

HYPNOCOUNSELING
“THE IMPLEMENTATION OF HYPNOSIS IN PRACTICING
INDIVIDUAL COUNSELING AT THE SCHOOL”

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ABSTRACT

The dynamics of the time progress raise the complexity of the student problems in schools and *madrasah* is increasing. It also affects to the profession of guidance and counseling teachers in the school and *madrasah*. They have to work extra hard to deal with various problems of students by owning various guidance and counseling techniques that have been held. One of them is individual counseling technique. However, the progress of student problems goes far beyond the development of individual counseling techniques that had existed. Hence, the development of individual counseling techniques needs to be explored. One of them is by combining the techniques of hypnosis. As a science, Hypnosys has been recognized by the community of scientific psychology as the thirtieth branch in Psychological Science. The science is considered effective to help smooth communication as well as in solving the psychic problem of learners. For these reasons, this article elaborates on the techniques of hypnosis in an attempt to implement the techniques of individual counseling in the schools in order to produce more effective and efficient services.

Keyword : *hypnosis, individual counseling, psychology, psychic problematic*

A. BACKGROUND

Along with the dynamic of time progress, the complexity of the student problems in the schools is increasing such as fighting among students, mass cheating, student gangs, smoking, drinking, free sex, pornoaction or pornography, drug trafficking, violence between students, and so forth (Zuriah, 2007:161). As published in one of the national electronic media, it is reported that dozens of

favorite school students, between SMA 70 and SMA 6 Jakarta, involved brawl in January 26, 2012 (<http://berita.liputan6.com/read/374239/lagi-tawuran-antarpelajar-sma-favorit>).

Republika online site also reports that there has been a mass cheating at SDN 2 Gadel Surabaya in the UN 2011 (<http://www.republika.co.id/berita/regional/nusantara/11/06/05/lmbb1z-sekolah-menyontek-massal-mental-gurunya-rusak>). In Lampung Post news reports that in January 30, 2012 even discloses that there has been circulated nasty video which is conducted by students at one high school in the District Sidomulyo, South Lampung. One year earlier, a similar thing had also happened on several students at one high school in Tanjungbintang, South Lampung (<http://www.lampungpost.com>). Meanwhile, in Yogyakarta in early January 2012 there are the violence in the form of captivity and torture by gang of students from one private school to some students of SMA 1 Depok (<http://www.sindonews.com>).

Indeed, the student problems are able to be resolved by counseling techniques which are available. However, the development and the complexity of the real problems which are faced by the students are increasing day after day. And, sometimes it is not always accompanied by the development of the latest guidance and counseling techniques, which is based on the latest results of research with the new problem. It certainly raises a consequence, guidance and counseling services in the school could be a lesser role and function optimally. Thus, it needs a breakthrough in guidance and counseling services in the school by seeing and adapting to the rapid progress of various other disciplines.

Hypnosis is one of the other disciplines and functions which can have a very big role for the technical progress of guidance and counseling services in the school. As stated by Budi Sarwono, an internationally certified hypnotherapist, the hypnosis approach actually does not need to be done if the technique or approach of provided guidance and counseling have been able to resolve the student's problem, but now the problem has been a lot of differentiation, e.g smoking addiction in the students. Therefore, if only given the advice, it will not much help then hypnosis can be used for guidance and counseling services. Of course before doing this, we have the approval and contract with the students (<http://www.bemjbki.blogspot.com>).

In fact, the effect of the use of hypnosis in individual counseling services has been studied by Teguh Triyono on students in MTS Aswaja Bumijawa Tegal period 2010-2011. The result shows that the use of hypnosis can be used as a form of individual counseling services because it is predicted to be able to give services that can be developed. This means the better the use of hypnosis, the better the individual problem solved (<http://www.perpus.upstegal.ac.id>).

Based on the considerations in the background of problems above, this paper will focus on the discussion of three problems as follows: *first*, how is the basic concept of hypnosis? *Second*, how is the basic concept of individual counseling? And, *third*, how is the implementation of hypnosis in individual counseling in the school?

To explore the third formulation of the problem, this paper uses the literature study (library research) with some theories to analyze, namely: *first*, the theory of hypnosis; and *second*, the theory of individual counseling in the school. So the mechanism of discussion this article starts from the study of the various theories of individual counseling techniques in the school. Then they are

assessed on concepts and techniques of hypnosis based on literature regarding the application of hypnosis in education. Further, finding a variety of alternatives to integrate the hypnosis in order to effect the techniques of individual counseling.

