

A History of Wellness Counseling

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Abstract. *History is an example for human life, because history teaches values and norms that can be used as guidelines for human life. That said, history is important because people who don't know history are doomed to repeat past mistakes. History is considered to provide learning material. But in reality, people can read a lot of history books but don't take a lesson from them. Wellness counseling has a historical trajectory. Knowing the history will be very useful for the developmental of science and practices in wellness counseling. Starting from the time of the Greek philosophers, Jews and Christians, the period of modern psychologists, periods of spiritual and religious development, and the times of the development of other scientific disciplines, all can understand where the position still opens space for research and development. This is the importance of knowing the developmental history of wellness counseling.*

1. Introduction

The beginning of the 21st century was the first in human history to know the characteristics of good people. Scientific research over the past 35 years has identified factors that improve quality of life and extend longevity. Confirmation of confidence and destructive lifestyle behavior makes it possible to understand causal relationships that contribute to disease, dysfunctional life, and premature death. Knowledge has developed treatment and prevention of diseases in the field of health and welfare. Spiritual, mental, emotional, physical, and social factors that improve well-being have been validated. More specifically, meaningful life, rational and realistic thinking, positive attitudes, regular exercise, nutritious eating, satisfying work, recreation, and interpersonal relationships are dimensions to improve quality of life and prolong life. The key to adding life span from year to year for life is one's own responsibility, that is, doing a lifestyle that is responsible for self-care.

The holistic philosophy is the first to express the term from English to describe the condition of well-being. As a word from English, the word "Health" has the same root words as hale, hearty), holy, heal, and whole (whole). Health is even then viewed more than the absence of disease but the health of the mind, body and soul. Although holistic health includes disease prevention and disease management, the focus is on improving one's well-being. Wellness broadens its meaning and includes physical, mental, emotional, social relationships, spiritual growth, and a person's lifestyle [1]. Holistic health is related to the work of the brain. Each of the three main parts of the brain and brain subsystem has the main function of taking care of body health. Two of the systems, the brain stem and limbic, function automatically to manage the security and maintenance of the body such as breathing, heart rate, body temperature, blood pressure, and blood sugar levels. In addition to maintaining internal stability of physiological processes, the limbic system is involved in emotional reactions that must be carried out with survival and self-protection. The third system, the cortex, is the seat for our rational abilities. Responsible for processing information, making decisions, and carrying out actions while two other systems function automatically to help organisms maintain optimal health.

Wellness is conceptualized as a counseling paradigm to provide strength-based strategies in assessing clients, conceptualizing developmental problems, planning interventions to restore dysfunction and optimizing growth. The wellness counseling model has led to significant research

that helps shape basic evidence for practice in the field of guidance and counseling [2] Wellness is noted as an alternative approach model with the potential to empower caregivers and help to develop a healthy lifestyle [3] Members of ACA adheres to values that promote and support it and decide the position of guidance and counseling professions as advocates towards the goal of optimal health and wellness in society on July 13, 1989 [2] Instead of being a radical departure from the previous goal. The evolution of counseling as a profession and underlines its roots in the developmental guidance approach [4]

History records the knowledge of the collective wisdom of past generations to prevent disease and maximize health including the following.

2. Literature Review and Method

2.1. Hippocrates

Western medicine was started by Hippocrates, a Greek doctor in the fourth century BC. His famous command, "First, don't hurt" "Doctor-heal himself". Still unknown is the breadth of vision for health and healing. Hippocrates and his followers developed a scientific approach to medicine by respecting the observations and experiments of events and diseases. Hippocrates also taught that food is useful as a medicine. Dreams are also believed to have important prophetic, diagnostic, and psychological messages.[5]

2.2. Aristotle

Aristotle was a student of Plato and a Greek philosopher who wrote "good life". Aristotle taught that what everyone is looking for is happiness. Aristotle believed that those who are happy are people who are identified by living well and doing well. One of the needs to follow the golden mean of doing things moderately and avoiding extremes[6]. Aristotle distinguished happiness and pleasure. Happiness is not only a subjective state of pleasure or satisfaction but all types of life that are desired to live if they understand their basic nature. When you ideally fulfill a good life, you will be happy. Only by cultivating virtue can one develop as a human.[7]

Underlying academic studies the positive aspects of human development with the theme of happiness and creating a satisfying and developing life. A similar course is taught on more than 100 campuses across the country[7].

