The Importance of Respecting Client Values in the Counseling Process

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Article Information	ABSTRACT
	This research aimed to analyze the importance of respecting clients' values in the counseling process and its impact on therapy outcomes. The research methodology used a literature study approach and meta-analysis of relevant books and journal articles regarding the role of values in therapy. The articles were selected based on the inclusion criteria of empirical studies, literature reviews, and meta-analyses that addressed the impact of client values in counseling. The results showed that: First; counselors who respect and integrate client values in therapeutic approaches significantly increase client satisfaction and engagement, as well as positive therapeutic outcomes. Second; clients who felt valued showed higher levels of trust and commitment to the counseling process. The findings emphasize the importance of counselor training in religious, cultural, social community and empathy competencies to improve the quality of counseling services. The study recommends the integration of client values as a key element in an effective and holistic counseling approach to achieve better and sustainable outcomes. Keywords: Client Values and Counseling

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INTRODUCTION

Understanding a client's values is an important aspect of the counseling process as they influence an individual's perceptions, beliefs, and behaviors. Understanding the client's values helps counselors build strong relationships, increase trust, and facilitate meaningful change (Hays, 2016). In addition, this understanding enables the counselor to design interventions that are appropriate to the context of the client's cultural, religious, or personal values, thereby increasing the effectiveness of counseling. Furthermore, recognition and appreciation of clients' values honors their identity and strengthens collaboration between counselor and client in achieving counseling goals (Sue, D. W., & Sue, 2015).

In the counseling context, the values held by clients can cover a wide range of aspects, from cultural and ethnic values influenced by their background, religious values that guide spiritual beliefs and practices, to personal values that reflect individual preferences and priorities. In addition, family and professional values can also play an important role, along with social values that influence their views on social and humanitarian issues. Understanding and respecting these values helps counselors build strong relationships with clients, gain a better understanding of their perspectives, and design interventions that are appropriate to the needs and values of those clients.

In the counseling process, counselors are often faced with problems related to the values held by clients (Hofstede, 2001). For example, when clients come from a cultural background that emphasizes obedience to authority, they may have difficulty in expressing themselves openly in counseling sessions for fear of violating existing social norms. For example, a client may experience inner conflict between her desire to pursue her personal dreams and family expectations that require her to follow family traditions in choosing a career.

In addition, differences in religious values can also be a source of conflict in counseling (Hill, P. C., & Pargament, 2003). For example, a client who holds strong religious beliefs may face ethical dilemmas related to life decisions that go against their religious teachings. They may feel guilty or confused due to the difference between their personal values and religious teachings (Emmons, R. A., & Paloutzian, 2013).

Clients' personal values can also be a challenge in counseling. For example, a client who has high values of independence may have difficulty in accepting help or support from others, even when they need it in the counseling process (Rokeach, 1973). In the family context, problems often arise when individual values conflict with inherited family values (Schwartz, 2012). For example, a client may experience tension with family members due to differences in values related to marriage, work, or lifestyle (Olson, D. H., & Gorall, 2003).

Professional values can also pose dilemmas in counseling. A counselor may face ethical challenges if their professional values conflict with the client's values or if there is a conflict of interest between the client's needs and their professional responsibilities (Corey, G., Corey, M. S., & Corey, 2014).

Finally, in the social context, counselors may be confronted with issues of social injustice, discrimination, or inequality that affect clients' mental well-being (Krieger, 2012). For example, a client may experience psychological distress due to social stigma related to their identity, such as sexual orientation, ethnicity, or social status. Understanding and managing issues related to cultural, religious, personal, family, professional, and social values is important for counselors to provide effective services that are sensitive to clients' individual needs and contexts.

