

INTEGRATION OF SOLUTION-FOCUSED BRIEF COUNSELING WITH CREATIVE ARTS: A LITERATURE REVIEW

Santi Widiyasari¹, M. Ramli², Fitri Wahyuni³

¹, Prodi Bimbingan dan Konseling, Universitas Negeri Malang, Indonesia

², Prodi Bimbingan dan Konseling, Universitas Negeri Malang, Indonesia

³, Prodi Bimbingan dan Konseling, Universitas Negeri Malang, Indonesia

Corresponding author : santiwidiyasari34@gmail.com

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ABSTRACT

In the face of developments of the era that are changing so quickly, counselor creativity is one of the important indicators that need to be developed in the implementation of counseling services. This counselor's creativity can encourage the achievement of counseling service goals that are meaningful and have a significant impact on changes in the counselee behavior. This article aims to describe the opportunities of integration solution-focused brief counseling with the creative arts. This article is study literature with a structured and systematic meta-analysis from ideas development and research of solution-focused brief counseling with the creative arts. This article is an analysis of 46 articles published between 2007 and 2022 . In addition, there are 5 scientific articles directly related to the combination of brief counseling focus solution with creative arts. The results of an analysis of these articles found that integration of solution-focused brief counseling with the creative arts is a counseling innovation by integrating principles in creative counseling that seeks to help students realize their abilities and potential so that they can come up with solutions to the problems they have. Integration of the creative arts in solution-focused brief counseling is important to do to increase the effectiveness of the counseling services provided. Creative art that can support the effectiveness of solution-focused brief counseling are drawings, puppets, metaphors, and sand trays. The findings of this study provide recommendations for further research to identify the effectiveness of solution-focused brief counseling with other creative arts empirically in overcoming certain problems in counselees.

Introduction

Along with the development of the era that occurred, the problems faced by the students also learn more diverse, so guidance and counseling as an integral part of education have an important role to give a contribution in facing those challenges. The implementation of professional guidance and counseling services is supported by the competence of school counselors as service providers. One of the basic competencies that school counselors must have is professional competence.

Professional competence includes mastery of the concept and practice of assessment in understanding counseling conditions, needs, and problems, mastering the theoretical and practical framework of guidance and counseling, having the ability to design guidance and counseling programs, being able to implement comprehensive guidance and counseling programs, as well as assessing processes and the results of guidance and counseling activities, have awareness and commitment to professional ethics, and master the concepts and praxis of research in guidance and counseling (ABKIN, 2018). The mastery of professional competence of school counselors can be seen from the school counselors' ability to apply these competency aspects in counseling services both individually and in groups.

The reality on the ground is that not all school counselors fully master professional competence (Rahmi & Nurhasnah, 2020). There are various efforts to develop the potential of school counselors so that they have a significant impact on developing the potential of their students. One effort can be made through the implementation of guidance and counseling services through innovative counseling.

Counseling is a process of providing assistance that is carried out by the counselor not only once, but an action that is interconnected and continuous until the problems that exist in the counselee are resolved (Adiputra & Yulianto, 2013). Counseling is one of the services that can make a significant impact on achieving educational goals. Several studies have shown that there is a close relationship between counseling services and how high educational goals are achieved (Collins & O'Rourke, 2010). Counseling services also support school character education programs, where counseling services help encourage the development of student character at school (Bassar & Hasanah, 2020; Nurhasanah & Nida, 2016). Developing student character through counseling services also requires a dimension of counselor creativity so that students can take many lessons from counseling services at school (Farozi et al., 2020).

Based on the explanation above, it provides an important point that creativity is an important element in the effectiveness of counseling services (Bradley et al., 2013). Creativity is the answer for society, especially school counselors, to the increasingly complex problems experienced by counselees (Lawrence et al., 2015). Research recommends training for counselors on creativity in providing counseling services (Buser et al., 2011; Smith, 2011). Counselors who can apply elements of creativity to themselves will get two advantages, namely the counselor appreciates the principle of a creative process and learns about creative efforts in counseling (Gladding, 2016). These two advantages have a significant impact on changes in counselee behavior after receiving counseling services. Counselor creativity becomes one of the elements that encourage the emergence and development of innovation in counseling services. Innovative counseling introduces new strategies for counselors when looking for different ways according to the needs and characteristics of the counselee's problems (Davis & Voirin, 2016).

