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CLINICAL PRACTICE OF FAMILY COUNSELING IN SAUDI SOCIETY BETWEEN REALITY AND HOPE

Prof. Khalid Yousef Ahmed Bargawi
Professor at the Social Work Department, College of Social Sciences, Umm Al -Qura University

Abstract

The family is the primary social group responsible for the socialization process that results in a positive lifestyle for its members, and this is achieved through the family's social, biological, emotional, economic, religious and moral functions, and with the development of societies and the increased complications of life in various fields and the emergence of many variables and technical, economic, social and health factors that It affected positively and at other times negatively on all members of society and families of various forms, and the emergence of humanitarian assistance professions- including- the social work profession had a positive role in the framework of team work to help the family face these problems and others, whether at the level of prevention, treatment or rehabilitation . The clinical practice in the field of family counseling is one of the best practices that seeks to achieve these preventive, therapeutic and rehabilitation goals. The clinical practice of family counseling depends on models: (reading therapy- therapy with transactions analysis- narrative therapy- family therapy- existential direction), and the following skills: (skill Use of technologies- dialogue skill- guidance interview skill- time management skill- the skill of solving the problem).

Keywords: family counseling - clinical practice - models - skills.

The study Problem:

The family is the primary social group responsible for the socialization process that results in a positive lifestyle for its members, and this is achieved through the family's social, biological, emotional, economic, religious and moral functions, and all societies have been concerned with their different levels to provide many social care and protection programs of various forms of their forms because It is important at the level of individuals, groups and society as a whole, and the Kingdom of Saudi Arabia has taken care of the Saudi family and the multiple governments since the establishment of the Kingdom at the hands of the late King Abdulaziz Al Saud, may God rest his soul, have provided many of these programs with its preventive, curative and rehabilitation goals for all members of the Saudi family, focusing on The importance of the family from the perspective of Islamic law in addition to the clear importance of the family in achieving sustainable development programs in society.

With the development of societies and the increased complications of life in various fields and the emergence of many variables and technical, economic, social and health factors that have affected positively and at other times negatively on all members of society and families in various forms, families were exposed to many problems that negatively affected the social performance of family members and thus appeared Family problems with a social, economic, health or moral perspective and those problems that have all the stages of the life cycle of the family show problems such as domestic violence, divorce, marital infidelity, marital silence and other family problems.

It was self -evident that humanitarian assistance professions have a positive role in the framework of team work to help the family face these problems and others, whether at the level of prevention, treatment or rehabilitation, and here we find that the medical profession in all its specialties, as well as the nursing profession in all its specialties, in addition to the profession of social work, psychology and others Professions had a role in providing care and social protection for all family members.

Family counseling has emerged in Saudi society to provide preventive services, treatment services and development rehabilitation services through specialists and through official institutions that obtain official approvals from the ministries and relevant authorities. Several principles, ethical covenants and guidelines have been formulated in the field of family counseling in Saudi society, and clinical practice remains In the field of family counseling, one of the best practices that seeks to achieve these preventive, therapeutic and rehabilitation goals. The clinical practice of family counseling depends on many contemporary models and theories, and this is what we try to address as a research problem for the current work paper to shed light on these modern models in clinical practice in the field of Family counseling in Saudi society.

Second: Examples of clinical practice in family counseling

The professional practice of family counseling is based on many theories and models that direct the practice and help achieve a material and moral return for family counseling, which helps to strengthen societal ratification in the Saudi society of the family counseling specialization, and the researcher proposes some modern models that have scientific evidence and proofs of its effectiveness in many One of the areas of family counseling, both in society.

1- Biblotherapy

The counseling was relied on reading with many customers of all ages, and the counseling is based on reading on the advice of literary activities appropriate to change the feelings, ideas and behaviors of the guide to help him improve his lifestyle in facing family problems and counseling in reading as well Family problems.

2- Transactional Analysis Therapy

Although the emergence of this extension model and the existence of scientific evidence and proofs of the effectiveness of its practice in the areas of family counseling, the researcher sees the necessity of generalizing this model and benefiting from it as it is a guiding model that helps to understand the personality of the elements of the extension process and determine the reality of family interactions and analyze transactions between family members One to determine the strengths and weaknesses.

3- Narrative Therapy

The anecdotal counseling model depends on the counselor encourages the guided agent and helps him to cut the stories and life situations that he is going through as a member of the family, by relying on the written duties to describe his feelings, ideas and behaviors.

4- Family Therapy

It is the most popular and used by the family counselors and all members of the family counseling team and includes many sub -models that have appeared and developed such as family therapy centered on the solution and family treatment based on evidence, family behavioral intervention and family mediation entrance at work with individuals and families.

5- Approach Execrative direction

The existential trend in family guidance, such as others in the articles of different practice, depends on helping the mentor to reach the true meaning of life. Several scientific studies have been conducted in Saudi society in that direction in order to suit Saudi society by linking the meaning of life to Islamic law.

Third: Clinical practice skills in family counseling

Family counseling is linked as a profession and an applied specialization with a base of professional skills that develop and grow according to the development of families in general and family counseling fields in particular. Some of these skills can be taken as follows:

1- The skill of using technologies

Family counseling is no longer limited to the traditional form that is done through direct interviews the forearm technical development in the world and in Saudi society, especially on the use of many professions to social media applications through which family counseling is carried out and there are many electronic applications spread in Saudi society to achieve family counseling.

2- Dialogue skill

Saudi society is concerned with the concept of family dialogue, and it is one of the programs included in the King Abdulaziz Center for National Dialogue. The Saudi family, like the rest of the Arab families, is in urgent need to create methods of dialogue under the contemporary society among all its members between parents, children and parents with each other so that we do not hear about problems Marriage silence, emotional divorce, or family violence. This skill is one of the most important family counseling skills in the current era.

3- The skill of the guiding interview

Family counseling depends on the interview skill, including the use of verbal and non - verbal observation, as well as listening and listening, as well as directing questions and other methods on which family counseling skill is based, especially the professional guidance relationship.

4- Time management skill

It has become scientifically established that the current era includes many factors that lead to the waste of time, and all family members must seek to learn that skill, which is the skill of time management to reduce those waste amid investment of leisure for all family members, especially young people.

5-The skill of solving the problem

It is a scientific skill that the guide and the guide uses, as the guide seeks to provide her with the mentor through brainstorming and some steps that help him solve his current and future problems.

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