

## **Social Counseling Strategies to Strengthen the Psychosocial Resilience of Women Survivors of Violence**

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### **Article Info**

#### **Article history:**

Received Jun 12<sup>th</sup>, 2024

Revised Nov 20<sup>th</sup>, 2024

Accepted Jan 26<sup>th</sup>, 2025

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#### **Keyword:**

Social counseling; psychosocial resilience; women survivors of violence; gender-sensitive intervention

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### **ABSTRACT (10 PT)**

This study investigates social counseling strategies designed to strengthen the psychosocial resilience of women who have survived violence. The research responds to the growing urgency for gender-responsive interventions amid rising violence cases and counseling services that remain limited in scope and sensitivity. A qualitative approach was employed to capture survivors' subjective experiences and relational dynamics influencing recovery processes. A phenomenological design was selected to explore the meaning embedded in traumatic experiences and identify psychosocial response patterns that are not observable through quantitative methods. Data were collected from an integrated referral service at a women's support center in Jakarta, involving ten informants comprising survivors and social counselors. The findings reveal that layered counseling encompassing emotional reinforcement, identity reconstruction, and facilitation of social support networks plays a significant role in fostering psychosocial resilience. The study recommends strengthening integrated service policies, developing counselor capacity in gender-sensitive counseling, and coordinating cross-institutional referral systems to ensure sustainable recovery for women survivors of violence.



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## **INTRODUCTION**

Violence against women continues to represent a critical social and human rights concern within global and national development contexts (Cruz and Pereira 2025). Reports issued by national institutions and international organizations consistently indicate a rising trend in gender-based violence occurring across both domestic and public spheres (Periyasamy et al. 2024). Such violence produces long-term consequences that extend beyond physical harm or legal implications, as it often results in chronic psychological distress, diminished social functioning, and destabilization of survivors' interpersonal relationships (Prismadianto, Endrawati, and Putra 2025). These circumstances underscore the urgent need for counseling interventions that not only provide immediate emotional support but also incorporate gender-responsive approaches capable of acknowledging the complex sociocultural pressures shaping women's experiences (Xiong and Hiew 2024). Existing counseling services in many settings remain oriented toward crisis management or short-term emotional relief, and thus fail to address the broader psychosocial dimensions essential for survivors to rebuild their lives. Consequently, there is a pressing demand for social counseling strategies that center survivors' subjective experiences and foster sustainable psychosocial resilience (Destiana, Mustofa, and Fatah 2023).

Previous scholarship addressing survivors' recovery processes highlights the importance of incorporating structural, cultural, and relational factors into counseling interventions. Feminist and trauma-informed studies show that the effects of violence are exacerbated by patriarchal norms, victim-blaming attitudes, and inadequate social support systems. Empirical research suggests that psychological empowerment and community-based support serve as key mechanisms facilitating recovery (Hung 2025). However, many studies predominantly adopt clinical or individually oriented therapeutic frameworks, paying limited attention to the broader social contexts influencing resilience. Moreover, counseling practices applied in government services or nongovernmental organizations often lack comprehensive approaches that integrate emotional, cognitive, relational, and structural

dimensions (Destiana et al. 2023). This gap reveals the need for counseling models that are adaptive to survivors' lived realities, emphasizing empowerment and restoring their agency within social environments (Abidin et al. 2025).

The central problem underlying this research arises from the limited availability of systematically developed social counseling strategies aimed explicitly at strengthening psychosocial resilience among women survivors of violence. Many service providers offer basic emotional support, yet essential psychosocial elements such as confidence building, adaptive coping, restored autonomy, and access to supportive networks are rarely embedded as core components of intervention (Xie and Galliher 2022). Social counselors frequently face institutional constraints, including high caseloads, limited specialized training, insufficient support infrastructure, and a lack of competencies related to gender-responsive practice. Despite the establishment of integrated service centers in several regions, implementation remains uneven, and the services provided often fail to meet the diverse needs of survivors. These conditions signal a notable disparity between survivors' actual needs and the quality of counseling services available (Anon 2024).

