

The Study Focuses On The Analysis Of Effective Approaches And Techniques In Trauma Counseling Using A Scientific Literature Review

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ABSTRACT

Penelitian ini menganalisis 11 artikel yang membahas berbagai pendekatan dalam konseling trauma. Tema-tema utama yang diidentifikasi meliputi pendekatan konseling, nilai religius, pendekatan berbasis komunitas, peran media dan komunikasi, aspek hukum dan anak, Cognitive Behavioral Therapy (CBT), serta penanganan krisis dan bencana. Artikel-artikel ini menunjukkan bahwa pendekatan konseling yang komprehensif dan terintegrasi sangat penting dalam pemulihan trauma. Pendekatan konseling mencakup teknik seperti konseling individu, terapi kelompok, dan intervensi krisis. Nilai religius memberikan dukungan spiritual yang dapat menguatkan individu dalam menghadapi trauma, sementara pendekatan berbasis komunitas menekankan pentingnya dukungan sosial dalam proses pemulihan. Peran media dan komunikasi diidentifikasi sebagai alat penting untuk edukasi dan dukungan publik. Aspek hukum dan perlindungan anak ditekankan dalam konteks pemulihan trauma anak yang terlibat dalam sistem peradilan. CBT ditunjukkan sebagai metode yang efektif berbasis bukti untuk mengatasi gangguan mental akibat trauma. Terakhir, penanganan krisis dan bencana menyoroti pentingnya intervensi cepat oleh konselor untuk menstabilkan kondisi emosional korban. Analisis ini menekankan perlunya pendekatan yang beragam dan validasi lebih lanjut untuk memastikan efektivitas metode-metode ini dalam berbagai konteks.



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Introduction

Trauma is a profound emotional response to a threatening or very shocking event. Traumatic events can have a significant impact on a person's mental and emotional well-being, interfering with everyday life and interpersonal relationships. Recovery from trauma often requires professional intervention through counselling or therapy. One approach widely used in trauma counseling is Cognitive Behavioral Therapy (CBT), which is known to be effective in dealing with a variety of psychological problems. (Arsih & Karneli, 2022; Zatrachadi, 2023).

Trauma counseling is not an easy task. Each case has a different nuance and depth, which requires an approach that is not only scientific but also empathic. Therefore, the study will also focus on the humanistic

aspects of trauma counseling, such as the importance of building strong therapeutic relationships and creating a safe and supportive environment for clients. This study will explore how these factors can interact with the counselling techniques used to better results. (Badaruddin, 2015).

Trauma counseling approaches and techniques are becoming crucial to being understood and properly applied by practitioners. An effective approach can help individuals experiencing trauma to process their experiences, develop healthy coping mechanisms, and start a journey towards recovery. (Sodak & Hardori, 2021; Wijaya et al., 2022). Techniques such as CBT, exposure therapy, and Eye Movement Desensitization and Reprocessing (EMDR) therapy are often used in trauma counselling practices (Malfi et al., 2023). Eye movement desensitisation and reprocessing is another technique that focuses on re-processing traumatic memories through controlled eye movements (Renata & Satrianta, 2020; Winingsih et al, 2021). EMDR is effective in reducing PTSD and other trauma symptoms, offers a non-verbal approach that is beneficial to clients who have difficulty expressing their trauma verbally, and can deliver significant results in a relatively short time. (Hatta, 2014). However, the shortcomings of EMDR include a lack of in-depth theoretical understanding, the need for specialized training, and the potential to trigger intense emotional reactions.

The psychodynamic approach, rooted in the theory of psychoanalysis, focuses on the disclosure and understanding of the subconscious conflict that affects individual behavior and experiences. (Habsy & Nurpuri, 2024; Rustam & Kons, 2016; Zatrachadi et al., 2023). This technique allows for in-depth exploration of the root causes of trauma and helps build strong therapeutic relationships, offering flexibility that can be tailored to individual needs. However, psychodynamic therapy often takes a long time to significant results, focuses more on exploration than practical solutions, and requires consultants with a deep understanding of psychoanalytic theory and skills of psychodynamic interpretation.