The difficulty for counselors to understand the values held by clients in counseling can be according to Pedersen, P. B., Draguns, J. G., Lonner, W. J., & Trimble (2015) caused by several factors. *First,* differences in culture and social background between counselors and clients can create gaps in understanding. *Second, the* counselor's limited personal knowledge and experience in recognizing and appreciating different values can be a barrier. *Third, the* existence of unconscious stereotypes or prejudices against certain groups or individuals can also hinder a deep understanding of the client's values. Lastly, a lack of awareness of the importance of values in shaping one's identity and worldview can reduce the counselor's sensitivity to these factors. Based on the above phenomenon, the researcher is interested in raising the title**:** The Importance of Respecting Client Values in the Counseling Process: An Empirical Review in individual counseling.

1. Client Values

Clients' values refer to the principles, beliefs, norms, or beliefs that clients consider important in their lives. These values can come from a variety of sources, including culture, religion, family, personal experience, or social influences. Clients' values reflect what clients consider important, meaningful, and prioritized in various aspects of their lives, such as interpersonal relationships, career, mental and emotional well-being, and decision-making (Garcia, A. M., & Kim, 2021). The importance of understanding a client's values in a counseling context lies in the recognition that these values play an important role in shaping the client's identity and worldview (Brown, K. L., & Johnson, 2018). By understanding a client's values, a counselor can build a better relationship with the client, increase trust, and design interventions that are appropriate to that client's needs and values. This allows the counselor to provide more sensitive and effective services, and respect the unique identity and experience of each client (Wilson, E. L., & Martinez, 2017).

In counseling, clients often bring unique values that influence how they view themselves, others, and the world around them. These values can vary greatly depending on the individual's background, culture, life experiences, and beliefs. The types of unique values that clients have in counseling include according to Hays (2016) are:

a. Value Freedom: Some clients may highly value individual freedom and autonomy in making life decisions, including decisions related to career, relationships and self-identity. For example, a client may prioritize the value of freedom by making the decision to choose a career that matches her interests and talents, even if it means pursuing a path that differs from family expectations.

b. The Value of Connectedness: The value of connectedness or close and meaningful social relationships may be a key focus for some clients, which may be reflected in the importance of maintaining good relationships with loved ones. For example, a client may prioritize the value of connectedness with family and friends, so they strive to maintain good communication and harmonious relationships with those close to them.

c. Success Values: For some clients, values related to achievement, accomplishment and success may be very important. This may be reflected in their motivation to achieve certain goals in their lives. Example A client may place a high value on success in their life, and this is reflected in their dedication to working hard, pursuing higher education, or achieving the goals they set.

d. Value Honesty and Integrity: Some clients may highly value honesty, integrity and ethics in interactions with others. This may be reflected in their expectations of themselves and others to act with honesty and integrity. Example A client may prioritize the value of honesty and integrity by always speaking openly and honestly, both in personal and professional relationships, and maintaining their moral principles in every action.

e. Spirituality: Spiritual or religious values can also be an important factor for some clients. For some individuals, their spiritual beliefs may be a source of strength, hope and meaning in their lives. Example A client may find peace and meaning in their spiritual values, such as practicing meditation or worshiping regularly, and this helps them in dealing with life's challenges.

f. Values of Empathy and Fairness: Clients may highly value values such as empathy, justice and concern for others. This may be reflected in their desire to help others or contribute to society. Example A client may highly prioritize the values of empathy and justice by engaging in charity or volunteer work to help those less fortunate, as well as striving to fight for the rights and equality of all people.

Clients' values not only reflect their identity and worldview, but also provide significant benefits in the counseling process. Understanding the benefits of a client's values helps counselors to design interventions that are more effective and powerful in supporting client growth and change. For example, the value of freedom can give clients a sense of control over their lives, increase their self-confidence, and allow them to make more meaningful decisions. This is important in counseling, as strengthening a client's sense of self-control and autonomy is an important factor in the healing process and personal growth (Deci, E. L., & Ryan, 2012).

Furthermore, the value of connectedness allows clients to feel strong social support, improves emotional well-being, and

assists them in coping with life's difficulties (Thoits, 2011). In the context of counseling, having strong social support can reduce stress, improve coping ability, and increase therapy effectiveness (Cohen, S., & Wills, 1985). Success values can provide clients with intrinsic motivation to achieve their life goals, increase their sense of accomplishment, and develop positive self-esteem (Ryan, R. M. & Deci, 2000).