A distinct research gap emerges from the absence of integrated counseling models that explicitly combine gender perspectives, social context, and psychological empowerment within a structured intervention framework (Henry and Fears 2025). While existing literature has explored various accompaniment practices for survivors, few studies have articulated an explicit model of social counseling focused on strengthening psychosocial resilience. Additionally, limited research employs phenomenological approaches to examine the subjective experiences of both survivors and counselors (Abidin et al. 2025). A phenomenological focus is essential, because understanding survivors' lived experience is foundational for designing interventions that align with their meaning-making processes. This study seeks to fill this gap by formulating a layered social counseling strategy that not only addresses trauma responses but also promotes resilience grounded in survivors' sociocultural contexts and relational networks (Widaningtyas and Sutanti 2022).

The novelty of this study lies in the development of a layered social counseling model integrating three core components: a phenomenological approach, gender-sensitive counseling principles, and community-based intervention strategies. This layered approach is conceptualized to ensure that counseling extends beyond emotional stabilization to include identity reconstruction, enhancement of social capacities, and establishment of supportive networks. The model draws on survivors' testimonies and professional insights from social counselors, generating contextually grounded strategies responsive to sociocultural and relational dynamics influencing recovery. This contribution is expected to enrich academic discourse in social science, particularly in the areas of gender-responsive counseling and psychosocial resilience (Pasaribu et al. 2025).

The research problem is framed through a central question: how can social counseling strategies be developed to effectively strengthen psychosocial resilience among women survivors of violence? This overarching question is articulated into several sub-inquiries: survivors' experiences when accessing counseling services; counselors' interpretations of survivors' psychosocial needs; factors influencing intervention effectiveness; and processes through which layered counseling models may be formulated using empirical findings. These questions guide the evaluation of existing services and their ability to address survivors' needs holistically (Abidin et al. 2025).

The primary objective of this study is to articulate comprehensive social counseling strategies aimed at reinforcing the psychosocial resilience of women survivors of violence. Specific objectives include identifying survivors' subjective counseling experiences, analyzing counselors' work dynamics during accompaniment processes, and designing a layered intervention model addressing survivors' emotional, cognitive, and social needs. This research does not merely describe the problem but also proposes practical solutions to enhance gender-responsive social service delivery (Prismadianto et al. 2025).

The contribution of this study may be understood across three dimensions. Theoretically, it advances scholarship in gender-based social counseling, psychosocial resilience, and phenomenological inquiry as a methodological approach. Academically, it may serve as a reference for curriculum

development, training modules, and future research exploring social services for violence survivors (Prismadianto et al. 2025). Practically, the findings provide actionable recommendations for service institutions, social counselors, and policymakers focused on improving the quality and sustainability of psychosocial interventions. A layered counseling strategy is expected to enable agencies to deliver more responsive, effective, and ongoing services that address survivors' lived realities (Anon 2024).

This research acknowledges several limitations. Due to the phenomenological design, the number of participants is intentionally limited to ensure depth rather than breadth of analysis. The sociocultural context of the study site may influence the generalizability of findings beyond similar settings. Institutional variations in counseling structures also produce differing survivor experiences, which cannot be assumed as universally representative (Choung 2025).

Future research is encouraged to expand using mixed-methods approaches capable of triangulating qualitative findings with quantitative measures. Further investigation should also evaluate the effectiveness of the layered counseling model through direct interventions or controlled trials (Cruz and Pereira 2025). Additionally, the development of contextualized psychosocial resilience instruments will support more robust assessment processes. Strengthened inter-institutional collaborations involving government agencies, academic institutions, and civil society organizations will be essential for advancing systemic responses to violence against women and improving survivors' long-term recovery outcomes.

