

Best practice Islamization of science on Gestalt-Profetik (G-Pro) guidance and counseling model

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ABSTRACT

Gestalt Prophetic Guidance and counselling (BK G-Pro) is a reconstruction model toward the concept and therapy concept of Gestalt Fredrick S. Perls. It is aimed as a concept of awareness, concept and support which covers many internal dialogue games like empty chair and doing the rounds. BK-G PRO is distinctively known as full awareness, full contact and full support that lead every individual being aware of his existence as Abdullah and Khalifatullah on the earth. The best practice of this model applies group guidance and individual counselling strategy. Group guidance strategy conducted in the form of small group in giving a basic therapy and guidance to all the counselee through The SDBHSM card game. This game is an interactive game between counsellor and counselee and it is aimed to support the counselee to change his condition from being weak awareness to be a full awareness. SDBHSM is stands for S: Siapakah anda (who are you?), D: Darimana anda berasal (where are you from). H: Hendak Ke mana tujuan anda (what is your life aim) S: Sedang apa anda saat ini (what are you doing?). M: manfaat apa yang anda peroleh? (What is the benefit you get?). After group guidance strategy done, the internal dialogue game as individual strategy is implemented. There are 7 advantages of implementing BK G pro model for the counselee. The first, it can develop the self awareness admitting his existence as the creature of Allah the almighty. The second, this model gradually leads the counselee to be grateful, patient and wise in taking life lesson from the experience he has. the third, it can independently develop counselee's life skill to fulfil his life needs without breaking Islamic law and human rights. The fourth, this model much more focuses on maintaining the heart with its willingness and feeling. The fifth, this model teaches the counselee to be responsible of what he has committed and also willing to accept any consequences of his choice and action. The sixth, the counselee can move from being dependent supported by others to be independent supported by himself and Allah. The seventh, the counselee will consider that he needs others and be able to help other for the sake of Allah..

Keywords: *Gestalt-Profetik (G-Pro); Gestalt Frederik S. Perls Therapy; SDBHSM Card Game.*

I. INTRODUCTION

Gestalt is a term in German which is not equivalent in English (Clarkson 1989; Yontef and Jakobs 2000; Blom 2006, p. 18). In the German, word of gestalt has the equivalent meaning as "shape or configuration". According to Patterson (1986), the word of Gestalt refers to the overall meaning, configuration, integration, pattern or shape. The concept of Gestalt can be interpreted as an entity or it is a perfect more than just parts of the component that has a value of structure and still be known as something full-length relationship among parts are fixed (Blom 2006, p. 18). Gestalt Frederic Perls Therapy is a therapeutic technique that refers to the basic concepts of Gestalt psychology. This therapy is used in the counselling service to help counselees that face problems encountered. In this therapy, the Counsellor tries to develop a therapeutic with the typical relationship, where the counselees are given the opportunity to express feelings in themselves with verbal language and non-verbal language, express their in the form of internal dialogue on the context of "here and now".

This therapy uses techniques that can help counselees to have awareness, provide an opportunity for the counselee to feel internal conflicts, completing of dichotomies and resolving some unfinished problems in the past (Woldt 2005). According to Corey (2009) philosophically, there is a real danger in the lifestyle to hold the concept of Perls Gestalt therapy "It is my business and it your business."

The view of Corey got the attention of the writer to research of Perls Gestalt therapy. In 2010, the writer conducted a critical analysis and reconstruction of the concept into the concept and practice of Gestalt Prophetic Guidance and Counselling (BK G-Pro).

II. THEORETICAL BASIS

Figures of Gestal therapy are Frederik S ("Fritz") Perls (1893-1970) and his wife Laura Perls Postner (1905-1990). Gestalt therapy was develop in the 1950s and 1960s and then spread widely in the 1980s (Aronstan 1989; Clarkson and Mackewn 1994; Fagan and Shepherd 1970; Oaklander 1994; Phares 1984; Thomson and Rudolph 1996; Blom 2006 p. 21).

The term of Gestalt therapy was used first in book written by Frederick Perls, Ralph Hefferline and Paul Goodman. The basic assumption of Gestalt therapy is individuals have the capacity to organize themselves and their environment, therefore they can solve their problems. The basic prinscipe of Gestalt therapy are holism, field theory, the figure formation process, and organismic self-regulation (Corey 2005).

