Si., before 40 participants added that three requirements are needed towards becoming a developed nation. Besides associated with the nation's independence, it also needs nation's competitiveness and superior and noble civilization building. Other requirements are good morale, character and behavior. "In addition, the people must also be intelligent and knowledgeable, innovative, progress chasers, hard workers, passionate, and nationalistic," he said.

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