

Integrated Strategies for a Counseling Culture: Adaptation of Evidence-Based Interventions

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Abstract. The importance of adapting interventions to the implementation of counseling culturally has been recognized. Although a systematic process of cultural adaptation is not yet available in ethno-culture. There are no specific instructions on how to adapt interventions that align with cultural beliefs. In this case the presenter presents an integrated strategy that operationalizes the adaptation process by explaining specific practice instructions on how to align interventions with specific cultural beliefs. Methods: this strategy integrates concept mapping, intervention, and uses mixed methods to collect data related to people's cultural beliefs and values related to the problems experienced. On the acceptance of evidence-based interventions that target the problem and aspects of the intervention that should be modified to increase conformance to cultural beliefs. A step-by-step protocol is described to guide the implementation of integrated strategies for cultural adaptation of counseling. Conclusion: the power of an integrated strategy relies on using the concept and intervention mapping approach to establish step-by-step service protocols to be effectively culturally adapted so as to increase service effectiveness and reduce biased counselling.

Key words: Acceptance, Cultural Adaptation of Counseling, Evidence-Based Practice Protocol

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INTRODUCTION

Indonesia is a country that has a lot of cultural diversity, ethnic groups, religions, races, to different faith streams. Indonesia itself has a multi-ethnicity (ethnic group), each ethnicity has a cultural heritage that has developed over the centuries so that Indonesia has made it a multicultural country that is second to none in the world (Antara, 2018). Culture is closely related to events experienced by individuals who are (long life). Culturally tailored mental health care must take into account many factors that are not usually addressed in traditional psychotherapy. Western culture according to ghanaians, counseling is considered too much of a Western cultural context and therefore considered unacceptable (Kobina, 2019).

Adjustments in the context of multicultural counseling to culture need to be studied in depth based on the Indonesian cultural context. Indonesia has a culture that can be developed as the basis for the birth of new theories, approaches, models, adaptations and strategies that can be adapted to culture. There are two fundamental reasons for the implementation of counseling adapted to Western theory in the context of the first culture, until now counseling psychology in Indonesia still relies on theories, assumptions and contexts derived from Western theory, secondly interventions in therapy need to be modified, adapted and adapted to the context,

perspective and cultural needs of the Indonesian people (Ampuni, 2005 in Petrus, 2020: 2).

According to Corey, western model counseling has many limitations when applied to special populations and minority groups. Correspondingly, according to Pederson, assumptions made by counselors and counselors of different cultural backgrounds result in culturally biased counseling and lead to inadequate use of mental health services. This opinion can actually be an answer to questions related to the non-optimal role of guidance and counseling in Indonesia in helping students and the general public in self-development and alleviation of problems that must be fully aware of the need for understanding cultural counseling. Therefore based on the above understanding that does Western counseling work effectively with different cultural backgrounds? and does it need modification and adaptation to be applied directly to counselors in Indonesia?

Pedersen (2003) shows that all behaviors are learned and displayed in a cultural context and therefore effective intervention requires attention to the cultural context to which the client adapts to a particular culture. According to Shin-ichi Ishikawa (2021) counseling is developed from the background of Western culture, the reconstruction of counseling cannot be separated from Western theory, so counselors must be aware that cultural adaptation adjustment is a

solution in the implementation of effective counseling. Adaptation is an interesting activity because making counseling theories is not necessarily effective and in harmony with various cultures. With the construction of cultural counseling adaptation (local wisdom) will come back to life from the death of profane meanings to sacred meanings in the implementation of counseling. Different substances always have one truth, namely Bhineka Tunggal Ika based on their respective cultural values in the implementation of counseling.

Some experts have tried to formulate guidance and counseling models that are adapted to the characteristics of Indonesian people, although in very small numbers for example Prayitno (2010) Pancawaskita Counseling (KOPASTA) and Mappiare (2017) FAN counseling (Counseling, Intensive, Progressive, Adaptive, Structure). According to Hariko (2017) the existing counseling model needs to be refined through cultural empirical studies. Hariko also argues that model KIPAS still seems very general, tends to ignore cultural differences, is too humanist in looking at clients and has not touched aspects of religiosity or the field of religion which is one of the typical patterns of psychosocial conditions of Indonesian society. Reconstruction of counseling in the midst of diversity needs to be fully faced with challenges, especially the spirit of presenting Indonesianness in the context of counseling is still rarely found empirically (Frame, 2016). Therefore, it can be concluded that the existence of an Indonesian character counseling model needs to be refined, developed and modified based on cultural empirical studies.

