Resilient Therapy as an Expansion of Counselling Services in Working with the Vulnerable Clients

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MSc in Professional Counseling (Lee University, USA)
BSc (Hons.) Cognitive Science (Universiti Malaysia Sarawak, Malaysia)
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Registered Counselor/Kaunselor Berdaftar (KB) 0305
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Sidek's Psychological Testing Licensure (SPT)

Executive Member, PERKAMA International (Malaysia)
Executive Council (Asia Regiona), International Association for Counselling (IAC)

Research Focus: Counseling, Guidance, and Psychology & Experimental Research

Niche area: Resilience Studies, Children & Family, Resilient Therapy, Rational Emotive Behavior Therapy, Self-Concept & Personality Development, Cognitive & Affective

Career Achievements & Recognitions

Finalist Anak Sarawak Outstanding Achievement 2016
Silver Medal at Innovation & Technology (InTEX ) MALAYSIA 2016
Best Presenter at Psychology Day organized by Ministry of Education, MALAYSIA 2015
Bronze Medal at Sarawak Peers Colloquium 2015
Bronze Medal at 1st Malaysia International Counseling Conference 2014
Gold Medal at Innovation in Counseling 2013
Best Junior Researcher 2006
Overview

• Introduction
• Resilience Definitions & Theories
• Resilient Therapy
• Resilient Therapy Intervention (RT-I)
• Conclusion
Let’s do some mind activity
Introduction
Jom tengok gambar!
Ordinary Magic

• Masten (2011) states that resilience is suatu ‘ordinary magic’

Resilience does not come from rare and special qualities, but from the everyday magic of ordinary, normative human resources in minds, brains and bodies of children, in their families and relationships, and in their communities (2001: 235)
Anak belajar dari kehidupannya
Jika anak dibesarkan dengan celaan,
   Ia belajar memaki
Jika anak dibesarkan dengan permusuhan,
   Ia belajar berkelahi
   Jika anak dibesarkan dengan cemuhan,
      Ia belajar rendah diri
Jika anak dibesarkan dengan penghinaan,
   Ia belajar menyesali diri
Jika anak dibesarkan dengan toleransi,
   Ia belajar menahan diri
Jika anak dibesarkan dengan dorongan,
   Ia belajar percaya diri
Jika anak dibesarkan dengan pujian,
   Ia belajar menghargai
Jika anak dibesarkan dengan sebaik-baik perlakuan,
   Ia belajar keadilan
Jika anak dibesarkan dengan dorongan,
   Ia belajar menyenangi dirinya
Jika anak dibesarkan dengan kasih sayang dan persahabatan, ia belajar menemukan cinta

Nolte, 1972
Resilience Factors

Protective Factors

Risk Factors
Resilience Definitions & Theories
Resilient Therapy
Resilient Therapy

• Introduced by Hart, Blincow, and Thomas (2007)

• Resilient Therapy presents a strategic methodology with its own frame of reference and practice methodology
Explanation

• RT is strategic because it harnesses a number of therapeutic interventions into a coherent programme

• Core of RT:
  – Avoiding pathologising children, understanding how resilient mechanisms work in complex situations and building resilience (individual, family, organisational and community)
The Noble Truths

Accepting

• Starting point of children/families

Conserving

• Any good that has occurred hitherto
4 Principle Keys: The Noble Truths

Commitment

• Working with them over a sensible time period

Enlisting

• Appropriate others to help (referral)
The Magic Box Model

**Basics** - this potion conjures up the basic necessities needed for life

**Belonging** - this potion is about ways to help a child make good relationships with family and friends

**Coping** - the remedies in this potion help children get by in everyday life

**Learning** - includes school education as well as ways of helping with their life skills, talents and interests

**Core self** - the spells here work very deeply to help shape a child's character

**RESILIENT THERAPY: ORDINARY MAGIC**

_Angie Hart &/Derek Blincow_
The ‘Remedies’ of Magic Box
Resilient Therapy Intervention
as Counselling Technique ‘Expansion’
Resilient Therapy Intervention (RT-I)

• Developed by Amalia Madihie et al. (2015)
• Based on the resilience framework: The Magic Box Model (Hart et al., 2007)
• Consists of eight (8) resilience interventions
Development of RT-I

• Two methods:
  A. First Phase
     Design and Development Research
  B. Second Phase
     True Experiment with randomized subjects, the pretest and posttest and control group
The Sidek Module Development Model

• An integration model which is more comprehensive in developing a module especially in counseling

• The first stage is a stage where a developer prepares a module draft.
  – Nine (9) steps
• The second stage of the SMDM is to evaluate the draft module
  – Pilot process: to ensure the validity and reliability of the module
The Sidek Module Development Model
RT-I

- Validity index: 0.83
- Reliability index: 0.96
Current Resilience Research

Title:

Development of the Resilience Assessment Tool and a Cross-Cultural Investigation of the Resilience Framework through Q-Methodology

Collaboration of Countries: England, Malaysia, & Turkey

(University of Brighton, Boingboing Social Enterprise, Newport-Mind a health organization in South Wales, University of Malaysia-Sarawak, and Mustafa Kemal University in Turkey)
Main Aim of Research

• To develop an assessment tool of RF that is inclusive
  
a) accessible to individuals with complex needs;
b) that can reflect multiple perceptions including both self-report and other-report;
c) that can be used for both research and practice purposes;
d) that can provide both breadth and depth of resilience knowledge; and that is available in multiple languages
Specific Objectives

- **Objective 2.** To adapt RF for non-Western life orientations where overcoming and challenging adversity conditions might require different practices than those in Western cultures, due to traditional cultural norms and different nature of social services.
Specific Objectives

• **Objective 3.** To conduct cross-cultural adaptation of the RF assessment tool
Methodology

• Q-Methodology
  – offers a rigorous alternative to the typical survey format of assessing resilience with a powerful statistical mechanism in its background and offering an integration of both qualitative and quantitative methods
Q-Methodology (Q)

• The scientific of human subjectivity (their view)

• Q Methodology (Q) is a complete methodology which involves technique (sorting), method (factor analysis), philosophy, ontology, and epistemology
Conclusion
Resilience in Asia .. An Invitation

- For future collaboration, counsellors/practitioners are recommended to focus on
  a) Individual Differences
  b) Culture & Norms
  c) Mechanism & Process
Thank you for Your Attention

Mari Berhubung ~
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