



THE 2nd INTERNATIONAL CONFERENCE ON GUIDANCE AND COUNSELING
“COUNSELING RESONANCES ON
MENTAL HEALTH EMERGENCIES AND AWARENESS”

MENTAL HEALTH EMERGENCIES AND AWARENESS: MULTICULTURAL
COUNSELING TO STRENGTHEN CULTURAL RELATIONS

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ABSTRACT

Multicultural counseling is becoming increasingly important in the context of an increasingly culturally diverse society. This article aims to explore in depth the concept of multicultural counseling and how its practice can strengthen intercultural relationships. Through a careful review of relevant literature, we identify key principles and strategies involved in multicultural counseling to enhance cross-cultural understanding, appreciate diversity, as well as promote healthy cultural integration. Emphasis is placed on the importance of counselor competence in managing the complex dynamics of clients' cultural identities, while exploring cultural reflection and self-awareness as cornerstones of effective practice. We highlight the challenges faced in intercultural counseling, including cultural misinterpretation and value conflicts, and emphasize the need for an approach that is sensitive and responsive to the individual's cultural context. In outlining practical recommendations, the article underlines the importance of continuous training for counselors to enhance their multicultural competence. Furthermore, we emphasize the need for a holistic approach that integrates cultural perspectives in the counseling process, as well as support for further research in this area to enrich the understanding and practice of multicultural counseling. This article explores the role of multicultural counseling in enhancing cultural relations. It examines how counselors can effectively address cultural diversity within therapeutic settings to foster understanding, respect, and cooperation among individuals from different cultural backgrounds. The study emphasizes strategies and techniques that counselors can employ to promote cultural sensitivity and inclusivity, ultimately contributing to improved intercultural communication and relations in diverse communities.

Keywords: Multicultural, Cross-cultural, Counseling, Diversity, Cultural Integration



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INTRODUCTION

In an era of globalization that continually expands communication networks and cross-cultural interactions, individuals face growing challenges and opportunities in the context of counseling. The increasing cultural diversity of the population highlights the need for counseling approaches that are sensitive and responsive to such diversity. Multicultural counseling has garnered increasing recognition as a relevant and essential framework for addressing the needs of clients from different cultural backgrounds.

Through meticulous literature review, many researchers have identified key principles and strategies in multicultural counseling aimed at enhancing cross-cultural understanding, appreciating diversity, and promoting healthy cultural integration. The importance of gaining a profound understanding of the complex dynamics of clients' cultural identities takes center stage, emphasizing cultural reflection and self-awareness as crucial foundations in effective counseling practice.

However, in grappling with this complexity, counselors often face various challenges, including cultural misunderstandings and value conflicts. Therefore, it is vital for counseling practitioners to develop strong multicultural competencies through continuous training and holistic approaches that integrate cultural perspectives into the counseling process.

This article aims to outline practical recommendations for strengthening the quality of cross-cultural counseling, with an emphasis on the need for ongoing training for counselors and support for further research in this field. Thus, this article not only confirms the crucial role of multicultural counseling in strengthening cross-cultural relationships but also supports the vision of building an inclusive and harmonious society amidst increasing cultural diversity.

METHOD

This study will utilize a literature review or bibliographic research approach to gather and analyze information from relevant literature in the field of multicultural counseling. Its main objective is to investigate the key principles and strategies in multicultural counseling aimed at enhancing cross-cultural understanding, appreciating diversity, and promoting healthy cultural integration.

Additionally, this research will identify challenges faced by counselors in cross-cultural counseling practice and propose practical recommendations to strengthen the quality of cross-cultural counseling. Data will be collected through literature collection from various sources such as academic journals, textbooks, scientific articles, and related research reports. Data analysis will focus on identifying the key principles and strategies in multicultural counseling as well as analyzing the challenges faced by counselors and the practical recommendations generated.

The results of the analysis will be interpreted to gain an in-depth understanding of the research topic and will be presented in the form of a research report that includes a summary of the literature, data analysis, findings, and practical recommendations. The credibility of the research will be enhanced through steps such as source selection, careful analysis, and clear and accurate presentation of findings. This bibliographic research method is expected to contribute to the understanding and development of culturally sensitive counseling practices in the context of the increasingly globalized world.