B. DISCUSSION

According to the problem statements of this paper, the discussion includes: *first*, the basic concept of hypnosis, *second*, individual counseling, and finally, *third*, the implementation of hypnosis in individual counseling at school. The description of them are below:

1 . Basic Concepts of Hypnosis

Studies on the basic concept of hypnosis include a discussion of the definition and principles of hypnosis, the workings of the conscious mind and the subconscious mind, a technique of *self image re-programming*, and techniques to breakthrough the RAS (*Reticular Activating System*). More detailed explanation of the five subject can be described as follows :

a. Definition and Principles of Hypnosis

Hypnosis has long been used before 1900's by James Braid, a Scottish surgeon. Hypnosis has been explained that the phenomenon of trans due to "nerve sleep" that arise because of the attention focused on a specific object. Hypnosis is not uncommon, and relates to the things that seem super. Hypnosis is present in every situation and life activities, including the teaching and learning process even in the counseling process. It is usually great when someone is in the state of hypnosis, she/ he can easily receive information and suggestions from others. Thus, hypnosis can be interpreted as a relaxed state, focus, or concentration that is characteristic of the condition so that the sensor of human senses become much more active (Hakim, 2010:1-2).

Actually, the key of hypnosis is not located on the sleeping a subject or not. However, it depends on how a message, information, data, or knowledge that can be entered and stored in our mind and turning into a new value that can be applied and used as a habit that can improve our quality. People who do not know hypnosis may just have been practicing the concept of hypnosis in daily life. Even, they can be said as the maestro. Here are the examples of such people (Hakim, 2010:4-5): *first*, a skilled teacher who motivate his/ her students to learn passionately. The teachers who are loved by his/ her students and considered as exemplary teacher actually had applied the techniques of hypnosis in their daily life.

Second, a midwife who is able to provide peace and comfort to a mother during a childbirth is actually the midwife has implemented a hipnosys technique in the childbirth. *Third*, a mother who is able to dampen her son' desire to continue playing and turning into desire to study. Parents who like this also have implemented one of the hypnosis techniques to the children. *Fourth*, an Islamic clergyman or clergywoman (*ustadz/ah*) who is very loved by the community is applied the technique too. The technique performed such people above is also part of hypnosis tehnik, namely how to provide information that can inspire and reassure others. Those are some examples of hypnosis applications in various aspects of life around us.

b. Understanding the Conscious Mind and Subconscious Mind

In this life, the conscious mind is often a priority in every activity that we do everyday. According to Andri Hakim (2010:27), it is because we are less aware of how to work with our subconscious mind in daily life. In fact, the conscious mind plays role 12% only in daily life. The conscious mind is logical, analysis, and uses a variety of considerations. Meanwhile, the subconscious mind plays role 88% in our lives. The subconscious mind is more neutral and suggestive. The subconscious mind can be assumed as a human long-term memory that stores a variety of events, both based on self-experience (experimental) or others (induction).

In this life, the conscious mind is often a priority in every activity that we do everyday. That is because we are less aware of how our subconscious mind works in daily life. The subconscious mind is often not visible and even, not realized by any person. However, the subconscious mind actually affects almost every activity in our lives.