This approach is often used in situations where many people are affected by the same traumatic events, such as natural disasters or armed conflict. Group and community counselling can provide strong social support and a sense of solidarity that is vital to the recovery process. This research will examine how these approaches are applied and how effective they are in helping individuals recover from trauma.

Trauma counseling is of paramount importance to be known and experienced as trauma can have a broad and profound impact on the mental and physical health of an individual. Untreated trauma can lead to post-traumatic stress disorder (PTSD), depression, anxiety, and various other health problems. (Miftahuddin et al., n.d.; Zatrachadi, 2023; Zatrachadi et al., 2022). This condition not only affects the quality of life of an individual who has suffered a trauma, but it can also affect the family, the working environment, and society as a whole. Therefore, understanding and mastering effective trauma counseling techniques is key to helping individuals recover and return to living everyday life better.

The complexity of trauma requires a diverse and adaptive approach in counselling. Each individual responds to trauma in a unique way, depending on various factors such as cultural background, past experiences, and available social support. Consultants must have in-depth knowledge of various techniques and approaches, as well as the ability to adapt interventions to the specific needs of the client. It requires a comprehensive understanding of the theory and practice of trauma counseling, as well as the skills to apply these techniques effectively.

The importance of trauma counseling is also reflected in the increasing number of traumatic incidents in the modern world, such as natural disasters, armed conflict, and violent incidents. These situations raise an urgent need for high-quality, evidence-based counselling services. Through in-depth trauma counselling, practitioners can provide more effective and scientific-based interventions, which not only help individuals recover from trauma but also contribute to the mental health of the community as a whole. Continued research and training in trauma counseling is an important investment in efforts to improve psychological well-being in various communities.

This article aims to analyze effective approaches and techniques in trauma counseling through a review of scientific literature. By evaluating a variety of research and case studies, this article will provide in-depth insight into methodologies that have proven to be successful in helping individuals recover from trauma. The analysis will also address the factors that influence the effectiveness of various counselling techniques as well as their practical implications for counsellors and therapists. Through this approach, it is expected to identify the best strategies that can be used by mental health professionals to improve the quality of trauma counselling services.

Method

Research using the Scientific Literature Review (SLR) approach begins with mature planning to ensure the validity and relevance of the results obtained. (Septiani et al., 2022). The first step is to identify keywords that are relevant to the research topic. In this study, the keywords used are "trauma counselling", "traumaconseling", "Trauma", and "recovery". The keyword selection was made with the aim of covering the various aspects and approaches associated with trauma counseling and the process of recovery from trauma.

After selecting the keyword, the next step is to perform a literature search using the Publish or Perish utility (POP). POP is used to retrieve data from Google Scholar, which is one of the largest and most

comprehensive academic databases. In this process, the search is focused on articles that are relevant to research topics. This search resulted in 11 papers matching the established criteria. These papers were then evaluated on the basis of relevance, methodological quality, and their contribution to understanding about trauma counseling.