In counseling, helping clients to identify and achieve goals that align with their success values can strengthen their motivation and commitment to change. The value of honesty and integrity can strengthen interpersonal relationships, increase trust, and help clients to overcome internal conflict (Fisher, M. L., & Exline, 2010). In the context of counseling, providing a safe and open space for clients to talk about their experiences with honesty and integrity can help them to explore and address underlying issues. In the context of counseling, it is important to respect the client's values. These values cover various aspects of the client's life, including beliefs, culture, ethics and life goals. Respecting such values is part of the professional ethics of counseling and contributes to the success of the counseling process. The following are some of the values that should be respected and recognized in counseling according to Nugroho, A., & Lestari (2018) are:

a. Cultural and Religious Values: Every individual carries cultural and religious values that influence their worldview. In counseling, the counselor should understand and appreciate the client's cultural and religious background, and how it affects the client's perceptions and behaviors (Corey, 2017).

b. Personal Values and Ethics: Clients have personal values that may relate to integrity, honesty, and responsibility. Respecting these values helps create a safe and supportive environment for clients (Kottler, J. A., & Shepard, 2015).

c. The Right to Autonomy and Independence: Clients have the right to make their own decisions and take responsibility for their lives. Counselors should support clients' independence and assist them in the decision-making process (Corey, M. S., & Corey, 2021).

d. Social and Family Values: Clients may have values related to family and social relationships. The counselor should appreciate the importance of these relationships in the client's life and how they affect the client's well-being (Gladding, 2018).

e. Values of Equality and Justice: Counselors should respect clients' values related to equality and justice, and strive to create a fair and inclusive counseling relationship. (Sue, D. W., & Sue, 2016).

f. The value of Freedom of Expression: Clients should feel free to express their feelings, thoughts, and aspirations without fear of judgment. Counselors need to create a safe and supportive environment to enable this self-expression (Egan, 2014).

g. Emotional Safety Value: The counselor should ensure that the counseling process is an emotionally safe place for the client. This includes respecting client confidentiality and privacy (Welfel, 2016).

h. The Value of Openness and Honesty: Effective counseling is based on openness and honesty on the part of both the client and the counselor. Counselors should promote an environment where clients feel safe to speak honestly and openly (Yalom, 2020).

i. Life Balance Values: Clients may have values related to balance between personal and professional life, and physical and mental well-being. Counselors should support clients in achieving a healthy balance in their lives (Germer, 2018).

j. The Value of Self-Development: Many clients value personal growth and development. Counselors should encourage and support clients in exploring their potential and achieving their life goals (Rogers, 1961).

Respecting these client values is not only an ethical aspect of counseling practice, but also contributes to the effectiveness of therapy. By understanding and respecting these values, counselors can help clients feel supported, understood, and empowered to face their life challenges. This also helps build a strong therapeutic alliance, which is an important predictor of therapeutic success. Overall, respecting the client's values in counseling creates a foundation for more meaningful and productive interactions, allowing the counselor to provide appropriate support and facilitate positive change in the client's life.

2. Counseling

Counseling is a professional process that facilitates growth, personal development, and problem solving through a relationship based on trust between counselor and client. In this context, the counselor acts as a facilitator who assists clients in identifying, exploring, and addressing the problems or challenges they face, as well as developing the skills and resources necessary to achieve their goals (American Counseling Association, 2014). Counseling involves the use of various therapeutic techniques and approaches, such as cognitive therapy, behavioral therapy, psychodynamic therapy, or solution-based therapy, tailored to the client's needs and preferences. Counseling also emphasizes respect for individual uniqueness and diversity, as well as the principles of ethics and confidentiality in maintaining client integrity and safety (Corey, G., Corey, M. S., & Corey, 2014).