Cultural adaptation is a self-adjustment to cultural differences that can be culturally adapted to values, norms in a particular group to another. Adaptation is an interactive process that always develops through communication activities, the existence of individual relationships with the socio-cultural environment. Cultural adaptation of mental health care involves systematic modification to constantly consider language, culture, and context in such a way that it corresponds to the client's cultural patterns, meanings, and values (Bernal, Jimenez-Chafey, & Domenech Rodriguez, 2009 in Alberto Soto, 2018). It is very important that mental health care takes into account the client's culture (for example, La Roche, 2012; Yeh, Parham, Gallardo, &

Trimble, 2011).

Responsive culture is still stammering (J Clin, 2013). In particular, counseling culture adaptation is a counseling process that focuses on modifying and adapting services for various cultural backgrounds. According to Bernal the main goal is to improve the fit between the ethnomulticultural worldview and the client, individualize therapeutic counseling so that it is culturally acceptable, in harmony with the cultural values and belief systems of the client. Culturally tailored counseling focuses not only on improving therapy/counseling outcomes but the presence of client involvement, knowledge, acceptance in the counseling process and methods. In addition, there is client satisfaction and improves therapeutic relationships. In this case the presenter presents an integrated strategy that operationalizes the adaptation process by explaining specific practice instructions on how to align the intervention with certain cultural beliefs. Step by step will be described in the next stage.

Purpose

Counseling in Indonesia does not yet fully have a full awareness of the importance of multicultural counseling to the therapeutic process in practicing, even though Indonesia is rich in culture that can give birth to new theories adapted to culture (adaptation). In the context of diversity, Indonesia is very necessary and urgent to carry out multicultural counseling based on the Indonesian cultural context. Consideration arises because culture produces a value, meaning and implications in life that affect individual behavior and social development. On the other hand, Indonesia demands the active role of a counselor to provide counseling services and disclose counseling problems faced in solving problems. The importance of cultural aspects to be used as an important consideration in counseling practice, choosing a culture-based approach as a tool to provide effective counseling services. Casas et al., 2016; La Roche, 2012 (in Smith, 2018). Cultural adaptation of mental health counseling involves systematic modification to constantly consider language, culture, and context in such a way that it corresponds to the client's cultural patterns, meanings, and values (Bernal, Jimenez-Chafey, & Domenech Rodriguez, 2009 in Alberto Soto, 2018).

Culture as Teraupetic

Multicultural counseling is changing the perspective of understanding counseling relationships. Multicultural counseling is an integrative approach that uses basic cultural theory as a basis for choosing counseling ideas and techniques (Berger & McLeod, 2006). Multicultural counseling in the context of educational institutions according to Erford (2004) focuses more on the relationship of professional counselor services with students in which there is an appreciation for the cultural context. Counselors in the process of multicultural counseling services are required to fully understand aspects of language, values, beliefs, social class, level of acculturation, race and ethnicity of the counselor, and always use counseling techniques and interventions that are consistent with cultural values.

The role of the counselor in the process of bathing an individual is a very important role in a person's life. Therefore, in the process of guidance and counseling services provided, counselors certainly need to have a deep understanding of the counselors served. The understanding includes things that exist in oneself as well as counseling. Awareness of the differences between the two (counselors) is one of the important ways to maintain relationships and interactions in the guidance and counseling process.

Konselor needs to understand the culture in order to work with the counselor without imposing the counselor's cultural values, offending the counselor, or the counselor's misinterpreted nonverbal behavior. To avoid the occurrence of misunderstandings or incomprehensions, the counselor must have an awareness of the differences that occur so that the counselor can feel comfortable. Awareness of the cultural differences that counselors have can help and educate not only counselors, but also counselors related to their respective cultures. So that it can help the two to work together in overcoming counseling problems or in an environment that is more conducive to counseling growth. It is very important for counselors to have competencies that will provide direction in the implementation of counseling with the diversity of counseling cultures. Reflection on counseling practices will certainly involve the counselor's understanding and awareness of the culture that belongs to the i and the counseling culture. Konselor at the time

of guidance and counseling practice often finds different beliefs and value systems than counselors. Such a situation makes the counselor a dilemma of whether the counselor will accept the counselor's trust and value system.

