

Aceng Akhmad Munandar Alkafi Billah, M.M., M.Pd.

ENGLISH FOR ISLAMIC *Counseling Practice*



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PREFACE

Praise be to Allah SWT for all His blessings, so that this textbook, "English for Islamic Counseling Practice," could be completed. This book was compiled collaboratively by students of the Guidance and Counseling (BK) and Islamic Education (PI) Study Programs. This textbook is specifically designed to provide significant benefits in bridging the gap between global psychological concepts and Islamic values. By employing an English for Specific Purposes (ESP) approach, it serves as a practical guide to equip future Muslim counselors with the mastery of global clinical terminology integrated harmoniously with Islamic spiritual values.

It addresses the urgency of a global language in mental health, introduces basic clinical terms such as empathy and active listening synergized with Islamic communication ethics, and provides practical techniques for opening counseling sessions and building a good relationship with clients (building rapport). Through this integration, readers are expected to navigate international literature while professionally articulating spiritual-based guidance and counseling within a multicultural landscape.

This book is highly recommended and intended for students, academics, researchers, and practitioners in the fields of Islamic Guidance and Counseling, Islamic Education, psychology, and mental health who wish to expand their competencies in international counseling practices. We express our gratitude to our supervising lecturer and all parties who have supported the compilation of this book. May this work provide a meaningful contribution to the advancement of Islamic guidance and counseling studies.

Tangerang, July 08 2026

The Drafting Team

Study Program of Guidance and Counseling & Islamic Education

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BAB I

INTRODUCTION TO ENGLISH FOR ISLAMIC COUNSELING

A. INTRODUCTION TO ENGLISH IN PROFESSIONAL COUNSELING

This introductory section will take an in-depth look at the strategic position of English that goes beyond its status as a complementary course at university. In the midst of the ever-evolving dynamics of the times, mastery of this international language has transformed into an essential competency that every Muslim counselor must have. This is necessary so that practitioners are able to navigate the increasingly diverse global flow of information and mental health literature.

Furthermore, the integration of English language skills is seen as a vital instrument in strengthening the professionalism of counselors in the contemporary era. By placing language as a strategic asset, a counselor is not only able to broaden his or her intellectual horizons, but also has the readiness to contribute on a broader scale. This exploration aims to show that language is key for Muslim counselors in addressing global challenges without losing their spiritual identity.

1. The Role of English as a Global Language in Mental Health

According to Hidayat (2022), English serves as the main bridge in global scientific discourse, where mastery of this language allows mental health practitioners in Indonesia to access evidence-based practices, the majority of which are published in international journals, so that the interventions provided have strong scientific validity. The position of English as the lingua franca in the global mental health discourse has made it a key instrument in the dissemination of science and professional practice.

This is evidenced by the dominance of the use of English in the majority of primary literature, credible research journals including those focused on Muslim audiences such as the Journal of Muslim Mental Health as well as various international standard psychological assessment tools that are the

BAB II

BASIC TERMINOLOGY IN COUNSELING ISLAMIC GUIDANCE AND ISLAMIC VALUES COUNSELING COMMUNICATION

A. BASIC TERMS IN COUNSELING

According to Prayitno et al. (2023), counseling is a helping process carried out through a face-to-face relationship between a counselor and a client to assist the client in understanding themselves and solving their problems. As a counselor, counseling can be understood as a professional assistance process that does not merely provide instant solutions. Instead, it is a collaborative journey with the client to develop personal potential, find ways to resolve problems, and build emotional resilience. In practice, the counselor works to create a safe space where clients can explore themselves without judgment. The goal is not only to address immediate problems but also to encourage lasting changes in behavior and patterns of thinking. Essentially, counseling can be viewed as an investment in achieving a better quality of life. Key terms include:

1. Counseling

Counseling is a structured dialogue between a counselor and a client aimed at exploring problems, developing insight, and encouraging positive change. According to Egan (2014), counseling is understood as a planned and structured dialogue between a counselor and a client to discuss and understand the problems faced by the client. In the counseling process, the conversation between the counselor and the client does not occur spontaneously but is conducted in a directed and systematic manner. This dialogue aims to help the client express and gain a deeper understanding of the problems they are experiencing.

