

Resilient therapy as an expansion of counseling services in working with the vulnerable clients

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Abstract

This conceptual paper introduces Resilient Therapy and resilience framework- The Magic Box. The resilience framework, The Magic Box Model was applied in developing Resilient Therapy Intervention (RT-I) in counseling services. The framework consists of five domains also known as potions: Basics, Belonging, Learning, Coping and Core Self Potions will be discussed in details. Resilient Therapy (RT) has been introduced as one of the strategic methodologies in working with children and families. RT discusses four key principles named The Noble Truths: Accepting, Conserving, Commitment and Enlisting. The therapy itself is a non-clinical approach and able to be applied by non-professional counselors such as guardians, volunteers, medical doctors, social officers, and even by parents. At the end of this paper, the summary of Resilient Therapy Intervention is explained in building resilience in vulnerable clients from the perspective of counseling.

Keywords: Resilient Therapy, The Magic Box Model, Resilient Therapy Intervention

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Introduction

Resilience studies have become a trend in studying about individual differences in Malaysia, also worldwide (i.e. Amalia Madihie et al., 2015; Masten, 2011; Hart et al., 2007; Ungar, 2005; Germezy, 1992). Earlier resilience studies were focused on the influence of environmental factors onto individuals (i.e. Rutter, 2006; Luthar et al., 2000; Werner, E. E., & Smith, R. S., 1989). There are many arguments on the factors which contribute to building resiliency in individuals during and after adversity(ies) in life. One of the indicators in resilience studies which fascinates resilience researchers to focus on is turning point(s) in life (ie. posttraumatic event such as tsunami in Aceh, Indonesia by Yohana RatrinHestyanti, 2007). Many resilience evidences have been identified across disciplines such as in counseling too (Rutter, 1979; Werner & Smith, 1982; Garnezy, 1971, 1991; Ungar, 2006; Hart et al, 2007; Amalia Madihie et al., 2015). Most studies in the literature focus on the children and adolescents' resiliency after adversities, stressors or obstacles occurred.

Counselors must equip themselves to be able discuss and explore each trait in the self of client. The in-depth and up-to-date knowledge about personal traits or individual differences is crucial in order for counselors to guide and facilitate vulnerable clients in sessions. One of our responsibilities is to conduct studies related to our own field to help understand working with clients better. Counselors who are