2.3. Asclepius.

The Greeks linked certain ideals and values to their gods and goddesses. The healing god is Asclepius who has two daughters, each symbolizing a different approach to health, one treatment and other prevention. Panacea is the use of drugs to treat diseases, realize the principles of ongoing search, drugs, and other treatments to cure diseases. Hygieia is another daughter who is an expert on teaching ways of living in harmony with nature to prevent disease, the equivalent of today's hygiene or health and the precursor of health, a word that began in the mid-17th century[8].

2.4. Epidaurus

Epidaurus is an ancient Greek sanctuary of some Greek gods who were centers of wellness in ancient Greece. Asclepius was the first place in religious life from Epidaurus from the 5th century BC to the 4th century AD[9].

People who come there for healing have undoubted faith in curative power. Prayer, sacrifice and purification are needed. After arriving a person meets the priest who tells them to expect a dream where a god will appear and convince them of miracles and treatment. For example, a god may order patients to take physical exercise every day under the supervision of a special trainer. Certain foods or drinks may be prescribed. In certain cases, Epidaurus more than 2,000 years ago was even more comprehensive in treating people as a whole, called health centers[10].

2.5. Jews and Christians

Hebrew health and healing are listed in the old covenant, God reveals himself as a healer and is sometimes referred to as "the healing God." Throughout the old covenant, healing prayers were directed to God. God is also seen as a lawgiver determined by health, which is observed as an antidote to disease.

2.6. Early Christian Church

The idea of caring for the sick has religious roots. Of course this applies to Christians. New Testament writers often relate to body health for an individual's spiritual life [11]. A healthy spiritual life is believed to contribute to the health of the mind and body. In the first century after Jesus' death, the Romans and non-Christian groups noted how Christians cared for each other in their communities. Care is important in showing concern for the economy, social and spiritual, including health. In the fourth century AD, Christians began building hospitals and healing centers. In 379 CE, St. Basil built a

300-bed hospital in Caesarea, a city in Asia Minor, now Turkey. Similar healing centers were built in developing cities of the Eastern and Western Christian kingdoms. Affiliated religious hospitals, orphanages, and shelters spread with the formation of cathedrals and monasteries.

2.7. Christian Emphasis

Religiosity combined colleges and universities and trained a large number of doctors in Victorian times. Beginning in the 20th century, dozens of hospitals were built throughout the United States by religious groups. Although they may no longer be directly affiliated with religious organizations, many of these institutions still bear references to their Baptists, Catholics, Methodists, or Presbyterian roots in names if not in organizations.

The rapid growth of medicine and medical research in the early 20th century replaced traditional reliance on religion for healing. Although the church gives less emphasis on individual healing, they allied themselves with medical science and the creation of institutions to heal the sick. In the 1970s there was a revival of interest in the older, Protestant denominations in healing services. Prayers for individual healing and health continue to be a central part of the Christian community. The Church has also added congregation nurses to their total service to the congregation with an emphasis on education and prevention along with supporting and additional health services [12]. The healing service of the Christian church has never completely disappeared in the 2,000 years of its existence. The world's major religions continue the practice of healing the sick. Today almost two-thirds of American medical schools teach necessary or elective courses on the relationship between religion and spirituality and medicine [13].