## **RESEARCH METHODS**

This study applied a qualitative research approach using a phenomenological design to explore deeply the lived experiences of women survivors of violence and the social counselors involved in supporting them. A phenomenological orientation was selected because the research aimed to uncover the meanings embedded in participants' subjective accounts, rather than merely documenting observable behavioral indicators (Kusumawaty and Yunike 2023). The development of social counseling strategies requires sensitivity to personal, relational, and sociocultural contexts that shape the coping processes of survivors. Therefore, phenomenology offered an appropriate epistemological foundation to access emotional dynamics, interpretive structures, and the construction of meaning emerging through interactions between survivors and counselors. The phenomenological design formed the basis for conceptualizing layered social counseling strategies intended to strengthen survivors' psychosocial resilience (Aini 2024).

Phenomenological inquiry enabled the researcher to investigate survivors' experiences holistically through narrative descriptions, interpretive reflections, and thematic representations of meaning (Wahyuningsih and Subagyo 2022). The design supports not only the exploration of trauma experiences, but also mapping survivors' recovery pathways and adaptive strategies when facing psychosocial distress. The approach aligns naturally with the Symbolic Interactionism theory employed in this study, as both emphasize subjective meaning derived through social interaction and interpretation (Yulianto 2024). More importantly, phenomenological findings grounded the construction of social counseling strategies in the real experiences of survivors rather than theoretical assumptions lacking empirical validation.

### **Research Site and Context**

The study was carried out in an Integrated Service Center for Women and Children Empowerment (P2TP2A) in Indonesia, a government-affiliated institution providing counseling and protection services to women survivors of gender-based violence. The institution was selected purposively because of its experience handling various forms of domestic and public violence and its availability of professional social counselors. The location provided direct access to survivors seeking assistance, including legal aid, social support, and psychological services, thus offering a realistic setting for observing counseling dynamics (Shafique and Rafique 2023).

The site selection was further justified by the increasing number of registered violence cases processed by the center in recent years, indicating urgent demand for more comprehensive counseling frameworks. With a substantial caseload, the institution presented a relevant representation of gender-

based violence cases and reflected the practical realities of counseling interventions implemented in Indonesia's protection system.

### Participants and Sampling Technique

Participants were selected using a combination of purposive and snowball sampling techniques. These approaches were appropriate for identifying individuals capable of providing rich, relevant, and in-depth information aligned with the study's objectives. Ten informants participated in the study: six women survivors of violence and four social counselors. To maintain confidentiality and adhere to ethical considerations, pseudonyms were assigned to all informants (Chen 2024).

The survivor informants, pseudonymously named "Alya," "Mira," "Sari," "Dina," "Rosa," and "Nadia," were adult women who had experienced domestic violence, psychological abuse, or sexual violence. They were selected because they had undergone counseling for a certain duration, enabling them to articulate their counseling experiences, encountered challenges, and the perceived effectiveness of interventions they received.

Meanwhile, the four counselor informants, pseudonymously named "Ms. Lestari," "Ms. Ratna," "Ms. Arifah," and "Mr. Salman," were social workers or counselors with extensive professional experience in handling cases of violence against women. Their selection was based on professional knowledge, experience, and involvement in delivering gender-sensitive counseling services. The counselor group functioned not only as primary informants but also as sources for triangulation, allowing the researcher to validate interpretations against practitioner perspectives.

Table 1. Overview of Research Participants

No.	Participant Group	Pseudonym	Description of Experience
1	Survivor	Alya	Experienced domestic violence and received counseling services
2	Survivor	Mira	Survivor of prolonged psychological abuse
3	Survivor	Sari	Survivor of intimate partner violence
4	Survivor	Dina	Survivor of sexual violence
5	Survivor	Rosa	Experienced multiple forms of abuse
6	Survivor	Nadia	Completed a counseling program at P2TP2A
7	Counselor	Ms. Lestari	Senior counselor with over five years' practice
8	Counselor	Ms. Ratna	Counselor specializing in gender-based intervention
9	Counselor	Ms. Arifah	Case handler for women survivors of violence
10	Counselor	Mr. Salman	Social worker managing survivor empowerment cases