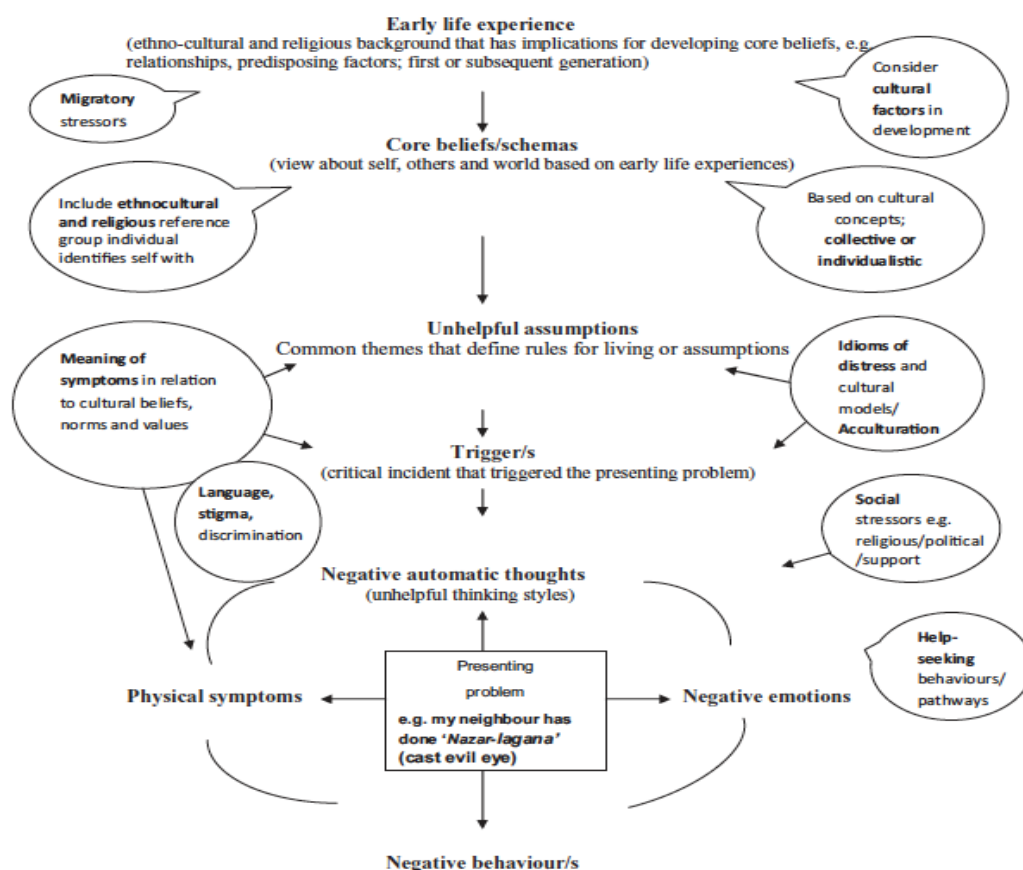
Theneed for cultural adaptation of evidence-based interventions is important to acknowledge and consider the challenges of adapting to different cultures. Adaptation requires the conceptualization of a particular culture into a therapeutic design adapted to a culture relevant to counseling (Castro, Barrera, & Holleran Steiker, 2010; Frankish, Lovatto, & Poureslami, 2007) and the ability to generalize between cultural subgroups and to achieve targeted results. Aculture aims to develop, test, and implement a model of counseling or mental health care that fits the client's culture. Cultural adaptation incultural awareness becomes a core point in the ability of the counselor or therapist to recognize the client's cultural background, including assumptions and biases that influence the psychotherapeutic process with diverse clients. Cultural knowledge refers to the counselor's or therapist's understanding of a particular cultural group, the norms and unique experiences of the client.