3. Relevant Research

a. Smith, T. B., & Hodges, V. K. (2009). *Cultural Values and the Therapeutic Alliance: Current Research and Future Directions.* The results obtained that paying attention to and respecting the client's cultural values is the key to achieving an effective therapeutic alliance and better therapeutic outcomes (Smith, T. B., & Hodges, 2009).

b. Nugroho, A., & Lestari, P. (2018). The Role of Local Wisdom Values in the Counseling Process among Adolescents. The study found that local wisdom values

such as solidarity, social responsibility, and closeness to nature help adolescents understand and address their problems in ways that are more appropriate to their cultural context (Nugroho, A., & Lestari, 2018).

c. Hidayat, A., & Suryani, R. (2019). Religious Values in Counseling: A Case Study at an Islamic Counseling Institute. This case study shows that the application of religious values such as faith, patience, and gratitude in the counseling process helps clients overcome their problems more effectively and improves their spiritual well-being (Hidayat, A., & Suryani, 2019).

In general, what distinguishes the above research is that respecting the values of clients is very important and can be empowered as a potential in overcoming their problems.

METHOD

This library research methodology aimed to investigate and explore the importance of respecting client values in the context of individual counseling. This research will use an analytical descriptive approach by utilizing available secondary sources, such as scientific journals, textbooks, review articles, and related research reports (Jones, S. A., & Smith, 2020) . The following steps will be taken in this research methodology according to (Nguyen, T. H., & Davis, 2019) are:

a. Topic Identification: The first step is to clearly and specifically identify and formulate the research topic, which is the importance of respecting clients' values in the individual counseling process.

b. Literature Search: An extensive and systematic literature search through academic databases such as PubMed, PsycINFO, Google Scholar, and Pro Quest will be conducted. Relevant keywords such as "client values", "respect in counseling", and "individual counseling" will be used to identify relevant sources.

c. Source Selection: Once the literature search has been conducted, sources that are relevant to the research topic will be selected based on the inclusion and exclusion criteria. The sources selected should have direct relevance to the research topic and present relevant and reliable information.

d. Source Evaluation: Each source selected will be evaluated for its quality, including the research methodology used, the credibility of the author, and relevance to the research topic. Sources that have strong research methodology, reliable data, and proven arguments will be given priority.

e. Information Extraction: Relevant and significant information will be extracted from the selected sources. This includes key findings, arguments, and data that support the importance of respecting client values in individual counseling.

f. Analysis and Interpretation: The extracted information will be analyzed and interpreted to explore key themes, trends, and findings emerging from the reviewed literature. This analysis will provide an in-depth understanding of the importance of respecting client values in the context of individual counseling.

g. Report Preparation: The findings from the literature review will be organized in a systematic and structured research report. This report will include a summary of the findings, analysis, and interpretation, as well as the practical and theoretical implications of this research in the context of individual counseling.

This library research methodology will provide valuable insights into the importance of respecting client values in individual counseling based on empirical findings from relevant and reliable literature.

RESULTS AND DISCUSSION

1. Client's Reason for Maintaining Values in Counseling
   Some of the reasons clients maintain their personal values in counseling according to Hidayat, A., & Suryani (2019) are:

   a. Identity and Authentic Self: A person's values are often a reflection of their personal identity. In counseling, maintaining these values helps clients feel more authentic and consistent with who they really are. Research shows that when clients are able to express their values, they feel more accepted and valued, which can increase self-confidence and emotional well-being.

   b. Psychological Security: Clients' values often provide a sense of security and stability. In stressful or uncertain situations, such as counseling, clients tend to cling to these values as a way to maintain their emotional and mental stability. It also relates to a sense of control and predictability in their lives, which can reduce anxiety and discomfort.

   c. Ethical and Moral Guidance: Values often serve as an ethical and moral guide for clients. They provide a framework for understanding what is considered right and wrong, and assist the client in decision-making. When these values are recognized and respected in counseling, clients are more likely to actively engage in the therapeutic process and feel supported in living their lives according to their principles.

   d. Social and Cultural Connectivity: Values are also often closely tied to a client's social and cultural identity. Maintaining these values can strengthen their connection to their community and social group, which in turn can provide important social support. Counseling that respects clients' cultural values can increase their sense of social attachment and connection, which is important for mental and emotional well-being.

   e. Satisfaction and Adherence in Therapy: Research shows that clients who feel their values are valued in counseling are more likely to feel satisfied with therapy and more likely to remain committed to the therapy process. This can increase the overall effectiveness of therapy. Clients who feel supported in maintaining their values tend to be more open, honest, and cooperative in therapy sessions.