One of the counselor creativity forms is optimizing elements of creative art in counseling services. Creativity and the creative arts themselves are an integral part of counseling services (Gladding, 2011). Almost everyone knows the concept of art and this art can provide well-being for them (Rosen & Atkins, 2014). Art is an ideal medium for counselors who support counseling interventions because the material is always available around counselors and counselees (Chibbaro & Camacho, 2011). The use of creative arts, it can also facilitate counselees who have difficulty expressing their problems verbally (Gladding, 2016). Therefore, the artistic dimension is one of the components that can support the effectiveness of the counseling service itself.

Counselors can use various media, including creative arts as a tool to innovate counseling services (Alhadi et al., 2016). The modalities used by counselors include music, visual arts, writing, imagery, and so on (Gladding, 2016). Counselors carry out counseling services in different ways so that they can attract counselees' motivation to join counseling services. With innovative ways of counseling, the advantage is that counselees become more focused on counseling activities (Gladding, 2016). Innovation in counseling services also facilitates the development of problems in the current era of globalization, where the problems of counselees today are becoming more complex.

Innovative counseling through creative arts is a form of a new paradigm in counseling services from conventional methods. Innovative counseling with the help of creative arts is a new method in counseling services and will have a meaningful impact on clients (Saputra &

Sofiana, 2017). Creative art as part of expressive counseling will be a means of releasing emotions that exist within a person to make individuals more sensitive to themselves and can help individuals to develop their potential even better (Rahmi & Nurhasnah, 2020). Expressive counseling helps combine counseling with visual art so that it can help counsees express their problems.

The use of expressive and creative counseling can be a solution in deepening the counseling process to carry out the process of diagnosis, exploration of client problems, and solving client problems. The integration of art in counseling becomes counseling for individuals. Art counseling is a way to help individuals who are experiencing distress by using art as a medium of communication between the individual and the therapist. Art counseling will add insight into the complexity of the relationship between physiology, emotion, and images as part of the effective interventions that have been carried out. The creative process involved in artistic self-expression will help people resolve conflicts, develop interpersonal skills, manage behavior, reduce stress, and increase self-esteem to gain insight (Rahmi & Nurhasnah, 2020).

Counselors can provide counseling services using a variety of approaches, from psychoanalytic to postmodern counseling. The counseling approach guides the counselor in determining the point of view of the counselee's problems. One of the postmodern counseling approaches that can help the counselor facilitate the counselee out of his problem is solution-focused brief counseling (SFBC). Counselors who use solution-focused brief counseling to help the counselee become more aware will potency themselves, it is appropriate to view this approach that views that people can build solutions to resolve problems they face (Corey, 2018).

The counselor uses a solution-focused brief counseling approach to help the counselee get out of his problem. Counselors can use solution-focused brief counseling approaches to upgrade *self-regulated learning* students (Utami et al., 2020). Counselors can also use solution-focused brief group counseling as a strategy to reduce student aggressive behavior (Sari et al., 2020). In addition, counselors can also use solution-focused brief counseling as a strategy to reduce student academic procrastination (Pratiwi, 2021).

The results of the research above show that solution-focused brief counseling can be one of the counselor's chosen strategies to help counsees get out of their problems. However, some technical constraints from the implementation of solution-focused brief counseling also require answers so that counseling results are maximized and have a

significant impact on changes in counselee behavior. One of the technical problems that arise is the counselee's lack of openness in expressing his problems or the counselee's difficulty in uncovering the problems that exist in him (Gainau, 2012). Especially counselors who use solution-focused brief counseling demand active collaboration between counselor and counselee to achieve goals (Corey, 2018). Students' difficulties in expressing complaints and problems are often related to introverted characters and Indonesian culture has a significant influence on this condition (Hasan et al., 2018).

Technical problems related to the counselee's difficulty uncovering problems and solutions requiring real solutions. This solution has the goal that the implementation of counseling can have a significant impact on changes in counselee behavior. One element that can overcome this problem is integrating creative arts in counseling. The counselee conveys his problems and complaints in certain creative arts and the counselor can elaborate on the creative art results compiled by the counselee (Saputra & Sofiana, 2017).

The recommendations of solution-focused brief counseling with creative arts innovation have not been fully welcomed by counselors. So there are still technical constraints that can reduce the effectiveness of solution-focused brief counseling itself. This article describes the opportunities for integration of solution-focused brief counseling with creative arts. This article uses the theory and results of previous research to formulate integration opportunities of solution-focused brief counseling and creative arts. So that this article can provide a brief description of integrated counseling focus solutions and creative arts which are references for other researchers to identify more deeply about the integration of brief counseling focus solutions with creative arts.