BAB III

GREETING AND BUILDING RAPPORT IN COUNSELING SESSIONS

A. INTRODUCTION TO GREETING AND BUILDING RAPPORT

1. Basic Meaning of Greeting

Greeting is a means of communication that is especially relevant in the counseling process. In other words, greeting serves as the gateway that connects two individuals in a deeper and more meaningful interaction. Therefore, greeting becomes an essential part of the communication process that helps build a positive foundation for the relationship between counselor and client. In addition, during this initial interaction, the counselor demonstrates professionalism, empathy, and interpersonal skills. In practice, greeting is an inseparable part of the overall counseling process because it functions as an initial bridge of communication. (Siregar et al.,2023)

Greeting becomes the starting point that determines the direction of the relationship. Within a short period, clients unconsciously assess whether the situation feels safe and comfortable enough for them to open up. Through greeting, the counselor shows that they are present as an individual who is ready to listen without judgment. This indicates that greeting also has an initial diagnostic function that helps guide the course of the counseling session. Greeting is not something new; however, it represents a significant effort to reposition it as a means of bridging the gap between the client and the counselor. On the other hand, every stage in the counseling process, no matter how small, carries its own value and contribution. This reflects the counselor's professionalism in paying attention to even the smallest details that can have a substantial impact.

Greeting also becomes a symbol of goodwill, openness, and readiness to establish a relationship based on mutual respect. Ultimately, greeting is no longer seen as a mere routine, but as a strategic component in the

BAB IV

QUESTIONING TECHNIQUES IN COUNSELING, EXPRESSING EMPATHY, AND ACTIVE LISTENING.

A. GUIDANCE AND COUNSELING

Prayitno et al. (2018). In everyday life, everyone often faces various challenges and problems. Therefore, guidance and counseling can function as tools to help individuals understand and overcome existing emotions. Every person's life is always related to the guidance process, both through direct and indirect interactions with the surrounding environment. Guidance functions as a preventive measure, conveying information, and promotion. Thus, it can be interpreted that guidance is the process of providing assistance carried out professionally by counselors to clients, both individually and in groups, in their efforts to develop themselves.

Counseling is a process of providing support carried out professionally by counselors to clients, both individually and in groups, with the aim of helping clients understand, overcome, and resolve their problems independently. According to Prayitno, counseling is a process in which assistance is provided through interview sessions by a professional known as a counselor to people facing problems, called clients. The purpose of this process is to support clients in understanding and overcoming the challenges they face, so that ultimately the problems can be resolved efficiently.

In counseling practice, the goal is not only to help individuals resolve current and short-term problems, but also to prepare them to address future challenges. Guidance and counseling are inseparable, although the two terms have distinct meanings. One difference between guidance and counseling lies in the methods used. Guidance typically focuses more on

BAB V

EXPLORING CLIENT PROBLEMS AND ISLAMIC SPIRITUAL SUPPORT

A. CLIENT PROBLEM EXPLORATION

According to Wijayanti et al. (2018). Previously, counseling was predominantly conducted through face-to-face interactions. However, in recent years, many individuals have shifted toward online counseling services, as they are considered more practical, flexible, and easily accessible. In this context, the process of problem exploration remains a crucial component. Problem exploration can be understood as the counselor's effort to gain a deep understanding of what the client is actually experiencing. This process involves not only listening to the client's complaints but also exploring their background, emotions, and thoughts related to the issue.

In online settings, this process is carried out through digital media such as chat or written messages, which requires adjustments in communication style. Unlike face-to-face counseling, exploration in online consultations presents its own challenges. Counselors are unable to directly observe facial expressions, body language, or tone of voice, all of which are typically helpful in understanding a person's emotional state. As a result, counselors must be more attentive in interpreting written messages and selecting appropriate words to avoid misunderstandings. Communication must be clear, empathetic, and free from ambiguity.

Wijayanti and colleagues found that the problems presented by clients in online consultations are highly diverse. However, in general, these problems can be categorized into several main groups. One category is personal issues, such as anxiety, stress, low self-confidence, and difficulties in decision-making. These problems are usually related to internal conditions that are often difficult for individuals to express openly. In addition, there are social issues that relate to interactions with others, such

BAB VI

CLOSING COUNSELING SESSION, COUNSELING DIALOGUE, AND ROLE PLAY PRACTICE

A. UNDERSTANDING CLOSING OF COUNSELING SESSION

1. The Importance of The Closing Stage

According to Corey. G. (2017) The closing stage is the last part of the counseling process that plays an important role in helping the client end the session in a good and targeted way. Closing a session is not only a way to end the conversation between the counselor and the client, but also an opportunity to double-check what has been discussed, make sure the client understands well, and provide emotional support before the session ends. This stage helps clients feel more relaxed, valued, and ready to step into the next stage.