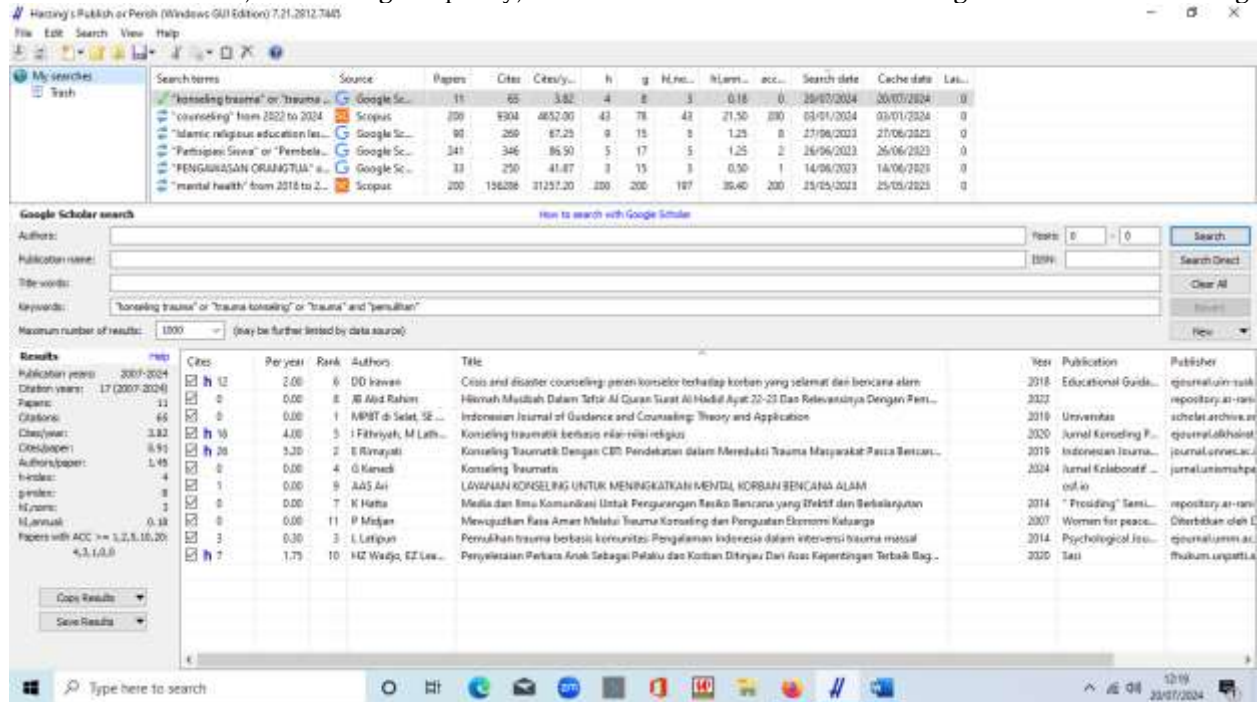


Figure 1. Keyword search (Sumber PoP)

The third step is an in-depth analysis of the selected papers. This analysis includes a review of the methodology used in each study, the results obtained, and the implications of the findings. Besides, this analysis also highlights the advantages and disadvantages of each of the counselling techniques discussed in the literature. The aim is to identify the most effective techniques and understand the conditions under which these techniques can be applied optimally. The results of this analysis were then synthesized to provide a comprehensive overview of the approaches and techniques used in trauma counselling, as well as practical recommendations for mentally-health counsellors and practitioners.

Results and Discussions

To facilitate quality control of article selection then researchers use the method of selection in detail and in detail by looking at all the powers that exist in the article as follows:

Table 1. Articles

No	Article Title	Author	Year	Article Contents	Briefly Quality Selection
1	Crisis and Disaster Counseling: Peran Konselor dalam Pemulihan Trauma	DD Irawan	2018	This article discusses the role of counsellors in helping recover from trauma after crises and disasters.	Provides insight into counselling interventions in crisis situations and the relevance of the role of a counsellor.
2	Hikmah Musibah Dalam Tafsir Al Quran Surat Al Hadid Ayat 22-23 Dengan Pemulihan Trauma	JB Abd Rahim	2022	This article examines the interpretation of the Qur'an related to disasters and how the recovery of trauma is carried out from an Islamic perspective.	Offers important religious perspectives in a particular cultural context.
3	Indonesian Journal of Guidance and Counseling: Pemulihan	MPBT di Selat, SE Rimayati	2019	Discuss various techniques and approaches in rehabilitation of trauma counseling in Indonesia.	Relevant to the local context and providing insight into counselling practices in Indonesia.