Source: Compiled by the author based on field research, 2026

Table 1 presents an overview of the study participants, consisting of women survivors of violence and social counselors involved in their recovery processes. The six survivor participants experienced various forms of violence, ranging from domestic and intimate partner violence to psychological and sexual abuse. Their diverse backgrounds enabled the researcher to capture nuanced perspectives on counseling services and resilience processes. The four counselor participants had professional experience in providing gender-responsive counseling and managing survivor support cases. Their insight supported triangulation and enriched the interpretation of counseling practices. The combined perspectives from survivors and counselors provided a comprehensive understanding of both lived experiences of trauma and institutional responses to psychosocial recovery.

## Data Collection Techniques

Data were collected through three primary techniques—semi-structured in-depth interviews, limited participant observation, and document analysis. Semi-structured interviews enabled the researcher to explore survivors' narratives in depth while maintaining alignment with the research focus. Interviews were conducted face-to-face in counseling rooms within the institution to ensure privacy and emotional comfort. The semi-structured format gave participants flexibility to express personal experiences freely, which enhanced the richness of qualitative data.

Participant observation was conducted to observe interactions between survivors and counselors, including communication patterns, emotional expressions, and counseling room dynamics. Observation supported data triangulation by providing insight into counseling practices beyond verbal accounts. Document analysis complemented interviews and observation by reviewing institutional case records, standard operating procedures (SOPs), counseling reports, and referral system documentation (Liang et al. 2025). These documents provided contextual information about institutional responses and service delivery procedures.

To enhance the credibility and reliability of findings, several trustworthiness procedures were applied. Data source triangulation was implemented by comparing perspectives between survivors and counselors. Method triangulation was used to validate consistency between interviews, observations, and documents. Theoretical triangulation was conducted by interpreting findings with reference to Resilience Theory, Feminist Counseling Theory, and Symbolic Interactionism (Cruz and Pereira 2025). Member checking procedures were applied by asking selected participants to review and confirm excerpts of interpreted findings to ensure accuracy of meaning representation. These processes minimized misinterpretation risks and reinforced authenticity of the derived insights.

Data analysis followed phenomenological procedures involving reduction, thematic structuring, and synthesis of essential meanings. First, transcripts from interview recordings were carefully reviewed to extract significant statements reflecting lived experiences, challenges, and counseling processes (Hung 2025). These statements were grouped into thematic clusters such as experiences of violence, counseling access barriers, resilience processes, counselor roles, empowerment experiences, and meaning reconstruction. The clustered themes formed the basis for writing narrative descriptions representing core experiential structures across participants.

Interpretive reflections grounded in theoretical frameworks were integrated into narrative descriptions to contextualize survivors' meaning-making. Through analytical coding and iterative interpretation cycles, the researcher identified patterns of experiences and relational dynamics shaping psychosocial recovery (Cruz and Pereira 2025). The analytical process was conducted concurrently with data collection, allowing refinement of thematic focuses as field insights evolved.

The conclusions of the study were derived reflexively and progressively, referring to the entire body of collected data. Rather than summarizing findings superficially, conclusions represented interpretive syntheses grounded in empirical evidence, theoretical linkages, and triangulation outcomes. Emerging interpretations formed the foundation for formulating layered social counseling strategies aimed at strengthening psychosocial resilience.

Ethical sensitivity was central throughout the research process due to the vulnerability of participants. Informed consent was obtained from all informants after explaining the study purpose, procedures, and confidentiality measures. Interviews were conducted with full respect for participants' emotional expressions and psychological boundaries. Participants could withdraw at any time without consequences. Digital recordings and documents were secured confidentially, and pseudonyms ensured anonymity. These ethical safeguards aligned with international qualitative research standards for work involving violence survivors (Berryessa 2022).

The phenomenological approach was methodologically appropriate given the increasing prevalence of violence against women and the continuous need for gender-responsive counseling interventions. The research problem emphasized service gaps where counselors often struggle to fully understand survivors' psychosocial needs (Chen 2024). Exploring survivors' direct experiences enabled

identification of counseling dynamics, institutional limitations, and resilience-building mechanisms required for sustainable psychosocial recovery.