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RESULT AND DISCUSSION

In the context of globalization, where communication networks are constantly growing and cross-cultural interactions are common, people come across a variety of obstacles and opportunities in the counseling field. The current environment is characterized by increasing cultural diversity among populations, which calls for counseling paradigms that are sensitive to and flexible with this plurality. In this setting, multicultural counseling has become a shining light, acknowledged for its inherent ability to meet the requirements of clients from a variety of cultural backgrounds. A careful reading of academic literature reveals a rich tapestry of multicultural counseling ideas and techniques, all of which are intended to promote an attitude of appreciation for diversity, cross-cultural understanding, and smooth cultural integration. These principles emphasize the importance of deeply exploring clients' complex cultural identities, which highlights the critical role that cultural reflection and self-awareness play in good counseling practice.

Counselors, however, frequently face a variety of challenges when negotiating the maze of cultural complexities, from misinterpretations resulting from cultural differences to conflicts in values. Therefore, it is essential to develop strong intercultural abilities through ongoing training and comprehensive approaches that naturally include cultural viewpoints into counseling frameworks. This paper tries to outline practical suggestions for enhancing the quality of cross-cultural counseling, with a focus on counselors' continuous professional growth and the support of comprehensive research in this area. Thus, in addition to reiterating the crucial role that multicultural counseling plays in strengthening cross-cultural relationships.

Multicultural counseling plays an important role in strengthening intercultural relationships. Multicultural counselors help individuals understand and appreciate cultural diversity, improve cross-cultural communication skills, and promote peaceful conflict resolution. By building trust and a sense of safety, multicultural counseling promotes advocacy and social justice for all cultural groups. Multicultural counselors challenge prejudice and discrimination, and empower individuals to fight for their rights. Multicultural counseling is a valuable tool for building stronger, more respectful and fair cross-cultural relationships.

Multicultural Counseling

Multicultural counseling is a humanitarian assistance process that draws on cultural factors in an individual's experience. In contrast to traditional counseling, multicultural counseling refers to an approach that integrates other important aspects of diversity, such as geography, race, abilities, and age, as well as different cultural backgrounds. Multicultural counseling refers to an approach that integrates other important aspects of diversity, going beyond approaches that are only about race and ethnicity.

Multicultural counseling has four basic principles: 1. Culture refers to a group of people who identify or associate with each other who basically have some of the same goals or similar backgrounds, 2. Overall counseling is a blending of cultures in its basic nature, 3. Multicultural Counseling places emphasis on human diversity in all its various forms, and 4. Responsive counselors develop the awareness, knowledge, and skills to intervene effectively in the lives of people from diverse cultural backgrounds.

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Multicultural counseling, sometimes the term counseling is also used cross-cultural, is a process of personal humanitarian assistance that pay attention to the workings of cultural factors and how to create factors this culture for the smoothness of the assistance process and for success in achieving its goals, namely advancing personality development individual (encyclopedia of education, 2001).

The existence of cultural diversity in society is a reality life that cannot be avoided. Globalization or side can give birth universal (global) culture, but on the other hand it encourages every group culture struggles to confirm cultural identity so that cultural diversity continues to develop. By Kuntajaraningrat contains three important components, namely: value system, social system and physical culture. Will determine or color individual behavior or a culture support group. Berry states "culture is personality or a society" thus all elements of culture will form subjective elements in individuals or groups which includes various concepts and associations, attitudes, beliefs, hopes, opinions, perceptions and so on. In counseling services, there are important components, namely clients and counselor with each client's cultural background. The counselor will influence basic concepts, strategies, techniques and so on in counseling. In addition, the environment in which counseling is conducted carried out, and the theories used are strongly colored by culture. A counseling service will not be effective if it does not pay attention client culture (Nuzliah, 2016).

Cross-cultural guidance and counseling has an important role in bridging differences in a multicultural society. In a society consisting of individuals with diverse cultural backgrounds, cultural differences, values, and norms are often a source of conflict, misunderstanding, and tension. Therefore, cross-cultural guidance and counseling exist to help individuals and groups in multicultural societies to understand, appreciate, and communicate effectively with people from different cultural backgrounds. One important aspect of cross-cultural guidance and counseling is cultural understanding. This understanding can help reduce stereotypes, prejudice and intercultural discrimination. In this context, an educational approach in cross-cultural guidance and counseling becomes relevant.