In the counseling process, closing the session well can strengthen the relationship between the counselor and the client. In addition, closing helps clients recall the talking points that have been discussed during the session. If the closing process is done too quickly or inappropriately, the client may feel confused, unhappy, or even feel that the problem is not sufficiently understood. The closing of the session is also very important to maintain the professionalism of the counselor. The counselor should ensure that the session ends in a polite, clear and still safe manner that makes the client feel comfortable and safe. Therefore, the closing stage is one of the most important skills and must be mastered by a counselor.

2. Effective Closing Characteristics

Effective counseling sessions usually have some important characteristics. First, the closure is carried out slowly and not suddenly. The counselor should let you know that the session is coming to an end so that

BAB VII

DEVELOPING COUNSELING CASE STUDIES IN ENGLISH AND WRITING MATERIALS FOR ISLAMIC COUNSELING PRACTICE

A. UNDERSTANDING CASE STUDIES IN COUNSELING

According to Gunawan (2022) case studies focus intensively on a particular object. In case study research, counselors do not see people with many problems at once, but only focus on one case, for example, one person, one particular event. This focus is necessary to truly understand the case clearly and to ensure that observations are thorough. Counselors must thoroughly explore all aspects of the case. Starting from his background, his habits, his feelings, his surroundings, to small things that seem trivial but are actually very important. This is to gain a deeper understanding and avoid misjudgments. In case studies, a counselor doesn't treat all clients the same, as each person has a different lifestyle, unique problems, and unique circumstances. Therefore, a counselor can use a case study approach to focus intensively on just one client.

A case study is a method of studying something in depth and without rushing. "Exploring a bounded system" means examining something with clearly defined boundaries. For example, a single person, a small group, or a specific incident. This way, the focus doesn't stray far and wide but rather focuses on that single case. This allows counselors to focus more and avoid being overwhelmed by too many factors. The process of understanding a case is gradual and ongoing. Counselors will continually monitor developments over time, assessing whether there is change, progress, or simply a growing complexity of the problem. This is crucial for a truly mature understanding.

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Aceng Akhmad Munandar Alkafi Billah, M.M., M.Pd. meyakini bahwa pendidikan adalah investasi terbaik untuk membangun masa depan. Mengabdikan diri sebagai pendidik sejak 2011 hingga kini menjadi Dosen di Perguruan Tinggi, ia terus berkomitmen mengembangkan ilmu melalui pengajaran, penelitian, dan karya tulis. Prinsip hidupnya sederhana: **"Persiapkan segala kemungkinan, karena hidup ini penuh dengan segala ketidakpastian."**



Riyadhatul Arikal Bilqis. Lahir 28 januari 2005 berdomisili di Jl. Parung jaya, karang tengah, Kota Tangerang. Ia merupakan lulusan pondok pesantren At Tahiyah, dan ia menempuh sekolah Smp di SMPN 24 Kota tangerang. Dalam menjalani kehidupannya, Bilqis berpegang pada prinsip bahwa **"Jangan takut mencoba hal baru dan keluar dari zona nyaman. Anggap setiap pengalaman baik atau buruk itu sebagai tambahan warna baru dalam palet kehidupanmu."**



Zahra Nabila Putri lahir di Tangerang, pada 14 Maret 2005. Penulis merupakan lulusan Pondok Pesantren Daru Hasbi. Bagi penulis, belajar merupakan proses yang terus berlangsung sepanjang hayat. Penulis berpegang sebagai **"لكن إلى شان الغلا حركات"** motto pada **pengingat bahwa setiap Cita-Cita memerlukan Usaha dan Kesungguhan untuk mencapainya.**



Puput Nafalia lahir pada 31 maret 2006 dan berdomisili di Cicayur II, Kampung Gunung Batu, Kecamatan Pagedangan, Desa Cijantra, Kabupaten Tangerang. Ia merupakan lulusan Pondok Pesantren Babus Salam dan kini mengabdikan diri sebagai pengajar di pondok pesantren tersebut. Dalam menjalani kehidupannya, Puput Nafalia berpegang pada prinsip bahwa **"Hidup itu tentang giliran, teruslah belajar karna dunia tidak akan lelah memberi pelajaran"**



Nailah Wardaturoza lahir pada 4 Januari 2008 dan bertempat tinggal di Desa Lebak Wangi, Kampung Rawa Bereum, Kecamatan Sepatan Timur, Kabupaten Tangerang. Ia merupakan lulusan Pondok Pesantren Sunanunnidzom dan memiliki ketertarikan pada bidang konseling. Pesan dari Penulis: **"Semua hanya tentang fase. Maka, hiduplah sebahagia-bahagiaanya, karena itu dapat mengundang kebahagiaan lainnya"**



