MINDFULNESS IN COUNSELING: QUALITATIVE STUDY

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Abstract - The purpose of this research was to explore the phenomenonin counseling based on mindfulness practice of counselor who has both experience of work and mindfulness practice more than 5 years (N=9). Methodology based on an interpretive constructivist paradigm was adopted for the data collection. Data was collected via a semi-structured interview. The interviews were transcribed and coded for all content, analyzed usingthematic analysis. Results were in which explained into three categories as follows (1) mindfulness practice during counseling session was within counselor and within client (traditional and applied mindfulness practice) (2) benefit for counselor was to be with the process and client with be here and now, relax, enhance empathy, creative and personal growth (3) benefit with client was be here and now, has tools for live their live and problem solved. Findings provided a robust knowledge about counseling process with mindfulness practice. Teaching of mindfulness based for counselor should be optional for counselor development in university.