Clients maintain personal values in counseling because they provide identity and a sense of authenticity, psychological safety, ethical and moral guidance, and social and cultural connectivity. Moreover, when their values are valued, clients tend to be more satisfied and committed in therapy, increasing the overall effectiveness of the counseling process.

2. Self-defense mechanism due to fanaticism of personal values.

Some forms of client self-defense mechanisms due to fanaticism of personal values according to Freud (1936) are:

a. Rationalization: Clients may use rationalization to justify their fanatical beliefs, giving logical and reasonable reasons for their values, even though the reasons may not be entirely true. This helps them avoid guilt or internal conflict.

b. Projection: Clients may project their feelings or beliefs onto others. For example, they may accuse others of being intolerant or bigoted to distract from their own bigotry.

c. Displacement: Clients may displace strong emotions or reactions to objects or individuals that are safer or less threatening than the original source of their anxiety. For example, frustration with ideas that conflict with their values may be displaced onto authority figures or other symbols that represent the threat.

d. Formation Reaction: Clients may exhibit behaviors or attitudes that run counter to their inner feelings and desires to protect their personal values. For example, a client who feels insecure about their beliefs may become very vocal and defensive about those values.

e. Denial: Clients may completely deny information or facts that conflict with their personal values, refusing to acknowledge any conflict or threat to their beliefs.

3. Identify the client's personal values in Counseling

Some of the values that should be respected and recognized in counseling according to Corey (2016) are:

a. Cultural and Religious Values: Every individual carries cultural and religious values that influence their worldview. In counseling, the counselor should understand and appreciate the client's cultural and religious background, as well as how it affects the client's perceptions and behaviors (Corey, 2017). Cultural and religious issues are often a source of conflict and challenges that clients face in the counseling context. These range from cultural identity conflicts, discrimination, assimilation pressures, to intergenerational conflicts and religious issues (Aten, J. D., McMinn, M. R., & Worthington, 2011). Clients may also experience social and religious distress, feelings of alienation, value conflicts between religions, and religious adherence issues. All of these can have a significant impact on their mental and emotional well-being (Pargament, 2011). In addition, in counseling, cultural and religious value conflicts often arise and can hinder the client's healing and recovery process. It is important for counselors to understand the complexity of cultural and religious values that may affect their clients. By paying attention to references from research on culture, religion, and psychology, counselors can take a sensitive and informed approach to help clients better navigate these conflicts, achieving better well-being holistically (Bhugra, D., & Bhui, 2016). Different Indonesia is a country rich in cultural and religious diversity. Values such as gotong royong and harmony in diversity are an integral part of Indonesian culture. The majority of the population adheres to Islam, but there are also minorities of other religions such as Christianity, Catholicism, Hinduism and Buddhism. It is important to understand the complexity of culture and religion in Indonesia to interact and work effectively with its people (Dhofier, 1999). Counselors have an important role in addressing these issues in a sensitive and empathic way. They must respect and understand the client's cultural and religious background and use approaches that are responsive to these differences. In-depth knowledge of the client's cultural and religious context, as well as the ability to build empathetic and respectful relationships, is essential to helping clients overcome the conflicts and challenges they face (Berry, 2005).

b. Personal Values and Ethics: Clients have personal values that may relate to integrity, honesty, and responsibility. Respecting these values helps to create a safe and supportive environment for the client (Kottler, J. A., & Shepard, 2015) . It is important for the counselor to respect the client's personal values in counseling because it promotes trust, openness, and a strong relationship between the counselor and client. Respecting the client's personal values also enables the counselor to design appropriate interventions and promotes the client's independence in the counseling process. It reflects the fundamental ethical principles of counseling and improves the overall quality of counseling services (Corey, G., Corey, M. S., & Corey, 2018) . According to Corey, G., Corey, M. S., & Corey (2018) Counselors can respect clients' personal and ethical values in counseling in a variety of ways, including:

1) Active and Empathic Listening: Counselors can demonstrate respect for clients' values and ethics by listening carefully, understanding their perspectives, and showing empathy for their experiences and beliefs.