According to Lerner (1986) holism is the view that all behaviour of human as a coherent and distinct from each other Field theory is the principle that individuals should be seen in the context of the environment or varying constantly. This principle is the view that everything is interconnected, interrelated and individuals organize their environment from time to time with the process of Figured formation. It is known as the principle of "figure" and "ground" (Latner 1986). Organismic self-regulation is the principle which

views individuals can act and establish relationships so it can establish a balance or can continue to grow and change.

In gestalt therapy, the awareness is The Awareness is basic of curative, knowledge and communication process. When individuals are in the awareness of the individual can regulate itself in its environment. The awareness on the individual intended that the individual has the ability to take personal responsibility and personal life to the fullest as a whole (Corey 2005 p. 118).

Awareness can be described as a continuum. One of aspect is known as “missing awareness”. It happens when people asleep so lost contact with the present. While other aspects awareness is called the contact with the reality around us such as see, feel, observe, and experience each process flow within the entire existence of our life (Polster & Polster 1973; Safaria 2005 p. 30) include all dimensions of self, perception, understanding the flow of thoughts, feelings, stresses limbs in the context of the “here and now”.

Perls (1969) describes three dimensions of awareness, namely: Inner zone, Outer zone and the Middle zone. Inner zone is the internal world of the individual that is a mixture of body feeling (bodily-affective state) such as muscle tension, heart rate, breathing, emotions and the atmosphere of the individual juice. Awareness of this dimension can help counselees to understand of their internal world (here and now context). Outer zone is the dimension of awareness regarding individuals contact and interaction with the outside world which can be seen from individuals' behavior, their actions to response, speech, and interaction style. It is associated with the function to see, hear, speak, touch, taste, smell, and movements. While middle zone is the dimension of awareness related to the way people give meanings and conclusions on the inner and outer dimensions including the individual thoughts, memories, fantasies, the process of attribution, interpretation, or anticipation.

Full awareness of this dimension can help individuals to realize the irrational belief, because they are able to make sense of their world, forming a construction values, impressions or conclusions which is made based on inner and outer dimension (Joyce & Sill 2001; Safaria 2005 p. 36). The view of the awareness by Perls can be appeared when the counselee make a choice. In the process to achieve the awareness, counselee must understand the environment, understand their selves, accept their selves and be able to establish a relationship. The process of achieving this awareness in the context “here” and “now” based on direct experience (immediate experience) (Blom 2006; Brownell 2010; Mann 2010; Fagan and Shepard 1970; Hardy 1991; Magill and Rodriguez 1996).

III. ISLAMIZATION OF BK G-PRO

Gestalt-Profetik Guidance and counselling (BK G-Pro) is a reconstruction model toward the concept and therapy concept of Gestalt Fredrick S. Perls. It is aimed as a concept of awareness, concept and support which covers many internal dialogue games like empty chair and doing the rounds with the techniques of face some unfinished business;

technique of "I take responsibility"; technique of "I have a secret"; technique of "May I give you a sentence"; technique of playing projections; technique of reversal; technique of repetition; technique of exaggerating; technique of "Can you stay with this feeling". Concept of awareness, contact and support in BK G-PRO is known as full awareness, full contact and full support. All of those have a meaning that every individual being aware of his existence as Abdullah and Khalifatullah on the earth. As the caliph of God, human beings have a responsibility as a manager, maintainer, and become individuals useful to themselves, their families, and the wider environment.

The role of the individual as the abdullah and khalifatullah will be accountable to Allah. As the khalifatullah human has given potential by the Allah including bodies (*jism*), *aql* (mind), *nafs* (soul), and *qalb* (heart). This potential is based on the ultimate potential namely: (1) *hidayah al-Ghariziyat* (potential instinctive) (2) *hidayah al-Hassiyat* (sensory potential); (3) *hidayah al-Aqliyyat* (potential sense) and (4) *hidayah al-Diniyyat* (religious potency). With all individual potentials, it can make a perfect man (al insan kamil) and khalifatullah in the Earth. In surah Al-Mukminun verse 115, it is explained three main point namely, human beings are created by Allah, human being are created not in vain, and human will eventually be returned to Allah to account for their deeds ('amal).

There are seven advantages of implementing BK G-Pro model for the counselee. The first, it can develop the self-awareness admitting his existence as the creature of Allah the almighty. The second, this model gradually leads the counselee to be grateful patient and wise in taking life lesson from the experience he has. The third, it can independently develop counselee's life skill to fulfil his life needs without breaking Islamic law and human rights. The fourth, this model much more focuses on maintaining the heart with its willingness and feeling. The fifth, this model teaches the counselee to be responsible of what he has committed and also willing to accept any consequences of his choice and action. The sixth, the counselee can move from being dependent supported by others to be independent supported by himself and Allah. The seventh, the counselee will consider that he needs others and be able to help other for the sake of Allah.

