



International Journal of Languages and Culture

Publisher's Home Page: <https://www.svedbergopen.com/>



Short Article

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Arts Counseling: Literature and Writing in Counseling Activities

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Article Info

Volume 2, Issue 1, June 2022

Received : 19 November 2021

Accepted : 16 May 2022

Published : 05 June 2022

doi: [10.51483/IJLC.2.1.2022.1-3](https://doi.org/10.51483/IJLC.2.1.2022.1-3)

Abstract

Writing or reading can be a way for someone to express their feelings or thoughts. This makes writing and reading one of the creative techniques in the counseling process. Counseling is a two-way process of assisting individuals who need professional assistance. Counseling will be said to be effective if the counselee is able to fully describe the problems he is facing and the counselor receives the information obtained which will be followed up. Writing and reading will be a helper for the counselee in expressing his feelings or problems.

Keywords: *Writing, Reading, Feelings, Counselling, Literature*

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Introduction

There is an expression that says that each individual must have problems and everyone must have had problems, regardless of whether or not the problem is complicated by the individual. Many people assume that by having problems, individuals will learn to be mature. Adults are meant by individual problems do not run away from the problem, because running from the existing problems will not solve the existing problems.

There are many ways to express your thoughts and feelings about the problems at hand. One way that can be used is by writing or reading a *diary*. Studies have proven that writing can reduce high levels of aggressive motives in students. This suggests that writing about yourself and your own experiences can improve *mood* and help to reduce *symptoms* of cancer patients, improve quality of life after a heart attack, reduce doctor visits, and even improve memory. The power provided by writing and writing their own stories can provide individuals with behavioral changes and can also increase individual happiness (Parker-Pope, 2015).

There are several types of literature that can be used as a means of *healing* someone, including *bibliotherapy*, *bibliocounseling*, *poetry therapy*, and *scriptotherapy*. The use of books for the purpose of *healing* has received attention even since World War I and II. With many soldiers returning from war with post-traumatic disorders or symptoms, *bibliotherapy* is seen as a *treatment* cost effective. Since then the use of *bibliotherapy* has expanded and is now used in the "helping" profession, in every age group in various populations.

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2. Discussion

The word *bibliotherapy* consists of two words, namely *biblio* (*biblius* = book) which comes from Greek and *therapy* which refers to psychological assistance. In simple terms, *bibliotherapy* is defined as the use of books to help people cope with their problems. *Bibliotherapy* is the use of literature and poetry in the *treatment* of people who have emotional problems or are mentally ill. *Bibliotherapy* is often used in social group work and group therapy and is reported to be effective for people of all age groups, both inpatients and outpatients, as well as for healthy people who wish to share useful literature for personal growth and development. Samuel Crothers makes the meaning of bibliotherapy for therapeutic use in the book. *Bibliotherapy* aims to help clients to find solutions to their problems. Counselors can provide clients with opportunities to think alternative thoughts, feelings, and actions to learn new skills and to practice new behaviors. The process of identifying the characters of the reading, which is followed by cathartic experiences, *insights*, and actions can occur in everyday life without therapy. *Scriptotherapy* often used to refer to the process of writing in a therapeutic way (Riodran, 1996). *Scriptotherapy* is useful in self-help and therapeutic approaches to working with clients, especially clients who feel unnotified, *denied*, *unresolved*, or *traumatic*. Writing can liven up self-expression, acceptance of feelings and sometimes increase spiritual value. Writing can also relieve pain and help clients *deal* with their emotions in context of cognitive and *objective*.

The use of *literature* in counseling can not only be applied to certain populations, but can be applied to every population. *Children*, *adolescents*, *adults*, and *older clients* are populations that can be applied to the *literature*. Each population certainly has a different way of applying *literature* in the counseling process.

2.1. Children

The use of *literature* in the pediatric population is usually given in the form of story books, *fairy tales*, and *nursery rhymes*. Usually therapists who apply *literature* to children will be accompanied by videos or recordings (video/cinema therapy). In order to provide *literature* to children effectively, the therapist must provide as much media as possible so that children do not get bored quickly.

2.2. Adolescents

Adolescence is a time when individuals begin to search for their identity. Therefore, the use of *literature* therapeutics can help adolescents to realize or optimize their existing potential and provide value in their lives. In the adolescent population, the forms of *literature* that can be given are biographies and autobiographies.

2.3. Adults

Adulthood is usually filled with individuals who have opportunities and have lots of questions. Opportunities experienced in adulthood are usually career or work-related opportunities and the question that is usually asked by many adults is that they have many responsibilities or *deals*, but only have little time. The forms of *literature* that can be given to adults are books with the theme of *self-help* and films that can provide many benefits.

2.4. Older Clients

Writing is often used therapeutically for the elders. Writing is an *ancient healing art* found in the history of human life. Can use autobiographies using family albums, *old letters*, personal memories, and chat with other people and tell stories about life experiences to become meaningful.

3. Conclusion

There are many ways that can be done to express the contents of thoughts and feelings about the problems at hand. One way that can be used is by writing or reading a *diary*. There are several types of literature that can be used as a means of *healing* someone, including *bibliotherapy*, *bibliocounseling*, *poetry therapy*, and *scriptotherapy*. The use of books for the purpose of *healing* has received attention even since World War I and II. *Bibliotherapy* is the use of literature and poetry in the *treatment* of people who have emotional problems or are mentally ill. *Bibliotherapy* is often used in social group work and group therapy and is reported to be effective for people of all age groups, both inpatients and outpatients, as well as for healthy people who wish to share useful literature for personal growth and development. *Scriptotherapy* is useful in self-help and therapeutic approaches to working with clients, especially clients who feel unnotified, *denied*, *unresolved*, or *traumatic*. The use of *literature* in counseling can not only be applied to certain populations, but can be applied to every population. *Children*, *adolescents*, *adults*, and *older clients* are populations that can be applied to the *literature*.

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Cite this article as: Theodorus Alkino Rifaldo Sebo (2022). *Arts Counseling: Literature and Writing in Counseling Activities*. *International Journal of Languages and Culture*. 2(1), 1-3. doi:10.51483/IJLC.2.1.2022.1-3.