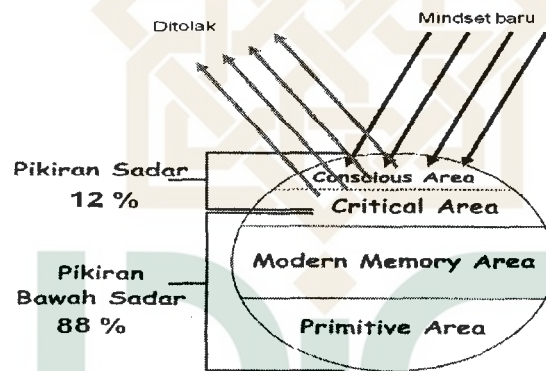


Figure I. working principle of conciuos mind and subconscious mind

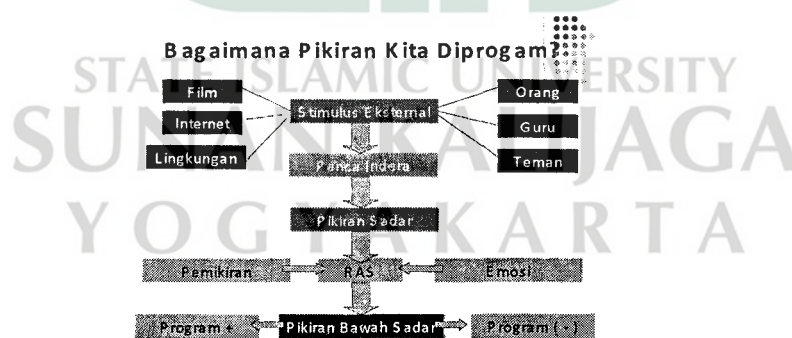


Figure II. The scheme of Mindset formation process
(Mahfud, 2010:6)

The subconscious mind stores various kinds of human long-term memory, either entire information which is derived from empirical experience (experience that is felt directly by the student) as well as information which is derived from inductive experience (the experienceis

gained from speech, writing, or display which is obtained from the sources outside himself). And, the information which comes through the senses is not directly absorbed by our subconscious mind. This process needs analysis of the conscious mind that has formed to be *critical area* in order to filter all information which comes from various sources (Hakim, 2010:46).

This happens because our subconscious mind is neutral and suggestive. Therefore, it is very logic that to get to the subconscious mind which stores human long-term memory, the information must be sealed by a partition wall which is called the *critical area (CA)* or the *reticular activating system (RAS)*. CA or RAS is a placeholder while before the information is delivered to our subconscious mind correctly. And, *critical area* is needed in daily life as an information filter to select the things that harming and conflicting with ourselves. To address the *critical area* which is overactive in ourselves, hypnosis is a way to disable and rest our critical area (Hakim, 2010:46).

c. Self Image Re-Programming Technique

In hypnosis techniques, according to Hakim, (2010:31-36) there are four steps that need to be done to reprogram the picture/image of ourselves (self image re-programming), namely: *first step* is cancel. Cancel or cancellations can we do to realize all the negative things that we perceive, we imagine, we believe then we reject verbally. For example, the phrase “*Amit-amit jabang bayi*” (God forbid the baby). It is a process of cancellation which informs to subconscious mind that it should be kept away from the start of life.

The *second step* is replace. In replace, we have the self-awareness to improve our old image (OSI) verbally. We can say a sentence replace confidently and make sure that we are able to change and improve it (Hakim, 2010:31). The *third step* is namely affirm. A firm or affirmation is a commitment that we are doing to establish a change. Sometimes, just a greeting intention alone and without a clear and firm commitment will not be any effect on us. The assertion could be the words spoken, but it can also a self-image.

Meanwhile, for the next stages after the affirmation are: the *fourth step*, focus; then the *fifth step*, train. In the fourth step-focus- needs to be explained that after we have done cancel, replace, and affirm, we need to train a visualization technique about what we cancel, replace, and affirm- don't we?. This technique can we do when a state of hypnosis so that the conscious mind is not working, but our subconscious mind is working.

The *fifth step* is train. So after we did a series of steps, the most important thing is to train and practice what we have planned and imagined. A commitment to change need to be practiced all the time in order to have truly experience what exactly we have planned.

d. Techniques to Breakthrough the RAS (*Reticular Actifating System*)

There are several techniques to breakthrough the RAS (Recticular Activating System), they are: (a) relaxation, (b) mind focus and alpha state (Hakim, 2010:47-52). *First* is the relaxation technique. Each conducting of counseling process should be begun in a relaxed, calm

and peaceful. To a relaxed state towards the students, there are some things to be considered such as: counselor room atmosphere, the appearance of a counselor, the opening sentence.

Second technique is the *mind focus and alpha state* technique. Actually the mind focus does not just pay attention and listen, also necessary strategy to move our mind waves from beta mind level to the alpha mind level. The wave of our mind is divided into 4 categories as listed in the table I.

Table I.