2.8. Native American Healing

Similar to eastern philosophy is the trust of Native Americans in a holistic understanding of healing. They believe that illness is caused by disharmony with nature which includes family, friends and the environment [14]. As part of the holism that characterizes Native American medicine, the condition of this spiritual patient is assessed and considered during diagnosis and treatment. In addition, many Native American treatments are considered spiritual. The nation's family does not make arbitrary divisions between body and mind. In medicine, however, they may distinguish between those who are "natural disorders" and others who are believed to be "supernatural disorders." Natural disorders can be treated with herbs, diet, massage, and bathing in sweat and supernatural with rituals and magic, such as medical wheels and sand painting. Upholding family and cultural traditions that are important for maintaining health and overcoming diseases[15].

Many Native American medicines are very effective. The practice of piercing the boil, the tumor is removed, the fracture is treated and dislocated, and the wound is cleaned in a hygienic manner.

3. Result

3.1. Eastern and Chinese Medicine

The Eastern Mind has seen health as an integral part of the total existence of a person with no separation between mind and body. Lifestyle is always in a dynamic relationship with the welfare of the person. In Chinese, the mind and body are not separated. One word exists to describe the organism as a whole. However, it has many words to describe different types of energy in the body. All energy comes from one universal source. The energy in the universe is the same energy that is in a person.

By looking at the body / mind holistically, eastern practitioners find a highly organized system of energy channels or pathways other than other body systems. This is different from the cardiovascular and nervous system, but is closely related. Good health requires a lifestyle and personal responsibility to maintain balance in this energy system. If a disease occurs, the energy balance needs to be restored, thus calling for a holistic method to distribute energy to achieve balance for those who strive continuously.

As an example of Eastern discipline for holistic health, yoga combines spiritual, mental and physical. Self-effort, self-examination, and self-awareness are integral parts of disciplining one's mind, developing a philosophy of life, and exercising the body. Yoga practices include breathing properly, eating a balanced and nutritious diet, exercising with yoga postures, and engaging in some form of mind meditation. Qi gong and tai chi are other energies in balancing exercises that bring into harmony the flow of energy throughout and in the body of all organs. The aim of the Chinese healing model is the goal of eliminating and preventing pain and tension, and to promote harmony in the body between people and the environment.

3.2. Western Modern Medicine

With the advent of the scientific revolution and rationalistic thinking, the body and mind are separated. Religion and science are also separated between the 15th and 17th centuries. The dominant view is that physical and mental aspects of health are separate and subject to limited interaction. Four

characteristics of the traditional dualistic, mechanistic, reductionist, and disease-oriented models. Health is defined as the absence of disease.

Reductionism in science causes the mind to be separated from the body with each one further separated into the system, organs, tissues, and cells. The natural environment is treated as if it consists of separate parts. Individual, social and cultural environments are treated separately. Individuals and the environment are also treated separately. Lifestyle is separated from health and disease.

The historical aspect in the development of healing, health and wellness has sketched in the form of concepts and practices in a multidisciplinary and interdisciplinary manner. The following is a summary of selected academic fields and contributes to the scientific understanding of "good life" as seen by Aristotle and contemporary efforts to improve quality of life and longevity. The daughters of Asclepius, Panacea and Hygeia are two concepts that interact for wellness research, with the main emphasis on the latter.

3.3. The Journey to Wholeness (Jung and Adler Theory)

The mind does not like to be shared. The conscious and subconscious aspects of mind, feeling, and trying experience make sense for the mind. The great religions of the world, in a spiritual sense, are individuals in response to images of gods that are part of the collective unconscious. The divine nature of a unique human personality combines its own uniqueness with eternity and the individual with the universe.

Human behavior can be understood on the basis of what individuals feel as meaning and purpose. Attaching to a goal is a desire to protect yourself while striving to fulfill one's potential, so that a sense of wholeness is achieved. With current knowledge, Adler tends to consider health and wellness as the ultimate goal and struggle of humans [16].