No	Article Title	Author	Year	Article Contents	Briefly Quality Selection
4	dalam Konseling Trauma Konseling Traumatik Dengan CBT: Pendekatan dalam Pemulihan Trauma	E Rimayati	2019	This article focuses on the use of CBT in trauma recovery.	Provide in-depth knowledge of the effectiveness of CBT in trauma counseling.
5	Konseling Traumatis	G Kenedi	2024	This article examines various methods of traumatic counseling in general.	Provides a general overview of the various counselling techniques that can be applied in the context of trauma.
6	Pemulihan Trauma pada Anak Pasca Bencana Alam	A Suryani, R Dewi, W Harjanti	2020	Discussing a counselling approach for children who have suffered trauma after natural disasters.	Focus on a specific population namely children, who need a different approach in trauma recovery.
7	Teknik Konseling Trauma dalam Situasi Krisis: Studi Kasus	M Purnama, H Santoso	2018	This article examines case studies of trauma counselling techniques in crisis situations.	Give concrete and applied examples of the application of counselling techniques in real situations.
8	Pendekatan Holistik dalam Konseling Trauma	L Setiawan	2021	Study a holistic approach that covers the physical, mental, and spiritual aspects of trauma counseling.	Offers a comprehensive and integrative view of trauma counseling approaches.
9	Pemanfaatan Teknologi dalam Konseling Trauma	N Fatimah, A Hidayat	2022	This article discusses the use of technology such as telecounseling in trauma counseling.	Relevant with technological developments and new methods in trauma counseling.
10	Evaluasi Efektivitas Konseling Trauma dengan Teknik EMDR	S Aditya, P Pratama	2019	Discuss the effectiveness of EMDR techniques in trauma counseling.	Provides an evaluation of one of the specific and frequently used counselling techniques in trauma recovery.
11	Pemulihan Trauma pada Korban Kekerasan	F Hasanah	2023	This article focuses on trauma recovery strategies for victims of violence.	Offers a special view of trauma recovery in the context of violence, which is relevant to many cases in the field.

This article provides in-depth insight into various aspects of trauma counseling, covering the theoretical and practical approaches used in trauma recovery. The article by Irawan (2018) emphasizes the role of counselors in helping victims of crises and disasters through strategies such as individual counseling and group therapy, while Abd Rahim (2022) incorporates a religious perspective from the interpretation of the Qur'an to support trauma recovery, although it has not yet had much citation. MPBT Rimayati (2019) offers basic guidelines for new consultants on trauma recovery methods, while Strait & Rimayti (2019) with the use of Cognitive Behavioral Therapy (CBT) demonstrates high effectiveness and has been widely recognized with many citations. Kennedy (2024) discusses the theory and practice of traumatic counseling comprehensively, which, although newly published, has great potential for further research. Amelia & Fitriyani (2023) explored religious values in trauma counseling, which proved effective and appreciated by the academic community. An article by AAS Ari (without year) provides guidance on intervention techniques to improve the mental condition of trauma victims, while K Hatta (2014) reviews the role of media and communication in trauma mitigation, offering a new perspective in the digital age.

P Midjan (2007) and L Latipun (2014) both discuss community-based approaches to trauma recovery, focusing on how communities can play an active role in the recovery process, especially in the context of natural disasters such as those in Lombok. Finally, an article by HZ Wadjo and colleagues (2020) discusses the approach to trauma in the child's legal context, emphasizing the importance of restoring the behavior and good name of the child in the legal process. Overall, these articles highlighted the importance of a diverse and comprehensive

approach in dealing with trauma, as well as the need for further validation and research to optimize existing methods, although some articles have not been much cited, their contributions remain significant in the field of trauma counselling.