METHOD

Basic principles of cultural adaptation counseling

Valuation

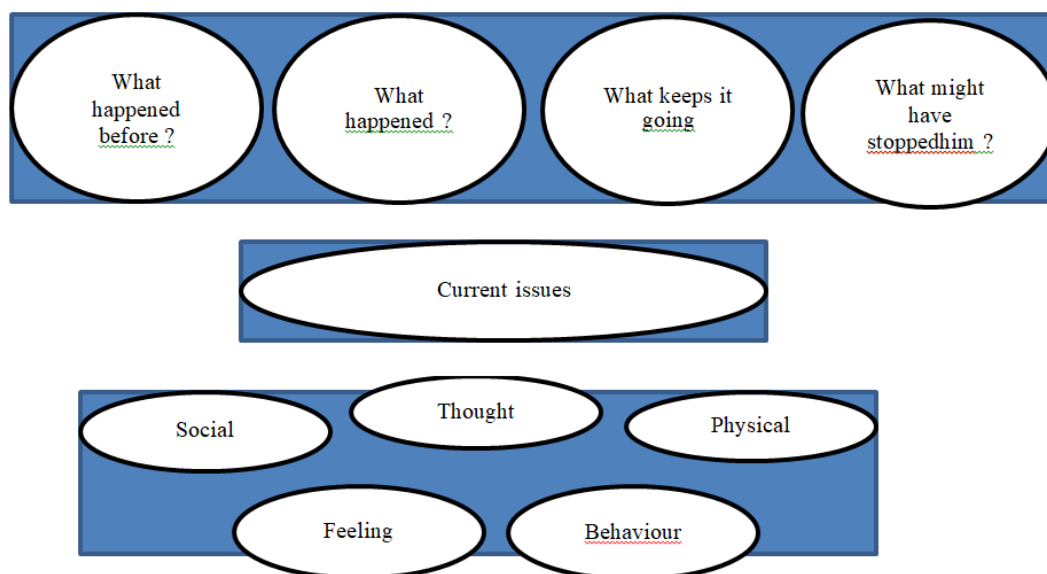
Counseling begins with an assessment. The focus is on creating a therapeutic relationship that is considered safe, fair, and does not create stigma by the client. A therapist's style that emphasizes collaboration, warmth, and mutual respect is considered important in the initial assessment of counseling. To that end, the assessment is designed to focus on engagement and building relationships along with the collection of data in the form of information. In the assessment, the counselor builds relationships, explores sensitive areas and does not threaten or judge the counselor. Assessment is also seen as an ongoing process that is not completed until the end of counseling (Kingdon & Turkington, 2005). Part of the assessment process is to provide therapeutic benefits early on in understanding symptoms, instilling expectations, or helping to solve acceptable problems. The following image explains the role of culture in bringing up problematic behavior, as follows:



Formulation

Information about an assessment of an individual's cultural values is the basis for determining a formulation of a problem before providing an intervention. Those behaviors that

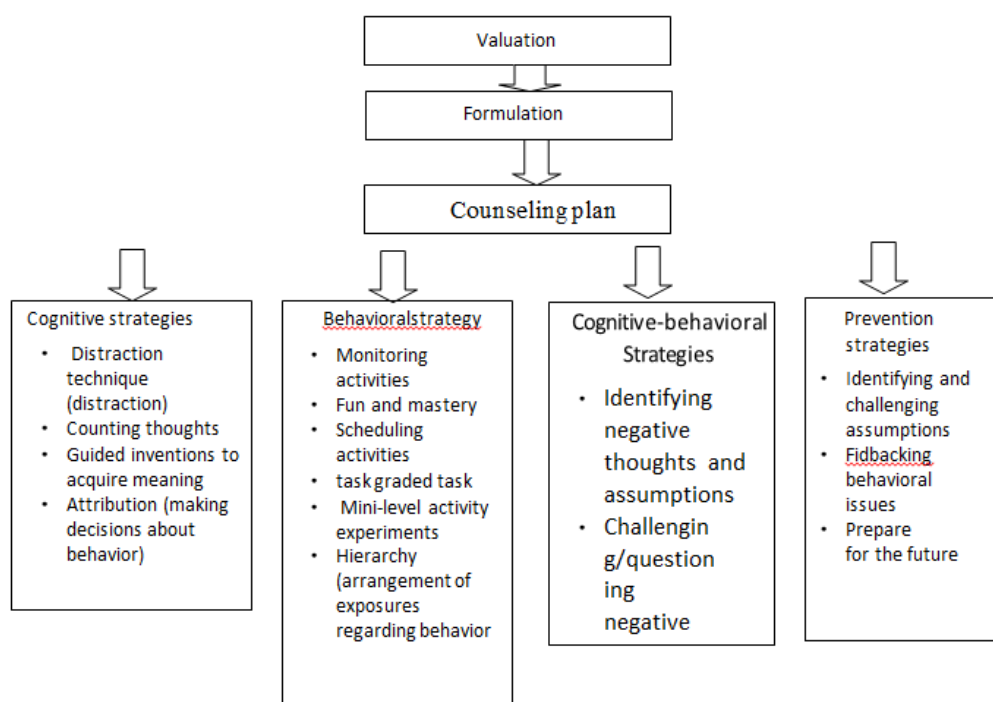
arise are formulated or cognitioned on thoughts, feelings and behaviors (underlying concerns) can be illustrated through the formulation of the problem.