Dian Virginia lahir pada 16 September 2005. Ia pernah menempuh pendidikan di Pondok Pesantren Al Kamil dan saat ini sedang menjalani studi pada jurusan Bimbingan dan Konseling Pendidikan Islam. Ketertarikannya pada bidang psikologi menjadi alasan utama dalam memilih jurusan tersebut. Bagi Dian, proses belajar adalah perjalanan untuk memahami diri dan orang lain. Dalam menjalani kehidupannya, ia berpegang pada prinsip **"Dare to Try"** sebagai dorongan untuk terus berani mencoba dan berkembang.



Sahiratul Munawaroh, lahir di Magelang pada 18 Agustus 2005 dan berdomisili di Kp. Alas Tua, Kelurahan Semanan, kecamatan Kalideres, Jakarta Barat. ia merupakan lulusan SMP Era Pembangunan 3 dan lulusan Paket C di pesantren Daarul Qur'an, saat ini Sahiratul Munawaroh mengajar mengaji di TPA Nurul Hayat, selain itu ia juga masih menuntut ilmu di Rumah Tahfidz Qur'an Nurul Hayat, dalam kehidupan sehari-hari ia berpegang pada prinsip **"utamakan kebutuhan daripada keinginan"**



Nur Faizatul Wardah lahir 30 Mei 2005 dan berdomisili di Jl. Raya Dadap, Kecamatan Kosambi, Kelurahan Dadap Kabupaten Tangerang. Ia merupakan lulusan Madrasah Aliyah Tahdzibun Nufus dan kini mengajar mengaji mengenai pengalaman serta pendekatan Anda dalam mendidik Al-Qur'an. Dalam menjalani kehidupannya, Nur Faizatul Wardah berpegang pada prinsip bahwa **"Impian kamu hari ini adalah kenyataan masa depan jika kamu memiliki keberanian untuk mewujudkannya."**



M.Hafi Ardabilly lahir 1 Februari 2006 berdomisili di kp. Bulak Jlan, mandor muhi Rt01/Rw10 Tangerang. Ia merupakan lulusan smk al-muin, dan ia menempuh sekolah sd di SDN Cipondoh 03 Tangerang, smp disekolahkan di smp al-muin selama 3 tahun, dalam menjalani kehidupan, M.Hafi Ardabilly memegang prinsip bahwa **"Hidup adalah sebuah perjalanan jadikan hidup sebagai pelajaran dan kesahalan"**



Rizky Poernama lahir 1 juli 2004 berdomisili di kp. Dongkal Masjid Assolihin Tangerang kota. Ia merupakan lulusan pondok pesantren Ihya Ulumiddin, dan ia menempuh sekolah di SD kaungcaang Cadasari, SMP di pondok pesantren Ihya Ulumiddin ketapang Tangerang kota sampai 6 tahun. Dalam menjalani kehidupannya, Rizky Poernama berpegang pada prinsip bahwa **"Barang siapa yang bersungguh-sungguh maka ia akan berhasil"**

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ENGLISH FOR ISLAMIC *Counseling Practice*

Greeting and Building Rapport in Counseling Sessions provides a comprehensive exploration of the fundamental role of communication in establishing effective and meaningful counseling relationships. It emphasizes that successful counseling begins with the counselor's ability to create a warm, respectful, and trusting environment through appropriate greetings, active listening, empathy, and effective rapport-building skills. In addition to discussing essential counseling communication techniques, this book integrates Islamic values into professional counseling practice. It highlights key principles such as *adab* (ethical conduct), *hikmah* (wisdom), *ihsan* (excellence in conduct), gentle speech, *shura* (deliberation), and *tawakal* (trust in Allah). These values provide a holistic framework that harmonizes psychological understanding with spiritual guidance, enabling counselors to support clients in achieving emotional well-being, personal development, and spiritual growth.

Drawing upon contemporary theories, practical applications, and relevant research findings, this book serves as a valuable resource for counseling students, educators, researchers, counselors, and practitioners seeking to strengthen their communication skills from both professional and Islamic perspectives. By integrating scientific knowledge with Islamic ethical principles, it encourages readers to cultivate compassionate, respectful, and culturally sensitive communication that fosters trust, enhances the counseling relationship, and promotes meaningful personal transformation.

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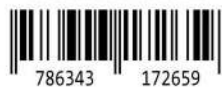
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