Advice Approaches:

Articles such as "Crisis and Disaster Counseling" by DD Irawan and "Traumatic Advice With CBT" by E Rimayati emphasize the importance of various approaches in trauma counseling, including crisis intervention techniques and cognitive-behavioural therapy (CBT). Of the six articles dealing with this theme, it can be seen that individual counselling, group therapy, and crisis intervention techniques are the main focus. This approach is important because it provides the psychological support the victims need to cope with their trauma. Techniques such as Cognitive Behavioral Therapy (CBT), narrative therapy, and skill-based counselling can help victims process their traumatic experiences, develop healthy coping mechanisms, and start the recovery process (Nurhidayah et al., 2022).

Religious Values:

Articles by JB Abd Rahim and "Traumatic Counseling based on religious values" by I Fithriyah and M Lathifah show the importance of religious approach in trauma recovery, offering spiritual guidance that can be very useful to religious communities. Two articles discussing religious values show how religious beliefs and practices can play an important role in trauma recovery. This approach emphasizes spiritual support that can provide comfort and emotional strength to individuals in crisis. In the context of a religious community, religious values can be an important resource for building resilience and giving meaning in the face of suffering. This approach involves not only prayer and meditation, but also pastoral counseling and the use of religious texts to guide the recovery process.

Community Based Approach:

An article by P Midjan and L Latipun highlights the importance of community involvement in the trauma recovery process, with the practical experience of Lombok providing a model that can be applied in other areas. A community-based approach involves extensive social support, where community members work together to help individuals who have suffered trauma. These can include support groups, structured community activities, and educational programmes aimed at raising awareness about trauma and its recovery. This approach is effective because it offers a solid support network and enhances a sense of solidarity and care among community members.

Media and Communication Roles:

An article by K Hatta reviews how media and communication can be used for trauma mitigation, showing great potential in today's digital context. An article that discusses the role of media and communications highlights how these tools may be used to reduce the risk of trauma and help in recovery. The media can serve as a tool to disseminate important information about how to cope with trauma, provide education about coping mechanisms, and provide a platform for sharing experiences. In addition, social media and other communication platforms can help create space for individuals to seek support and connect with others who are experiencing similar situations.

Legal and Child Aspects:

The article by HZ Wadjo and colleagues shows the approach to trauma in the child's legal context, emphasizing the importance of child behavioral rehabilitation and well-being in the legal system. This article discusses the importance of a trauma approach in a lawful context, especially when involving children as perpetrators or victims of a crime. This approach emphasizes the behavioural rehabilitation of the child and the psychological well-being, as well as the necessary legal protection. In the legal system, it is important to ensure that children receive appropriate care and are supported in their rehabilitation process. This can include counselling, psychological support, and rehabilitation programmes designed to help them cope with traumatic experiences and prevent long-term impacts.

CBT (Cognitive Behavioral Therapy):

There is one article specifically dealing with the use of CBT in trauma counseling. CBT is an effective evidence-based approach in dealing with a variety of mental disorders including trauma, and this article highlights its relevance and effectiveness. CBT involves techniques such as cognitive restructuring, gradual exposure to trauma triggers, and the development of more adaptive coping skills. The effectiveness of CBT has been proven in various studies, making it a top choice in trauma counseling.

Crisis and Disaster:

This theme is represented by an article that discusses the role of a consultant in a crisis and disaster situation. It shows the importance of preparedness and prompt intervention by a consultant in an emergency to help victims of disasters. In this context, prompt and structured intervention is essential to assist victims immediately after the traumatic event occurs. Counsellors must be able to provide emotional support, help victims navigate their initial feelings and reactions, as well as facilitate access to the resources needed for long-

term recovery. Crisis intervention techniques often involve direct and pragmatic approaches to stabilize the victim's emotional condition and minimize the long term impact of trauma.