Through this approach, individuals and groups are invited to learn about different cultures, the values they contain, and the norms that apply. A deeper understanding of culture will help develop attitudes of respect, tolerance and sensitivity towards differences. Apart from cultural understanding, effective communication is also an important focus in cross-cultural guidance and counseling. In multicultural societies, individuals often communicate in different languages or with different communication styles. Language limitations or misunderstandings in message interpretation can lead to deeper conflicts, tensions and misunderstandings. Therefore, it is important to develop effective cross-cultural communication skills. Cross-cultural guidance and counseling involves using appropriate communication techniques, such as active listening, clarifying, showing empathy, and paying attention to body language and facial expressions. With good communication, individuals and groups can achieve better understanding, minimize conflict, and build harmonious relationships in a multicultural society.

Cross-Cultural in Counseling

Cross-cultural counseling is an approach that refers to a counseling relationship involving counselors and counselors who have cultural differences due to other variables such as sex, sexual orientation, socio-

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economic factors, and age . Cross-cultural counseling can also be understood as a discussion of multicultural counseling, inter-cultural counseling, cross-culturalcounseling or trans-cultural counseling .

Cross-cultural counseling has several advantages, such as:

1. Increase attitudes of tolerance: Cross-cultural counseling can help develop attitudes of tolerance in adolescents, because it refers to an approach that integrates other important aspects of diversity, which can help reduce differences.
2. Understanding cultural differences: Cross-cultural counseling requires awareness of cultural differences, which can help counselors understand and overcome problems that occur due to cultural differences.
3. Helps effective counseling: Cross-cultural counseling can help more effective counseling, because it refers to an approach that integrates other important aspects of diversity, which can help counselors understand and overcome problems that occur due to cultural differences.

Cross-cultural counseling also requires several competencies, such as:

1. Understand the impact of oppression and racial concepts on the mental health profession and on personal life.
2. Understand the value assumptions of major counseling theories that may interact with the values of different cultural groups.
3. Have culturally responsive skills, because in cross-cultural counseling which involves counselors and clients who come from different cultural backgrounds, there is a high risk of cultural biases causing the counseling to be ineffective.

Cross-cultural counseling is a very important approach in implementing guidance and counseling services, because it helps integrate other important aspects of diversity in counseling practice.

Cultural Integration in Counseling

Cultural integration is the process in which cultural elements from different groups or societies are combined or brought together to create greater harmony or framework. This can occur through interactions between these cultures, such as the exchange of ideas, values, traditions and practices. Cultural integration in counseling refers to efforts to understand, respect, and accommodate cultural diversity in the counseling process. This involves recognizing that individuals have unique cultural backgrounds and that these aspects may influence their understanding, values and experiences of mental health issues. Counseling practitioners who are sensitive to cultural integration will try to understand and respect the client's cultural perspective, as well as adapt their counseling approach according to the client's cultural needs. This may include considering cultural norms, beliefs, values, and language used.

Furthermore, the practitioner will respect and acknowledge the client's cultural interests and values in the counseling process. This could mean using language that is familiar to the client, paying attention to relevant cultural norms, and respecting cultural beliefs or traditions that are important to the client. In addition, cultural integration in counseling involves adapting the counseling approach according to the client's cultural needs. This may include modifying counseling techniques or strategies, adjusting communication methods, or considering the cultural context in designing treatment or intervention plans.

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Cultural integration in counselling also emphasizes the importance of self-awareness and reflection for counselling practitioners on how their own cultural background may affect interactions with clients. This helps practitioners to be more open and sensitive to cultural differences and reduces the risk of biases or stereotypes that may affect the counseling process. Counseling practitioners who are oriented towards cultural integration will seek to understand and respect the client's cultural perspective and adapt their counseling approach according to the client's cultural needs. This may include using appropriate language, adjusting therapeutic techniques, and considering other aspects of the client's culture that may affect the counseling relationship.

Overall, cultural integration in counseling aims to create a strong and trusting counseling relationship between the practitioner and the client, as well as ensuring that the counseling services provided are appropriate to the individual's cultural needs, thus helping the individual achieve optimal mental well-being.

Diversity in Counseling Multicultural

In multicultural counseling, diversity refers to variations and differences in the cultures, values, beliefs, social backgrounds, and identities of individuals involved in the counseling process. Descriptions of diversity in this context include:

1. **Culture:** This includes differences in traditions, language, norms, and cultural practices between clients and counselors. Culture influences perception, communication, and the way individuals understand problems and possible solutions.
2. **Values and Beliefs:** Every individual carries with them a number of values and beliefs that are reflected in their view of the world, morality, and way of life. In multicultural counseling, it is important to respect and understand these differences, while maintaining a universal counseling ethic.
3. **Social Background:** This includes factors such as economic status, education, and life experiences that influence how individuals respond to stress, trauma, and other life challenges. Counselors need to understand how clients' social backgrounds influence their perspectives and needs.
4. **Individual Identity:** This includes aspects such as gender, sexual orientation, and ethnic or racial identity. Understanding individual identity is important in creating an inclusive and safe counseling environment for all clients.