Method

This study uses a review study literature or literature study approach, and collecting research references about solution-focused brief counseling with creative arts, to draw red threads to get the gist of it. Data collection was carried out by searching from physical sources in the form of printed books and journals, as well as online sources, namely from internet sources that can be accessed freely. This article is an analysis of 46 articles published between 2007 and 2022. In addition, there are 5 scientific articles directly related to the combination of solution-focused brief counseling with creative art. The data collected was in the form of qualitative, namely sentence statements and research results written by the author to be used as research data. The data analysis used in this study is data reduction, data display, and

concluding (Sugiyono, 2015). Data reduction is sorting out important data to be further analyzed to the data display stage. Furthermore, the data is presented in the form of a brief description, then carried out by concluding.

Findings and Discussion

Creative Arts In Counseling

Innovative counseling through creative arts is a form of a new paradigm in counseling services from conventional methods. Innovative counseling with the help of creative arts is a new method in counseling services and will have a meaningful impact on clients. Creative art as part of expressive counseling will be a means to release emotions that exist within a person to make individuals more sensitive to themselves and can help individuals to develop their potential even better.

The use of expressive and creative counseling can be a solution in deepening the counseling process to carry out the process of diagnosis, exploration of client problems, and solving client problems. The combination of art in counseling becomes counseling for individuals. Art counseling is a way to help individuals who are experiencing distress by using art as a medium of communication between the individual and the therapist. Art counseling will add insight into the complexity of the relationship between physiology, emotion, and images as part of the effective interventions that have been carried out. The creative process involved in artistic self-expression will help people resolve conflicts, develop interpersonal skills, manage behavior, reduce stress, and increase self-esteem to gain insight (Rahmi & Nurhasnah, 2020).

According to Glading (2016) creative art forms in counseling include visual arts. Visual arts can help students express problems through coloring processes, drawing and sculpting processes. This counseling can be done for students who have difficulty expressing their problems verbally and can express their problems through pictures in the form of paintings.

According to Gladding (Alhadi & Saputra, 2017) states that there are five premises for the use of visual arts in counseling, namely: (1) Visual art is a picture of a person's subconscious and visual art will help individuals reveal secret conflicts that they did not reveal at the beginning of the meeting, (2) Visual art is a symbol of feelings displayed in a unique, real, and strong way, (3) The visual arts can inspire someone and help people become more connected to the transcendent side and the growth of their personality, (4) Visual arts will help counseling, especially for children who feel comfortable in carrying out counseling,

and (5) Visual arts can be combined with other creative arts such as through movement, through creative writing, and imagery.

The visual art techniques above can be implemented according to the characteristics of the problems experienced by the client. Clients can explore and feel them through the visuals they display. The implementation of visual arts in counseling can be carried out through individual or group counseling services. General competencies that must be mastered by counseling teachers in implementing art counseling are having the ability to appear attractive and fun to display actions that are smart, creative, innovative, and productive as well as passionate and disciplined, sensitive as well as having effective communication skills.

Creativity in counseling is essential when the counselor needs to create a comfortable and safe atmosphere so that it supports clients to be able to creatively examine their problems and evaluate various solutions. Given the magnitude of the benefits of this creative arts in helping guidance and counseling teachers provide services, it is necessary to assist in developing the competence of guidance and counseling teachers to be more creative in providing guidance and counseling services through the application of creative arts in counseling. However, not all guidance and counseling teachers can carry out visual arts in counseling (Rahmi & Nurhasnah, 2020).

Based on the phenomena in the field, guidance, and counseling teachers have difficulty dealing with the characteristics of clients who are quiet and do not want to talk about the problems they are facing. In the implementation of individual counseling clients are more silent and feel afraid to tell their problems so guidance and counseling teachers are more active in the counseling process. To deal with the characteristics of clients like this, skills from guidance and counseling teachers are needed. Counseling teachers also do not use various creative media in assisting the implementation of counseling.

Urgency Creative Arts In Solutions-Focused Brief Counseling

People in Indonesia tend to close themselves off when they have problems. They tend not to express their complaints and problems openly and only disclose them with simple sentences (Ginting, 2018). As proof that Indonesian people like to close themselves, the results of the research show that students who do not always shut down have worse speaking skills than students who do not shut down (Samand et al., 2019). The conditions are different, some of them want to express their complaints and problems, but have difficulty conveying them verbally (Gladding, 2016). These conditions certainly become obstacles for counselors

in implementing brief counseling focus solutions. Counsees who close themselves about their problems hurt the effectiveness of the counseling services provided.