Four categories of mind wave(Hakim, 2010:49)

Conscious Area	Sub-Conscious Area		Un-Conscious
Beta (30-14 Hertz)	Alpha (13,9-8 Hz)	Theta (7,9-4 Hz)	Delta (3,9-0,1 Hz)
Normal State	Hypnosis State		Sleep State

According to Hakim (2010:50), the first level of the mind is beta mind. At this level, the mind waves is at a frequency of 14-30 Hertz. In this condition someone is able to do activities and uses the mind more than one focus. Meanwhile, for the second level of the mind is alpha mind. The mind wave is at frequencies from 8 to 13.9 Hertz . In this condition we are really in a state of relaxed and focused . This condition is defined as a state of hypnosis, when we easily absorb maximum information without any other thoughts intrude.

While on the third level of the mind is theta mind which the mind wave is at frequency 4 to 7.9 Hertz. In this condition, we have been in a state of half sleep or often called a meditative state. And, at the fourth level of the mind is delta mind which wave frequency is from 0.1 to 3.9 Hertz. In this condition, we have been in a state of deep sleep or in other words, we are entering an unconscious area.

The third technique to breakthrough the RAS is the subconscious communication. Here, the communication should be understood that it is sometimes less effective and efficient because of the absence of subconscious communication "two ways communication from heart to heart". Here are three things to note: (a) inform what we want to convey, (b) how to say it and delivery the information, and (c) the condition or situation.

2. Individual Counseling

Studies on individual counseling include two subjects: the definition of individual counseling and individual counseling techniques. The descriptions of both subjects are described below:

a. Definition of Individual Counseling

According to Sofyan S. Willis (2004:159), individual counseling is the meeting between counselor and clients individually where there is a counseling relationship which has rapport nuance, and the counselor tries to provide help for self-development client and the client can anticipate the problems that he or she faces. This counseling is a key of all activities guidance

counseling. It means, when someone masters the techniques of individual counseling, she or he will be easy to implement another counseling and guidance.

In other words, individual counseling is counseling where we talk with other people (personally) in order to help the clients to change towards positive behavior. So, there are two parts in the counseling: they are a part that helps and another part that are helped. In individual counseling, both parts should work together so that the client can understand themselves and their problems (Prayitno & Amti, 2008:288). And the most important thing is a client should be able to solve their problems, of course by assisting and mastering the counselor.

For individual counseling process itself, Sofyan S. Willis states (2004:159) that the counseling process is the relationship between counselor and client which aims to achieve the client's goals. In other words, the goal of counseling is the purpose of the client itself. It needs to be emphasized because it is very often occurrence, especially a novice counselor or less professional counselor that the subjectivity of counselor is prominently in the counseling process. As if the counselor prioritizes his/ her goals while he/ she neglects the client's goals.

b. Individual Counseling Techniques

In individual counseling techniques, there are three stages that should be done, namely: early stage, middle stage, and final stage (Willis, 2004:239-240).

In the *first* stage is early stage, or also referred to the problem definition stage, because the purpose is both counselor and client could define the problem that the client captured/ selected from the issues or clients' messages in counseling dialogue. Here are some counseling techniques that must exist at this early stage: (a) attending, (b) listening, (c) empathy, (d) reflection, (e) exploration, (f) asking, (g) capturing the main message, and (h) encouraging and minimal encouragement (Gibson & Mitchell, 2011:240).

Furthermore, for the second stage is middle stage. This phase is also called the work stage, because it aims to cultivate or work on a client problem (with the client) which has been defined together in the early stages. Meanwhile, the counseling techniques which are required at this stage are: (a) concluding tentatively, (b) leading, (c) focusing, (d) confronting, (e) clarifying, (f) facilitating, (g) directing, (h) minimal encouragement, (i) silent, (g) taking the initiative, (h) advising, (i) giving information, and (j) interpreting.

Next the third stage is the final stage (action). This phase is also called the action stage (action). This stage aims to make client is able to create positive actions such as a change in behavior and emotion, and plan a positive future life after fixing the problem. The client will be an independent, creative and productive. For counseling techniques which are needed at this stage specifically are: (a) concluding, (b) planning, (c) scoring, and (d) ending the counseling (Winkel, 1997:444).

However, it is not really possible at each stage strictly using existing techniques on the stage alone. Yet, there may be a technique that is also used in the early stages and even continuously used at other stages (Willis, 2004:241).