In multicultural counseling, it is important for counselors to acknowledge, respect, and understand this diversity and how it influences the dynamics of counseling. This involves the ability to work sensitively and effectively with individuals from diverse backgrounds, taking into account their cultural and social context in the counseling process.

Multicultural counseling is a therapeutic approach that focuses on understanding and addressing the unique cultural, social, and psychological needs of individuals from diverse backgrounds. This approach aims to strengthen cultural relations by fostering a deeper appreciation and understanding of cultural differences, promoting cultural competence, and reducing cultural biases. Here is a detailed explanation of the benefits and practices of multicultural counseling:

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Benefits of Multicultural Counseling

1. **Cultural Competence:** Multicultural counseling helps therapists develop cultural competence, which enables them to better understand and work with clients from diverse cultural backgrounds.
2. **Reduced Biases:** By understanding cultural differences, therapists can reduce biases and stereotypes that may affect their interactions with clients.
3. **Improved Communication:** Multicultural counseling promotes effective communication between therapists and clients from different cultural backgrounds.
4. **Enhanced Cultural Awareness:** It helps clients and therapists become more aware of their own cultural values and how they impact their interactions.
5. **Increased Empathy:** By understanding cultural differences, therapists can develop empathy and better support clients from diverse backgrounds.

Practices in Multicultural Counseling

1. **Cultural Self-Assessment:** Therapists assess their own cultural background and biases to understand how they might impact their work.
2. **Cultural Awareness Training:** Therapists receive training to increase their awareness of cultural differences and how they affect client interactions.
3. **Client-Centered Approach:** Therapists focus on the client's cultural background and experiences to develop a personalized approach.
4. **Cultural Sensitivity:** Therapists are sensitive to cultural differences and adapt their approach accordingly.
5. **Collaborative Therapy:** Therapists collaborate with clients to develop culturally sensitive treatment plans.

Strengthening Cultural Relations

Multicultural counseling contributes to strengthening cultural relations by:

1. **Promoting Cultural Exchange:** It encourages the exchange of cultural practices and values, fostering a deeper understanding of different cultures.
2. **Reducing Cultural Conflicts:** By understanding cultural differences, conflicts can be reduced and resolved more effectively.
3. **Fostering Cultural Competence:** It helps individuals develop cultural competence, which is essential for building strong cultural relationships.
4. **Enhancing Cultural Understanding:** It promotes a deeper understanding of cultural differences, leading to more respectful and harmonious interactions.

In conclusion, multicultural counseling is a vital approach that helps therapists and clients from diverse backgrounds understand and appreciate cultural differences. By promoting cultural competence, reducing biases, and fostering cultural exchange, this approach strengthens cultural relations and enhances the therapeutic process.

CONCLUSION

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In the context of the continually evolving globalization, increasing cultural diversity underscores the importance of a sensitive and responsive counseling approach. Multicultural counseling is recognized as a relevant and crucial framework in addressing the needs of clients from various cultural backgrounds. Understanding the complex dynamics of clients' cultural identities, cultural reflection, and self-awareness are essential foundations in effective counseling practice. Challenges faced by counselors, such as cultural misunderstandings and value conflicts, highlight the necessity of developing multicultural competencies through continuous training and holistic approaches in the counseling process.

In the end, multicultural counseling and cross-cultural approaches to counseling promote the goal of creating an inclusive and peaceful society in the face of shifting cultural dynamics in addition to assisting in addressing difficulties in managing cultural variety. Counselors can improve the caliber of their services and aid in the growth of robust and encouraging cross-cultural networks by putting these ideas into practice.

The article also emphasizes the importance of further research support and ongoing training for counselors in the field of multicultural counseling. Thus, the article confirms the vital role of multicultural counseling in strengthening cross-cultural relationships and supports the vision of building an inclusive and harmonious society amidst increasing cultural diversity.

By employing a literature review or bibliographic research approach, the article identifies key principles and strategies in multicultural counseling and offers practical recommendations to enhance the quality of cross-cultural counseling. Analysis of data from various academic literature sources aims to provide deep insights and contribute to the development of culturally sensitive counseling practices in an increasingly interconnected global context.

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