



WORKOUT ROUTINE EXAMPLES

By Step Guide To Home Workout Routine Case Study Examples Organically

VM Jensen



By Step Guide To Home Workout Routine Case Study Examples Organically:

Proceedings of the International Seminar on Delivering Transpersonal Guidance and Counselling Services in School (ISDTGCSS 2022) Diana Septi Purnama, Mariani Binti Omar, Mohsin Shaikh, Yuli Nurmalasari, Natri Sutanti, Indriyana Rachmawati, 2023-03-23 This is an open access book Innovation in the guidance and counseling profession is important so that counselors teachers or guidance and counseling practitioners can provide optimal services to their counsees Along with the development of science creativity and technology in the fields of psychology education and guidance and counseling various innovations and intervention in the implementation of counseling have been carried out Especially with the Covid 19 pandemic which is still on going various creative interventions in counseling have begun to be widely used Starting from the use of images for therapy or art therapy dance movement and the use of other creative media to support the counselee The need for creative media and innovation in the implementation of counseling is very important at this time considering that during the pandemic the intensity of face to face contact with counsees and counselors is quite limited and most of them use online media Saturation in the use of online media is also possible to occur a lot therefore with the existence of creative interventions that can be guided by a virtual counselor it will be very interesting for the counselee as well as having a therapeutic impact Therefore an international seminar was held with the theme creative counseling intervention This activity can be followed by guidance and counseling teachers counselors or various other mental health practitioners to increase information and knowledge about creative interventions in counseling In the end participants can provide creative and effective counseling services to their counsees

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