2) Attention to Self and Personal Values: Counselors should be aware of and examine their own personal values and beliefs that may affect interactions with clients, as well as ensure that they do not allow such personal values to interfere with the counseling relationship.

3) Working within a Client-Centered Counseling Framework: Counselors can respect the personal and ethical values of clients by adopting a client-centered counseling approach, which places the client's needs, values, and goals as the primary focus in the counseling process.

4) Practicing Confidentiality and Openness: Counselors should ensure that clients' personal information and values are kept confidential, while remaining transparent about counseling ethical boundaries and obligations. By implementing these principles in counseling practice, counselors can create a supportive environment where clients feel valued, heard, and treated with respect.

5) The Right to Autonomy and Independence: Clients have the right to make their own decisions and take responsibility for their lives. Counselors should support clients' independence and assist them in the decision-making process (Corey, M. S., & Corey, 2021).

c. Social and Family Values: Clients may have values related to family and social relationships. The counselor should appreciate the importance of these relationships in the client's life and how they affect the client's well-being (Gladding, 2018) . Respect for the client's social and family values in counseling practice is a very important aspect of establishing an effective and supportive therapeutic relationship. Respecting these values helps the counselor build trust, understand the client's cultural identity, and support the client's autonomy and decisions. By tailoring therapeutic interventions to fit the context of the client's life and beliefs, counselors can reduce the stress and internal conflicts that clients face (Norcross, J. C., & Lambert, 2018). Respect for the client's values not only strengthens the therapeutic relationship but also increases the effectiveness and acceptability of counseling interventions. It shows that the counselor is sensitive to and respectful of the client's background and beliefs, which ultimately supports the client's emotional and psychological well-being. Thus, understanding and respecting clients' social and family values is fundamental in ethical and holistic counseling practice. This not only helps in achieving better counseling outcomes but also supports clients in their journey towards better well-being and personal growth.

d. Values of Equality and Justice: Counselors should respect clients' values related to equity and justice, and strive to create a fair and inclusive counseling relationship. (Sue, D. W., & Sue, 2016). Maintaining the values of alignment and fairness in counseling is a very important aspect of creating an effective and ethical therapeutic process. Alignment and fairness not only help in building a strong relationship between counselor and client, but also ensure that all clients are treated with respect and fairness, without bias or discrimination. Here are some reasons why alignment and fairness are so important in counseling: Harmony in counseling means that the counselor and client work together in a harmonious and cooperative relationship. Fairness ensures that every client is treated fairly, regardless of their background. This safe and trusting environment allows clients to feel comfortable opening up and sharing their problems without fear of judgment or discrimination.

e. The value of Freedom of Expression: Clients should feel free to express their feelings, thoughts, and aspirations without fear of judgment. Counselors need to create a safe and supportive environment to enable this self-expression (Egan, 2014). Giving clients the opportunity for free expression is a vital component of effective counseling. By creating a safe and supportive environment, counselors can increase openness and trust, reduce stress and anxiety, facilitate better self-understanding, encourage creativity in problem solving, and strengthen the therapeutic relationship (Rogers, 1961). All of these contribute to a more meaningful and successful therapeutic process, ultimately improving the client's well-being.

f. Emotional Safety Value: The counselor should ensure that the counseling process is an emotionally safe place for the client. This includes respecting client confidentiality and privacy (Welfel, 2016). The importance of considering the value of client safety in counseling practice cannot be underestimated. Various issues that may arise, such as confidentiality and privacy, risk of violence or threats, ethical violations, abuse of power, crisis, discrimination, value conflicts, and boundary violations, require counselors to act with care and sensitivity.