What's more, active collaboration between counselor and counselee in brief counseling focus Solutions has a significant impact on the success of counseling. Solution-focused brief counseling emphasizes patterns of collaborative relationships between counselor and counselee supportive or therapeutic relationships as the basis for the effectiveness of counseling services (Corey, 2018). On this basis, the counselee's active participation is also an important element that determines the success of counseling services. It will be an obstacle if the counselee does not work optimally in counseling, especially in conveying problems and starting to learn to strengthen himself so that he can design the best plan to get out of his problem (Sharf, 2012). Therefore, a conducive alliance between the counselor and the counselee needs to be built by the counselor who has a brief counseling orientation. focus solution.

Counsees who have difficulty expressing their problems in verbal form, they can express their problems in certain creative arts. For example, students can express complaints and problems that are difficult to express through music (Situmorang, 2018). In addition, counsees can also express problems and complaints that are difficult to express through visual arts (Alhadi & Saputra, 2017). Counselors can also use poetry as a medium to help counsees get out of problems that burden counsees (Mazza & Hayton, 2013; McNichols & Witt, 2018). They can choose creative art that can represent their current condition, so they try to relieve the tension that exists in them related to their respective problems.

The counselee's overflowing with problems in certain creative arts is one way for the counselee to understand his subconscious (Perryman et al., 2015). Through the creation of art in counseling, the counselee will increase awareness of self-problems, stress, and traumatic experiences, and increase cognitive abilities (Dilawari, Kanchan; Tripathi, 2014). The counselee will try to create symbols for his subconscious and these symbols will be the material for discussion with the counselor (Bronstein, 2015). So, they can slowly construct the problems they are experiencing and have solutions or behavioral designs to get out of the problem. Counselee awareness of potential which is latent in the counselee becomes an important component because a counselor that uses solution-focused brief counseling needs to show the counselee to direction change without dictating what to change. Solution-focused brief counseling aims to change the appearance situation or framework reference, change situation problems, and emphasize the strengths and potential counselee (Corey, 2018).

Art is one of the important variables that support the success of solution-focused brief counseling services. The research results also prove that counseling involving art can be used effectively to help counselees get out of various problems in their lives (Wahlbeck et al., 2020). The use of art in counseling itself encourages counselee engagement in counseling sessions so that the counselee's active participation supports the success of the counseling service itself (Ziff et al., 2012). Especially the application of solution-focused brief counseling by the counselor requires the counselee's active participation in counseling services (Corey, 2018).

The combination of counseling with creative arts provides an advantage for the success of the counseling service itself. The advantages of counselors using creative arts in counseling include making activities more enjoyable, increasing collegial relationships, improving communication, helping counselees express themselves in various ways, and encouraging counselees to take more meaning from counseling (Gladding, 2016). These advantages provide recommendations for school counselors to maximize creative arts as a medium for counseling services. It is hoped that the combination of creative arts and counseling can provide a different and artistic color to counseling services.

Counselor creativity is a requirement to maximize the use of art in counseling. All counseling that maximizes creativity encourages counselors to dedicate the use of art, creativity, and aesthetic experiences to enhance human well-being (Rosen & Atkins, 2014). Creativity itself is often defined as an experience that involves two main things, namely originality and functionality (Gladding, 2016). Originality here means that how counselors provide counseling services has never been done before. In addition, counselors create new ways that other counselors may not have thought of. Functionality means that the counseling methods carried out by the counselor function optimally and have a significant impact on changes in the counselee's behavior.

Implementation of Integration Solution-Focused Brief Counseling With Creative Arts

Since its introduction in the mid-1980s, Solution Focused Brief Counseling, which is summarized by SFBC, is a counseling approach that is widely used in America, Europe, and Asia (Gingerich & Peterson, 2013). The development of a counseling strategy orientation, Solution-Focused Brief Counseling shifts focus from solving complex problems to solutions (Corey, 2015). Steve de Shazer and Insoo Kim Berg initiated this shift at the Brief Counseling

Center in Milwaukee in the late 1970s (Kim, 2008). They created what they called solution-oriented counseling.

Solution-focused brief counseling also assumes that humans can build solutions to overcome the problems they face (Corey, 2015). The assumption underlying solution-focused counseling is that humans can overcome life's challenges (Kim, 2008), but sometimes humans lose direction or awareness of their competence (Kim, 2008). The counselee is a competent person and the role of the counselor is to help the counselee realize that he has that ability. The counseling process provides an environment in which individuals focus on recovery and creating solutions rather than talking about their problems.