3.4. Humanistic Psychology

Maslow, Rogers, and other humanistic psychologists created a "third power" in the development of psychology. The clinical and behavioral approaches developed in the 1940s and early 1950s focused on the model of human behavior disease. Psychoanalysis was the first dominant clinical theory of the 20th century. The focus is on the influence of subconscious forces such as suppressed impulses, internal conflicts, and childhood trauma about mental life and individual adjustment. Assessing and treating mental illness is the main menu of empirical research.

His research tried to define humans in terms of what they could be. In their individual studies that are extraordinary, individual beliefs, emotions, values, healthy characteristics, and the possibility of being superior. Growth, autonomy, and characteristics of a healthy personality achieve satisfaction in what is called self-realization or a fully functioning person.

Rogers's study of Maslow's therapeutic changes and studies of self-actualizing people gave a "growing tip" from humans, the stage of development described as "fully human."

3.5. Social Psychology

Although not as much as a separate domain for professional identity, the academic field of social psychology emerges as an application of the social dimension to lifestyle and certain behaviors affecting one's health, for example, unsatisfactory social relations and cardiovascular disease. Friendship, marriage, divorce, loneliness, voluntary work, and involvement in community groups are legitimate domains for research and clinical applications in exploring their relationships with health and disease.

3.6. Behavioral Medicine and Medical Research

At the same time, another group of psychologists and doctors met to form the Society of Behavioral Medicine. Behavioral treatment, or body mind / approach, is not only physical symptoms, but also behavior and behavior.

Publications on health, health, and education that emerged in the 1990s are indications of how medical research has advanced in two decades of mind / body movements and health. The health center is represented in Stanford University publications, Duke University, University of Pittsburgh, Harvard, Johns Hopkins, Vanderbilt, University of Massachusetts, Ohio State University, Case Western Reserve University, University of California, Cornell University, University of Michigan, Sloan-Kettering Cancer Center, and Mayo. Clinic.

This research is one the most effective factor for determining the optimal factor. It also provides a greater understanding of physical, mental and social attributes that contribute to optimal health.

3.7. Positive psychology

The theme for the American Psychological Association convention in 1998 was prevention. Certain psychologists recognize that the 50-year-old general disease model does not move psychology closer to the prevention of personal problems and serious relationships. Two years later the American Psychologist (2000) published a special edition of happiness, excellence and optimal human function.

Researchers are learning that there are forces that act as buffers against mental illness: courage, future thoughts, optimism, interpersonal skills, faith, work ethic, hope, honesty, perseverance, and capacity for flow and insight. This new emphasis is known as positive psychology, which has become a scientific study of strength and virtue that allows individuals and society to develop. Understanding positive emotions requires the study of people's satisfaction with the past, happiness in the present, and hope for the future. Understanding positive individual traits consists of the study of strengths and virtues, such as the capacity to love and work, courage, compassion, endurance, creativity, integrity, self-knowledge, moderation, self-control, and wisdom.

Understanding positive institutions requires the study of meaning and goals and strengths that encourage good society, such as justice, responsibility, politeness, nurturing, maintenance, work ethic, leadership, teamwork, goals, and tolerance. Positive psychology is proposed to correct this imbalance by focusing on strengths and weaknesses, developing the best things in life and repairing the worst.

3.8. Spiritual and Religious Practices

Religious commitment is consistently associated with better health. Benson concluded the study: "The greater a person's commitment, the less psychological symptoms, the better or generally health, the lower blood pressure, and more survival." Regardless of age, ethnicity, religion, patient disease and very different conditions, religious commitment brings benefits for life.

Benefits include disease prevention, disease recovery, and overall sense of well-being. In their study of several hundred scientific studies comparing religion with non-religious (or less religious) people, religious people: having lower diastolic blood pressure, being hospitalized less often, tend to suffer less depression, have a healthy lifestyle, have a strong sense of well-being and life satisfaction (especially parents), have better health when suffering from physical ailments, have a stronger immune system, and live longer. Also, religious involvement is consistently associated with both higher levels and higher quality of social support. Even in regions of the world where religion plays a less significant role than in the United States, religious activities still correlate well.