The best practice of this model applies group guidance and individual counselling strategy. Group guidance strategy conducted in the form of small group in giving a basic therapy and guidance to all the counselee through The SDBHSM card game. This game is an interactive game between counsellor and counselee and it is aimed to support the counselee to change his condition from being weak awareness to be a full awareness. SDBHSM is stands for S (Siapakah anda/ who are you?), D (Darimana anda berasal/ where are you from (philosophical question and answer). H (Hendak Kemana tujuan anda / what is your life aim?) S (Sedang apa anda saat ini/ what are you doing question and answer). M (manfaat apa yang anda peroleh? / What is the benefit you get?). After group guidance strategy done, the internal dialogue game as individual strategy is implemented. The strategy used in the BK G-PRO is a strategy group counselling and individual counselling. Strategy group guidance is in the form of a small group to provide basic services to all counselee as initial therapy approach using a SDBHSM card game.

SDBHSM Card Games is early treatment of BK G-Pro was validated by experts and conducted experiments with effective results in improving the adaptability. That card as the primary treatment media which are a card with two sides (side A and B) and contain the same six questions to the contents. Counselee asked to answer the six questions on the card side A, then counsellor explores every counselee's answer from number 1 to number 6 gradually, counsellor confronted of counselee's answers. Therefore counselee can achieve full awareness with basic service in guidance and counselling. Last session, the counselee asked to answer six questions on the same card on side B to find the most essential answers. Through SDBHSM card games expected counselee achieves the full awareness, full contact and full support.

The next steps, it uses individual counselling with gestalt therapy, namely: internal dialogue game (empty chair); create circles (doing the rounds); technique of face unfinished business; technique of "I take responsibility"; technique of "I have a secret"; technique of "May I give you a sentence"; technique of playing projections; technique of reversal; technique of repetition; technique of exaggerating; technique of "can you stay with this feeling".

In BK G-Pro view is mental hygiene of individual who is always aware of what he or she feels, what he or she thinks, be aware of how he or she take action, aware in considering the decision, realize to always create meaning in his or her life, aware of the tensions that occur in the body, aware of these dimensions are forgotten as traumatic events, hidden self-concept. Then, it can also be interpreted as an individual who has full awareness. He or she has strong contacts and relation with God (Allah) and environment.

IV. STRENGTHS AND WEAKNESSES ANALYSIS OF BK G-PRO

Counselors encourage counselees who are on a limited awareness towards the full awareness in the context of "here and now". This approach can help counselees combines the opposite characteristics inside themselves. G-PRO is based on Islamic values that are more absolute that are sourced from the Al-Qur'an and hadith.

Weakness this therapy are it can be mechanically so that the counselor personally remains hidden. Counselees often react negatively to techniques in this therapy because they were considered foolish and childish. Furthermore, the counselors only act technically and impersonal, where counselors just set practices and games that are not finished with the hiding of their personality. Therefore, the counselor's role is just as a catalyst.

V. SUMMARY

The strategy used in the BK G-PRO is a strategy group counselling and individual counselling. Strategy group guidance is in the form of a small group to provide basic services to all counselee as initial therapy approach using a SDBHSM card game. Practice approach BK G-Pro using the guidance of a small group and individual counselling. Guidance is done by SDBHSM card game, the next game individualized counselling

techniques used internal dialogue. There are 7 advantages of implementing BK G pro model for the counselee. The first, it can develop the self-awareness admitting his existence as the creature of Allah Almighty. The second, this model gradually leads the counselee to be grateful, patient and wise in taking life lesson from the experience he has. The third, it can independently develop counselee's life skill to fulfil his life needs without breaking Islamic law and human rights. The fourth, this model much more focuses on maintaining the heart with its willingness and feeling. The fifth, this model teaches the counselee to be responsible of what he has committed and also willing to accept any consequences of his choice and action. The sixth, the counselee can move from being dependent supported by others to be independent supported by himself and Allah. The seventh, the counselee will consider that he needs others and be able to help other for the sake of Allah. Individuals who are healthy mentally can adapt creatively to changes for themselves and their environment as specific and unique so that they can lead a positive life, ready to face problems of life and be grateful to Allah SWT.

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