

Penerapan resource development and installation (RDI) untuk menurunkan simtom trauma pada anak dengan posttraumatic stress disorder (PTSD) = The application of resource development and installation (RDI) to reduce trauma symptoms on a child with posttraumatic stress disorder (PTSD)

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Abstrak

Penelitian ini dilakukan untuk mengetahui penerapan Resource Development and Installation (RDI) untuk menurunkan simtom trauma pada anak dengan Posttraumatic Stress Disorder (PTSD). Partisipan merupakan anak laki-laki usia 8 tahun yang mengalami trauma seksual. Intervensi dilakukan selama 7 sesi menggunakan 4 teknik yaitu Point of Power, Container, Pendulation Exercise, dan Four Field.

Tujuan dari penerapan teknik RDI yaitu untuk mengurangi simtom trauma dengan meningkatkan sumber daya positif dan menurunkan perasaan-perasaan negatif.

Hasil intervensi menunjukkan adanya penurunan simtom trauma, peningkatan sumber daya positif, dan penurunan perasaan negatif yang terlihat dari penurunan skor CRIES-13. Selain itu, terjadi perubahan perilaku anak menjadi lebih adaptif. Anak merasa lebih mampu meregulasi emosi negatifnya dengan menggunakan sumber daya positif yang telah dipelajarinya.

This study was conducted to determine the therapeutic application of Resource Development and Installation (RDI) to reduce trauma symptoms on a child with Posttraumatic Stress Disorder (PTSD).

Participant was an 8 year old boy who's experiencing sexual trauma. The intervention process was conducted in a total of 7 sessions using 4 RDI techniques including Point of Power, Container, Pendulation Exercise, and Four Field.

The purpose of RDI application was to reduce trauma symptoms by increasing positive resources and minimize negative cognitions.

The results showed decreasing of trauma symptoms and negative cognitions and an increase of positive resources and cognitions that is marked by lowering of scores obtained from CRIES-13. In addition, participant's behaviors were noted to be more adaptive. The participant felt that he's able to regulate his negative emotion more using his positive resources.