



HEALING JOURNALING TRAINING FOR PPA SERVICE OFFICERS IN HANDLING VICTIMS OF VIOLENCE AGAINST WOMEN AND CHILDREN IN BOGOR CITY

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Abstract

Healing Journaling *training* is one of the therapeutic methods to deal with violent crimes by officers/assistants of the Bogor City Empowerment and Protection Regional Technical Service Unit (UPTD PPA Bogor City). *This healing journaling technique* also adopting from the Rational-Emotive Behavioral Therapy (REBT) counseling technique. *Healing journaling* is one technique that is written expression brought into counseling sessions and discussed with counselors openly, and it becomes a driver of the counseling process. Journaling also helps keep counselors focused on counseling goals even when not in a counseling session. Sharing and discussing the contents of the journal with officers/assistants of the Bogor City Empowerment and Protection Regional Technical Service Unit (UPTD PPA Bogor City) will increase the achievement of counseling and usually increase client insight and discussion around changes in mindset (cognition), feelings (affective) and behavior (conative) of victims of violence cases.

Keywords: *Healing Journaling*, Victims of Violence, Women and Children

INTRODUCTION

The Regional Technical Implementation Unit for Women and Children Protection (UPTD PPA) of Bogor City is the implementing institution for regional affairs in the field of women's empowerment and child protection (UPTD PPA) of Bogor City, formed on December 31, 2022. Previously named the Integrated Service Center for Women's Empowerment and Child Protection (P2TP2A) Bogor City, it was established on November 11, 2009. In the last 3 (three) years, from 2020 to 2022, it continues to experience a high increase. The increase occurred during the COVID-19 pandemic in 2021 and continued in 2022. From the graph below, in 2020, there were 127 cases of handling victims of violence; in 2021, there were 154 cases; and until 2022, there were 140 cases of violence against women (KTP) and 76 cases of violence against children.



Picture. 1. Data Graph of Violence Cases in 2020-2022 UPTD PPA Bogor City

The increase in complaints during the 2020-2022 period can be interpreted as increasing public legal awareness to report violence against women and children to UPTD PPA Bogor City, and UPTD PPA Bogor City responded by ensuring that the legal process can fulfill justice for women and child victims. UPTD PPA Bogor City conducts six services for victims of violence against children and women, namely: 1) Complaints, 2) Assistance, 3) Outreach, 4) Case Management, 5) Mediation, and 6) Temporary Shelter. Services are carried out by 1 Advocate, 3 Counselors, and 6 Companions, and they are assisted by 2 Secretariats under the leadership of the Head of UPTD with 1 Woman and Children Supervisor. Over time, for various reasons, UPTD PPA Bogor City service officers now only consist of 1 Advocate, 1 Psychologist, 2 Counselors, 2 Assistants, and 1 Administration Staff.

Based on the problems faced by UPTD PPA Bogor City, as described above, solving cases of violence is not easy because victims choose to remain silent and survive. The resolution of domestic violence cases does not all end in court. Victims Choose Legal Consultation and Counseling for Psychological Assistance and Recovery. The agreed settlement priority (PkM proposal team) is to improve services for victims of violence against women and children through HR training, especially Counselors, Companions, and Advocates, to maximally carry out assistance, counseling, or *Trauma Healing* therapy using Healing Journaling techniques. Healing Journaling training is an alternative method used in increasing partners' insight and ability to solve social problems, especially in overcoming and preventing depression or Post Traumatic Stress Disorder (PTSD) in victims of violence against women and children.

METHODS AND PROCEDURES

Erford (2015) outlines the implementation of *healing journaling* techniques can range from nondirective, free-flowing writing tasks to structured worksheets. Still, adapting the method to client needs is critical in journaling. The guidelines are agreed upon by both the counselor and the client. The instructions can be as simple as "Write about whatever you want for at least five minutes every day" to "Record it every time you think about alcohol." Lent and Young (Erford: 2015) outline general steps for each journal writing task, including 1. describing the purpose and content of the task, 2. being involved in journaling activities, 3. checking the client's progress and engage the client in meaningful exchanges derived from the journal's contents and processes, and 4. encourage clients and modify activities where deemed necessary.

Furthermore, Thompson (2018) asserts that *the healing journaling* technique involves many writing exercises. In the *healing journaling* technique, clients are encouraged to know everything, write quickly, save the writing, and always tell the complete truth as follows: 1. *Sprint*: catharsis is encouraged by allowing the client to write about anything for some time, such as for five minutes or ten minutes. 2. *Lists*: The client writes several connected items to help prioritize and organize. 3. *Captured moments*: The client tries to describe the esa memory and emotional experience of a . 4.