O'Hanlon and Weiner-Davis outline that solution-focused brief counseling offers several forms of goals. Several forms of the goal of solution-focused counseling are changing the appearance of the situation or frame of reference, changing the problem situation, and suppressing the strengths and potential of the counselee. Counsees are encouraged to be involved in change or solution-talk, not problem-talk, with the assumption that what the counselee talks about will mostly be what the counselee produces (Corey, 2015). So the counseling process carried out tends to be more brief and the counselee immediately gets a solution to the problem he is experiencing.

Several studies have shown that solution-focused counseling can be an intervention that can have a significant impact on changes in counselee behavior. Solution-focused brief group counseling provides dynamic examples of group members that are interactive, student-focused, and useful in enhancing academic skills related to self-regulated learning (Fitch, Marshall, & McCarthy, 2012). Other studies have shown that solution-focused brief counseling is an intervention that has a significant effect on academic and emotional difficulties (Cashman, Munro, & Wyburd, 2014).

The level of effectiveness of solution-focused counseling services will have a more significant impact when integrated with creative arts. This marriage between the theoretical orientations of solution-focused counseling and the creative arts is a perfect match. Counselors who focus on solutions are invested in helping counsees find new ways of thinking, becoming something new, carrying out new behaviors, and integrating creative arts interventions in innovative methods that can provide a breakthrough against ineffective counseling interventions for counsees (Gillen, 2010). Research also shows that solution-focused counseling is very possible to be integrated with the creative arts. One of them is counseling which focuses on solutions that are compatible with children's literature and

visual arts to facilitate the expression of thoughts, feelings, and verbal and nonverbal behavior of counselees (Leggett, 2009). In addition, solution-focused counseling can also be combined with play counseling with the help of drawing, sand, and dolls (Nims, 2007). Then, solution-focused counseling combined with creative arts can provide more hope for counselees who are experiencing chronic illness in the hospital (Frels, Leggett, & Larocca, 2009).

Several reasons can provide answers to the importance of counselor creativity in integrating art into counseling. Some of the reasons are as follows (1) as an intermediary for counselors in helping counselees to become more integrated; (2) reinforce counselees on changes in behavior; (3) increasing the focus of the counselee in receiving counseling services; (4) real application of the concept of counseling is an art; (5) creating new, more constructive feelings for the counselee who wants to wake up from adversity (6) strengthening the concepts that have been created through counseling sessions and applying them in everyday life; (7) increasing cooperation between counselor and counselee; and (8) provide counselees with awareness of cultural differences (Gladding, 2016). These reasons are expected to build awareness of counselors as practitioners in integrating creative arts into counseling services.

Compact counseling integration solution focused on creative arts using counseling stages focusing on adaptation solutions from the work of Charlesworth & Jackson in 2004 and Nims in 2007 (Saputra, 2018), namely (1) developing relationships; (2) identification of problematic complaints using the scaling question technique with the help of drawing, sand and dolls; (3) developing goals with the help of drawing, sand, and dolls; (4) designing and implementing solutions using miracle question and exception question techniques with the help of drawing, sand and dolls; (5) termination and follow-up (Nims, 2007). These five stages are references for counselors in providing more creative solution-focused counseling services and are expected to be a breakthrough from solution-focused counseling which has a more significant impact on changes in counselee behavior.

Based on some of the opinions above it can be concluded that the integration of solution-focused brief counseling with creative arts is a counseling innovation by integrating principles in creative counseling that seeks to help students realize their abilities and potential so that they can come up with solutions to the problems they have. Based on a review of the literature studies that have been carried out, it was found that the integration of creative arts in solution-focused brief counseling is important to increase the effectiveness of the counseling services provided.

Conclusion

In the face of developments of the era that are changing so quickly, counselor creativity is one of the important indicators that needs to be developed in the implementation of counseling services. This counselor's creativity can encourage the achievement of counseling service goals that are meaningful and have a significant impact on changes in the counselee's behavior. Included in Solution-Focused Brief Counseling (SFBC), creativity can create newer solution-focused brief counseling and provide counselees with opportunities to be more deeply involved in the counseling process. Thus, the counselee's awareness immediately arises about the potential he has to create solutions to all the problems he is experiencing. Counselor creativity in solution-focused brief counseling can utilize creative arts, especially drawing, sand, and puppets. In the next paper, it should be possible to present an operational model of solution-focused creative counseling that has *been* assessed by experts and practitioners and has even been tested for its effectiveness.

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