

A REVIEW OF SELF-COMPASSION AND PSYCHOLOGICAL WELL-BEING AMONG COUNSELORS IN MALAYSIA

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Abstract: *Counseling has been recognized as both challenging and rewarding. Malaysia, as a developing country has placed more emphasis on the mental health of the population. Thus, one could foresee the growing demand for counselors in Malaysia and their professionalism in the future seeing that counselors appear to be one of the professionals needed in helping people with many different mental health conditions. Counselor psychological well-being is important to the therapeutic relationship, process and treatment effectiveness. Thus, having a sense of psychological well-being is crucial for professional competency. Self-compassion has emerged as a healthy and positive attitude in enhancing counselors' psychological well-being. However, these essential concepts have not been given much attention in Malaysia. Therefore, this paper reviews the concepts of psychological well-being and self-compassion, especially their relevance to counselors. Also, this paper highlights the significance of future research on self-compassion and psychological well-being among counselors in Malaysia.*

Keywords: *Self-Compassion; Psychological Well-Being; Counselors*

Introduction

Counseling evolved as the 20th century advanced and it has transformed to serve diverse clients from all walks of life (Rio & Mieling, 2012). No other therapeutic profession has been as malleable as counseling to respond to the diverse and complex needs of clients. Counseling, relatively, has become robust by welcoming challenges and all these made counseling a multifaceted profession with multiple specialties emerging to this day (Rio & Mieling, 2012). Counselors are good in promoting change and growth in their clients. However, are they constantly enhancing their state of psychological well-being while enhancing psychological well-being of others? It is believed that the time has come to take a sincere look at the role of well-being in professional psychology (Wise, Hersh, & Gibson, 2012).