Unsent Letters: This attempts to silence the client's internal censorship; they use it in the grieving process or to cope with trauma, such as sexual abuse. 5. *Dialogue*: The client makes both parties have a conversation involving anything, including but not limited to people, bodies, events, situations, times, and others 6. *Feedback*: important for journaling counselors as feedback makes the client aware of his feelings; it also allows the author to acknowledge, accept, and reflect on what they have written before (thoughts, feelings, and others).

Erford (2015) emphasizes that sharing and discussing journal content with professional counselors increases counseling achievement and usually increases client insight and discussion around changing client thoughts, feelings, and behaviors. Ellis states in his REBT concept that clients must think, feel, and act against disappointing thoughts (Palmer: 2010). After journaling, something active needs to be done, such as running, walking, stretching, breathing, and or something fun like taking a bubble bath, listening to music, or talking to someone and others (Kathleen, 2018).

Service Team roster:

No.	Name	Institution	Position in the Team	Job Description
1	Layung Paramesti Martha, M.Si	Communication Sciences, FISIB, UNPAK	Head	Ensure the maintenance of Community Service runs and handles the necessary resources.
2	Hafzotillah, M.I. Kom	Communication Sciences, FISIB, UNPAK	Member 1	<ul style="list-style-type: none"> ● Assist in service cooperation with other agencies ● Preparation of program plan ● Training and dedication
3	Trifara Nur Amalia Putri	044120336	Member 2	<ul style="list-style-type: none"> - Participate in service activities - Program socialization - Publication of service output
4	Zamzam Taufik Kurahman	044120270	Member 2	<ul style="list-style-type: none"> - Participate in service activities - Program socialization - Publication of service output

UPTD PPA Bogor City will realize the implementation method for the solution as a Regional Technical Implementation Unit formed by the Regional Government, which is explained in the table below.

No.	Solution	Activities	Output Target
1	Improving services for victims of violence against women and children through HR competency training, especially Counselors, Companions, and Advocates	Assistance for victims of violence against women and children to target partners, namely Counselors, Companions, Advocates Training on the	Offline Class Session (1-2 x meetings covering theory and writing practice) at UPTD PPA Bogor City Office Jl. Destarata IV No.3, RT.01/RW.16, Tegal

	to maximally carry out mentoring, counseling, or <i>Trauma Healing therapy</i> using Healing Journaling techniques	application of Healing Journaling techniques used in dealing with victims of violence against women and children.	Gundil, North Bogor District, Bogor City Certificate of training.
2	Active socialization and help prepare audiovisual information content that can help UPTD PPA Bogor City promote media through social media, namely <i>Instagram, Whatsapp, and YouTube, as well as creative and innovative content creation training.</i>	Ability to create creative and innovative socialization and educational media tools <i>Creative and innovative content creator training.</i>	<i>Innovative and creative content creator</i> products signed by PKM Team Leader Certificate of content creator training in voting.

RESULTS

Bogor City Office of Women's Empowerment and Child Protection (DP3A) with <https://dpppa.kotabogor.go.id/index.php/welcome/post/single/115> link, Regional Technical Implementation Unit for Women and Children Protection from now on abbreviated as **UPTD PPA** is a Regional Technical Implementation Unit formed by local governments in providing services for women and children who experience violence, discrimination, and special protection.



Contact:

- 24-Hour Hotline: +62 811-1115-597 (WhatsApp)
- Location: Jl. Datarata IV No.3, RT.01/RW.16, Tegal Gundil, Kec. Bogor Utara, Kota Bogor, West Java 16152
- Service Hours: Monday - Friday, 08.00 - 15.00 WIB
- Instagram: @uptdppakotabogorofficial
- Facebook: UPTD PPA BOGOR CITY