Treatment strategy

After the formulation of the problem is carried out, the next step is to implement counseling agreed upon by the individual based on the agreed formulation or rules. Therapists aim to ask questions of genuine curiosity to help

the client, explore and review the client's thoughts to encourage the individual to see the thoughts as an open hypothesis for analysis. The treatment strategy can be seen in the following chart:



The process of adaptation of the counseling culture

Philosophical orientation towards the view of life that underlies the perception in the provision of counseling services, as follows :

(Acculturation) : Changes in individual behavior patterns in interacting are a process of change carried out due to broad contact / interaction with other cultural groups

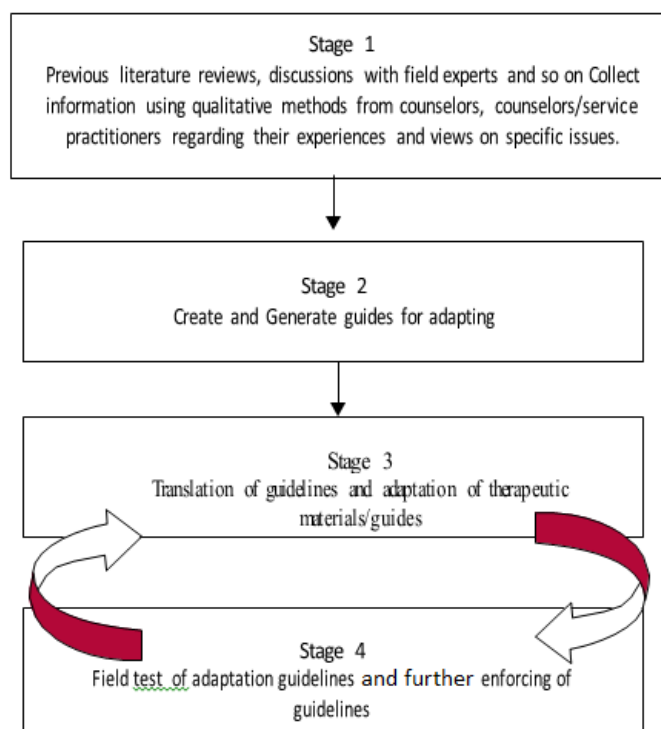
(Beliefs and attributions to illness): Individuals behave with motives and intentions behind their behavior. This is a belief in the cultural values adopted in behavior

(Help seeking behavior): Individuals need expert help in solving problems that can be understood in the cultural frame/cultural adaptation

(Cultural orientation towards psychotherapy): The counseling process needs to understand the cultural belief of individuals in providing interventions so as not to occur

cultural biases and the creation of effective counseling services.

The process of cultural adaptation (Naeemdkk.,2016) Started with stages 1: Literature review and discussions with field experts, followed by information collection using qualitative methods of konseli, acting customs, acting religion, school counselor and service Other about a view of a particular problem. Tahap 2: make and mgenerate manual adaptation guidelines adaptation based on information. tahap 3: Terjemahan panduan and adaptation of material/therapy manuals. tahap 4: Manual field test adaptation and further refinement of the guidelines. It can be seen in the picture below.



DISCUSSION

The need and importance of adapting culture has been well recognized in other countries. The objective is to generate interventions that correspond to the cultural beliefs, values or norms of the target ethno-cultural community while maintaining a specific element of the intervention that is responsible for the effectiveness of counseling services. Thus, the adaptation process must be informed by a clear understanding of the conceptualization and operationalization of interventions. This knowledge is essential in identifying components and activities that represent specific elements of the intervention, and to guide the implementation of adapted counseling. A collection of evidence suggests that culturally adapted interventions are viewed favorably by community members, and have been shown to improve initiation, community engagement and adherence to intervention recommendations, and to improve therapeutic outcomes. The availability of culturally tailored interventions has the potential to improve ethnic-cultural communities' access to counseling services and reduce the disparity of problems in the community.

In order to successfully align the intervention with the cultural beliefs of the people, adaptation

must be carried out carefully in order to preserve the specific elements of the intervention. The integrated strategy provides a detailed protocol that determines what to achieve. The strategy integrates the concept and mapping of interventions, and uses mixed methods to collect data from representatives of the target ethno-cultural community. Concept and intervention mapping represents an effective and efficient approach to systematically and actively engage communities in clarifying their cultural beliefs about the problem and their acceptance of the intervention. Overall, the proposed protocol is a useful reference for the planning and execution of cultural adaptation processes consistently in their application can generate differences in the conceptualization and operationalization of interventions adapted for the same ethno-cultural community.

CONCLUSION

Cultural adaptation follows a systematic process of aligning interventions with the beliefs of the target ethno-cultural community. An integrated strategy that proposes a systematic expansion of the process by detailing the protocol for implementing it. Its character relies on the use of concept maps and interventions,

and mixed methods for exploration of people's cultural beliefs, acceptance and modification of interventions. Additional research is needed to determine the usefulness of integrated strategies in culturally adapting interventions. The implementation of multicultural counseling services is still very limited, this is obtained from the results of interviews and field analysis which results in less effective services provided.

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