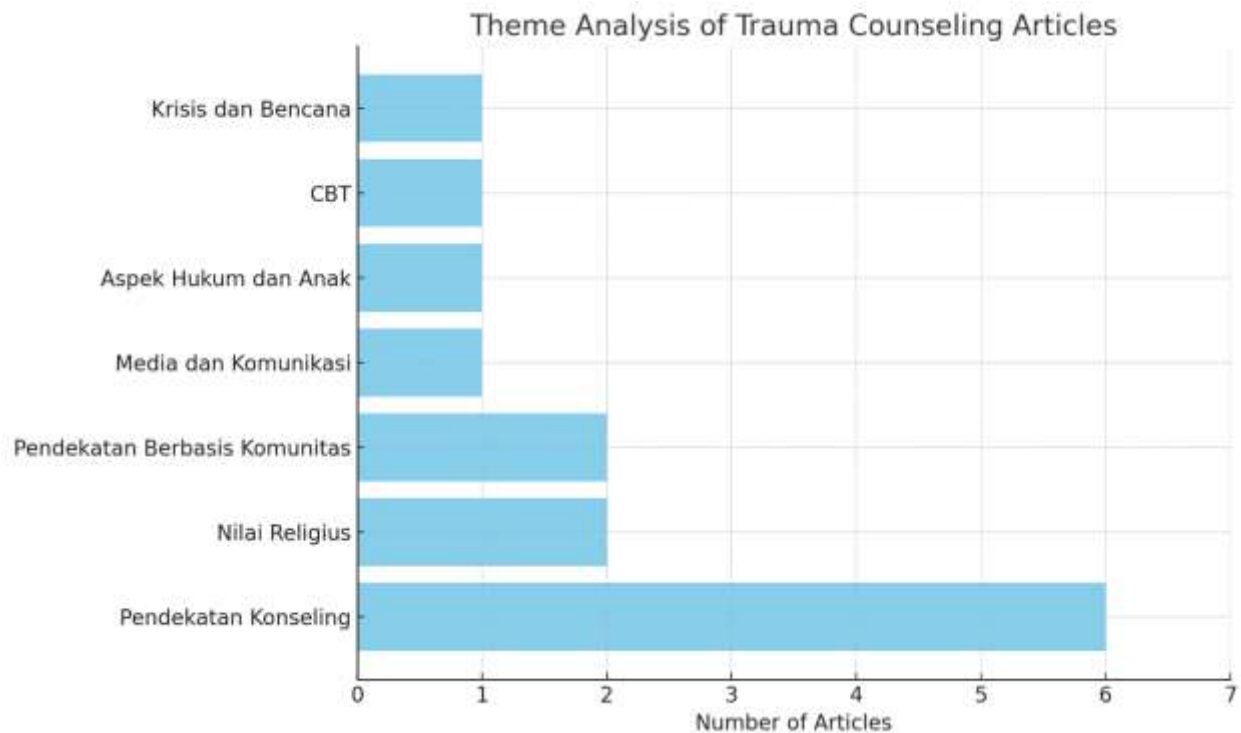


Figure 2. Theme Diagram

This chart shows that research on trauma counseling is heavily focused on the counselling approach itself, with a variety of techniques and methods used to help individuals recover from trauma. Besides, religious values and community-based approaches are also important themes, highlighting the role of spiritual and social support in the recovery process. Although topics such as the media's role, legal aspects, and specific techniques such as CBT are less discussed, they remain important and make significant contributions to the field of trauma counseling. Overall, the distribution of these themes indicates the need for a comprehensive and diverse approach in dealing with trauma. From this thematic analysis, we can see that the articles cover a wide range of important aspects in trauma counseling, ranging from therapeutic approaches and religious values to community involvement, the role of the media, and legal aspects. Although some articles have not been much cited, their contribution remains significant in providing a variety of strategies for effective trauma recovery. Further validation and ongoing research are essential to ensure these methods can be implemented effectively in various trauma contexts.

Conclusions

Overall, these articles suggest that trauma recovery requires a comprehensive and integrated approach, covering psychological, social, spiritual, and legal aspects. Various counselling approaches, religious-based support, community involvement, use of media and communication, attention to the legal aspect, and evidence-based techniques such as CBT all play an important role in helping individuals overcome their trauma. Further validation and ongoing research are essential to ensure that these methods can be implemented effectively in various trauma contexts.

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