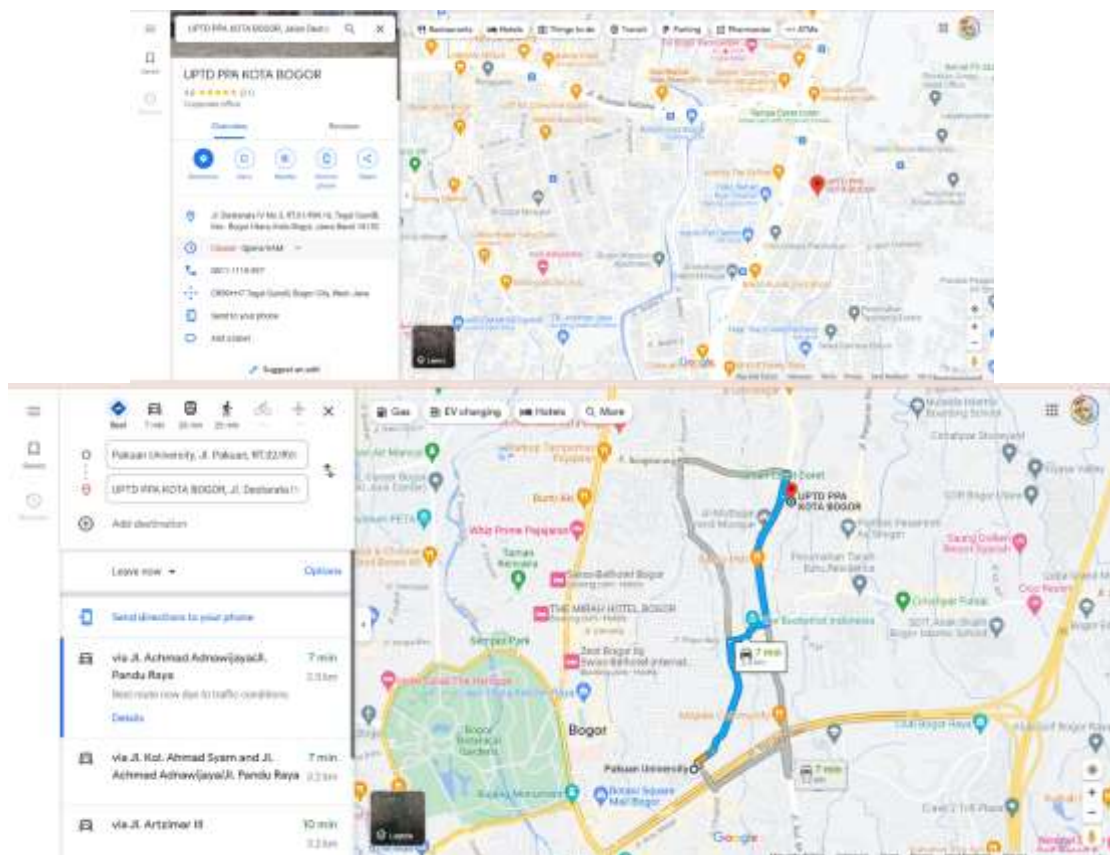
The promotional media owned by UPTD PPA Bogor City is Instagram social media, namely @uptdppakotabogorofficial with <https://www.instagram.com/uptdppakotabogorofficial/> links. The

press still needs to provide more information about the services of the PPA Regional Technical Implementation Unit, whose work covers the entire Bogor City community and involves or synergizes with village officials in various areas where the crime occurred.



Picture. 2. UPTD PPA Bogor City Instagram Social Media

The distance between Pakuan University (Jl Pakuan No.1 RT02/RW06, Tegallega, Central Bogor District, Bogor City, West Java 16129) as the Chief Proposer in Community Service with UPTD PPA Partners Bogor City (Jl. Destarata IV No.3, RT.01/RW.16, Tegal Gundil, North Bogor District, Bogor City, West Java 16152) is 2.5 km reached by car with a travel time of about 7 minutes from Pakuan University.



Picture. 3. Map of UPTD PPA Partner Location Bogor City



Picture. 4. Healing Journaling Training Banner for UPTD PPA Service Officers Bogor City



Picture. 5. Group Photo of Healing Journaling Training for UPTD PPA Service Officers in Bogor City



Picture. 6. Session 1 Healing Journaling Training for UPTD PPA Service Officers Bogor City



Picture. 6. Session 2 of Healing Journaling Training for UPTD PPA Service Officers in Bogor City

CONCLUSION

By activity Healing Journaling Training for UPTD PPA Bogor City Service Officers as an alternative method used in increasing the insight and ability of partners to improve services for victims of violence against women and children through HR training, especially Counselors, Companions, Advocates to maximally carry out mentoring, counseling or therapy *Trauma Healing* using the Healing Journaling technique. The Healing Journaling technique is used as a solution to overcome and prevent depression or Post Traumatic Stress Disorder (PTSD) in victims of violence against women and children.

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