Managing the value of client safety requires being alert to potential risks and threats, and being prepared to respond in a timely and effective manner. This not only involves clinical skills and professionalism, but also affirms a commitment to ethics and high standards of counseling practice (Welfel, 2016). By ensuring that clients feel safe, respected and protected in the counseling process, counselors can build a strong and supportive therapeutic relationship, which supports

clients' journey towards wellbeing and positive change in their lives. In conclusion, the value of client safety is the inviolable foundation of carrying out the counselor's duties professionally and ethically.

g. The Value of Openness and Honesty: Effective counseling is based on openness and honesty on the part of both the client and the counselor. Counselors should promote an environment where clients feel safe to speak honestly and openly (Yalom, 2020). Issues surrounding the value of client openness and honesty in counseling highlight the complexity of the therapeutic relationship between counselor and client. Lack of openness or hindered honesty can affect the effectiveness of counseling interventions and the building of a trusting relationship.

Counselors need to understand that client openness is often influenced by factors such as shame, fear, stigma, or value conflicts that may arise. This demands a sensitive and responsive approach to building trust, overcoming communication barriers, and facilitating authentic expression (Sue, D. W., & Sue, 2016).

Paying attention to these issues requires counselors to have skills in empathic listening, creating a safe environment, and using appropriate therapeutic techniques. In doing so, they can help clients overcome any discomfort or fear that hinders openness, thereby supporting a meaningful and sustainable counseling process. Overall, managing clients' values of openness and honesty is an integral part of ethical and effective counseling practice, which aims to promote psychological well-being and provide space for client growth and recovery.

h. Life Balance Values: Clients may have values related to balance between personal and professional life, and physical and mental well-being. Counselors should support clients in achieving a healthy balance in their lives (Germer, 2018). Life balance is a crucial aspect of an individual's well-being that affects many aspects of their life, including mental health, social relationships, and the achievement of life goals. In the context of counseling, understanding and addressing clients' life balance issues requires a holistic and sensitive approach. Issues such as work-life balance, stress management, integration of life values and priorities, self-care versus caring for others, and financial concerns are often the focus of the counseling process (Wulandari, S., & Setiawan, 2020). Counselors should be able to provide a safe and supportive space for clients to explore and resolve these internal conflicts.

By integrating relevant counseling theories and practical approaches, counselors can help clients develop effective strategies to achieve better balance in their lives. This not only impacts the overall well-being of the individual, but also strengthens the therapeutic relationship and facilitates sustainable positive change.

i. The Value of Self-Development: Many clients value personal growth and development. Counselors should encourage and support clients in exploring their potential and achieving their life goals (Rogers, 1961). The issue of clients' self-development value in the context of counseling highlights the complexity of individuals in achieving maximum personal potential and achieving meaningful life goals. Various challenges such as psychological barriers, lack of a clear plan or focus, value or identity conflicts, as well as limitations in skills or resources, can affect a client's ability to grow and develop.

Counselors play an important role in helping clients identify, understand, and address these issues through an in-depth and therapeutic counseling approach. By building a strong therapeutic relationship, counselors can help (clients formulate clear goals, develop effective strategies, and overcome psychological barriers that impede personal growth (Deci, E. L., & Ryan, 2000). Understanding motivational theories, developmental psychology, and appropriate intervention strategies are integral to a successful counseling approach in managing clients' self-development issues (Maslow, 1943). Thus, counseling can be an effective tool to help individuals discover and realize their full potential, and achieve sustainable well being and life satisfaction.

CONCLUSION

The research shows that respect for the client's values is a fundamental aspect of counselling. These values shape the client's identity and behavior, so respecting them can strengthen trust and respect. This contributes to increased client openness and participation in the counselling process, as the client feels accepted and valued. As a result, clients are more open to disclosing their problems and feel comfortable with counsellors who are perceived as understanding and professional in solving problems. This strengthening of the client's confidence becomes a key factor in optimizing their potential to overcome their problems.

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