In short, a positive relationship between religion and the benefits of faith and health. This effect appears to hold in different cultures and in various religions in the United States and other major religions in the world.

3.9. Medicine and Energy Psychology

The body is seen as an energy system that seeks to maintain harmony and balance in regulating every movement, feeling, and mind. Growing relationships between electromagnetic energy and molecules that carry information cause conventional medicine and psychotherapy to renew understanding of healing and health. Tapping into disturbing electrochemical patterns can lead to changes in various physical and psychological disorders. Energy psychology focuses on energy and memory disorders. Stimulates certain sensitive electromagnetic points on the skin and carries disorders that can change chemistry in certain areas of the brain.

Changing internal flow in relation to problems or obvious symptoms can be learned. One method for intervening in disruptive energy flows is to stimulate acupuncture points in the body. This can change brain wave activity, deactivate areas of the brain associated with undesirable conditions, and in some locations cause serotonin secretion. More disturbing means such as needle insertion, electrical stimulation, or applied heat applications. The accupoints are called "windows" into the body's energy system. The body's energy system can be affected by rubbing, pressing, stretching, holding, or tracking certain points or areas on the surface of the skin. Tapping is a common procedure that is being used in medicine and clinical research.

Energy psychology provides a powerful tool for personal development, too. He shows how electromagnetic radiation changes during human interaction and with environmental conditions. Through extensive field research and clinical studies, he provides insight into the interaction of mind-body, emotion and creativity, human extrasensory abilities in higher consciousness, and mystical connections of spirit.

3.10. Other Discipline

Additional and interrelated disciplines have contributed to understanding the disease and the factors that contribute to health and wellness. Research on burnout and stress work has provided strategies to reduce physical and mental stress and introduce health promotion programs in work settings. Biofeedback, as a physiological monitoring tool such as skin temperature, muscle tension, and brain waves, provides visual and auditory information to change the mind-body connection to increase self-awareness and self-control. The main focus is relaxation of the mind and the body system which is stimulated by the sympathetic nervous system. Biofeedback has been used in treating various stress conditions such as headaches, muscle tension associated with low back pain, and general anxiety.

Psychoneuroimmunology, the integration of three fields of research, has contributed to several major breakthroughs in our understanding of how the mind can affect the functioning of the immune system. This new science maps a labyrinth of mind-body connections, chemistry, emotions, and immune cells. Negative thinking can affect mood and suppress the immune system, thus making us more susceptible to various diseases.

Research in nutrition and sports has produced extensive scientific data that improves quality and longevity of life. We now understand how diet contributes to major health problems in our society. Exercise can help in healing, increase prevention, and improve the function of the body and mind. Regular exercise and nutritional diets are the two biggest contributors to our overall well-being. Sports psychology has shown additional performance by combining techniques such as positive attitude, relaxation, mental exercise, breath control, and physical fitness.

4. Conclusion

Wellness counseling is a model development that has led to significant research that helps form basic evidence for practice in the counseling field. The development of this model explains, reviews and reviews, and discusses the implications needed as more information for clinical practice and advocacy efforts.

Every history teaches values and norms that can be used as guidelines for human life. History of wellness counseling is important because people who don't know history are doomed to repeat past mistakes. History is considered to provide learning material. But in reality, people can read a lot of history books but don't take a lesson from them. Wellness counseling has a historical trajectory. Knowing the history will be very useful for the developmental of science and practices in wellness counseling. Starting from the time of the Greek philosophers, Jews and Christians, the period of modern psychologists, periods of spiritual and religious development, and the times of the development of other scientific disciplines, all can understand where the position still opens space for research and development. This is the importance of knowing the developmental history of wellness counseling.

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