3. Implementation of Hypnosis in Individual Counseling at the School

Implementation of hypnosis in individual counseling at the school can be done in several sections, namely: *first*, hypnosis in the early stages of individual counseling, *second*, hypnosis in the middle stages, and third, hypnosis at the final stage. The following three stages are described completely:

a. Hypnosis in Early Stage of Individual Counseling

Hypnosis for individual counseling services is basically working on an alpha mind level. In this level, the counselor is assigned to condition a person to fall into a state of hypnosis (hypnotic state). It is expected that any information could easily fit into the long term memory of students without any distortion of the other thoughts that encumber (Hakim, 2010:50).

Considering the early stage is intended to allow the counselor and the client could define the problem that the client captured or selected from the issues or client' messages in counseling dialogue, then at this stage, the counselor should be carried out prior to the counseling process, he/ she can start by praying or singing together. The purpose is the subconscious mind of student is interested in the issue to be disclosed.

Then, the counselor can also use mirroring techniques, i.e., by imitating the gestures and language patterns of clients. At this early stage, it is to foster closeness between counselor and client through mirroring techniques which can be done in different ways: *First*, the equation of motion patterns with the client, *second*, equating breathing patterns with the client (Hakim, 2010:72).

In addition, the other way of mirroring, the *third*, the counselor should equate language patterns to client. This is important, as Hakim states (2010:73) because the similarity of language patterns can build closeness each other. Some equalization techniques of language patterns that can be used for individual counseling are: (a) unifying the language patterns by praying every opening and closing counseling sessions, (b) unifying the language patterns by singing together, or (c) equating the language patterns by making yells.

Besides mirroring, to initiate counseling, a counselor should maintain eye contact with the client and use persuasive language. Avoid looking away from the presence of the client. In the client's subconscious mind, it can be considered offensive and the counselor does not really provide guidance counseling.

b. Hypnosis in the Middle Stage

In the middle stages, as it aims to cultivate or work on a client problem (with the client) which has been defined *together* in the early stages, requires an effective and efficient communication. In this case, according to Andri Hakim (2010:52), sometimes the communication is less effective and efficient because of the absence of subconscious communication that contributes to a "two way communication heart to heart".

Here are some things that need attention in communication between counselor and client during individual counseling process exists in order to allow for an unconscious communication

between the counselor and the client (students) (Hakim, 2010:52-53): *first*, inform what you want to convey, *second*, the way and manner to say the information needs to be tailored to the language patterns that client used, and *third*, the conditions and circumstances should be conducive during the process is the success key subconscious communication. Therefore, the counselor should avoid things that can close the subconscious communication between the counselor and the client. Here are examples of things that need to be avoided in the counseling process: (a) talking too fast, (b) monotonous and uninterested speaking, (c) to speak, but the voice is faint (less obviously), and so forth.

c. Hypnosis in the Final Stage

In the final phase of counseling, the client is expected to perform positive actions such as a change in behavior and emotion, and to plan a positive future life after solving the problem. In other words, the client will be independent, creative and productive (Willis, 2004:239-240).

Hopefully individual counseling could create positive actions on the client (student), the counselor should be able to build closeness (rapport building). Thus, what the counselor advises and orders will be accepted and executed by the client. To do so, particularly in the late stages of counseling needs a technique. The technique that should be done is to make a verbal agreement (agreement verbally) by pacing-leading techniques (fact-suggestion).

C. CONCLUSION

From the description of discussion above can be concluded some important points as follows; *first*, hypnosis is a relaxed state, focus, or concentration which is the characteristic from the condition of sensors of human senses become much more active. Thus, if the individual counseling process is carried out in these conditions, it can take place effectively and efficiently.

Second, individual counseling is a meeting between the counselor and the client personally, where there is a counseling relationship which has rapport nuance, and the counselor tries to provide help for self-development clients and the client can anticipate the problems that he or she faces. In the individual counseling techniques, there are three stages that need to be done, namely: the early stage, the middle stage and the final stage.

Third, the implementation of hypnosis in individual counseling services at an early stage is done by the relaxation, building the subconscious communication, and building the closeness with the client through mirroring techniques, maintaining eye contact with the client and using persuasive languages. Meanwhile, in the middle stages, the counseling process should use subconscious communication. In the final stage of the counseling process, counseling is done by making a verbal agreement with pacing-leading techniques. Those are the conclusions of this paper; of course we realize that this paper is not perfect. We allow the readers to give critics and constructive suggestions. Hopefully this work can contribute to the scientific for guidance and counseling in the school.

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