The study findings demonstrated that layered counseling—consisting of empathetic engagement, gender-based empowerment, identity reconstruction, and social network strengthening, can enhance resilience processes (Das 2024). These layered strategies informed policy-oriented recommendations including counselor capacity building, SOP standardization, and improved institutional coordination across protection agencies.

Thus, the research methodology served not only as a procedural mechanism for data collection but also as a conceptual frame guiding the development of grounded intervention strategies. Through phenomenological inquiry and triangulated data analysis, the study formulated a counseling model that is responsive, gender-sensitive, and aligned with survivors' lived social realities (Hill 2023). The methodology supports practical contributions to improving integrated referral systems and highlights the necessity for relational, layered, and context-aware social counseling for women survivors of violence.

## **RESULTS AND DISCUSSION**

The findings demonstrate that social counseling functions not merely as a therapeutic mechanism for emotional stabilization, but also as a transformative arena for identity reconstruction, empowerment, and meaning negotiation for women who have endured violence. Through in-depth interviews and participatory observation conducted in the counseling rooms of the integrated protection center, a pattern of layered psychosocial recovery processes emerged. This process reflected survivors' gradual transition from emotional fragility to adaptive functioning shaped by relational encounters with counselors.

Several interconnected dimensions of psychosocial resilience surfaced as key outcomes of counseling: emotional regulation, relational trust-building, narrative reconstruction, and strengthened social connectedness. Survivors repeatedly described their initial entry into counseling spaces as marked by fear, shame, and distrust. Some expressed difficulties articulating traumatic experiences due to self-blame and internalized stigma. Observations indicated that early sessions often involved extended silences, tears, and bodily markers of anxiety such as trembling and avoidance of eye contact. These manifestations illustrate a collapse of protective internal systems, consistent with resilience theory which posits that extreme trauma weakens adaptive capabilities.

However, as counseling progressed, survivors began engaging in reflective dialogue, recounting traumatic experiences with greater coherence and emotional distance. This change reflected the activation of resilience processes through a combination of emotional ventilation, cognitive reframing, and relational validation provided in counseling sessions. The transformation was described by informants as a gradual reclaiming of selfhood. Survivors articulated improvements in self-confidence, decision-making, and social participation. Some reported increased capacity to set personal boundaries and to reject harmful relational dynamics.

Counselors also reported observable shifts in survivors' coping styles. They noted that repeated sessions facilitated survivors' ability to examine internalized patriarchal narratives and develop alternative interpretations of their lived experiences. Such shifts align with feminist counseling principles emphasizing empowerment, critical consciousness, and resistance to oppressive cultural discourses. Counselors acknowledged that empowering survivors to articulate personal narratives beyond shame required consistent empathy, cultural sensitivity, and collaboration rather than directive or prescriptive approaches.

Another significant finding relates to the symbolic meaning-making process that occurred throughout counseling interactions. Survivors frequently referred to metaphors rooted in local cultural and spiritual traditions when describing their trauma and recovery. Counselors who acknowledged and affirmed these symbolic expressions were more successful in establishing therapeutic rapport. This suggests that social meaning and cultural symbolism play central roles in shaping resilience trajectories.

Meaning reconstruction, enabled by culturally responsive counseling, supported survivors in repositioning themselves not as passive victims but as agents capable of resilience.

The following table highlights key themes identified from participant narratives, mapped against illustrative survivor expressions and corresponding indicators of resilience.

**Table 2. Summary of Emergent Themes in Psychosocial Resilience Processes**

<b>Resilience Mechanism</b>	<b>Illustrative Survivor Statement (Paraphrased)</b>	<b>Indicators of Recovery</b>
Emotional Regulation	“I learned to express fear without feeling ashamed.”	Reduced hyperarousal and improved emotional expression
Identity Reclamation	“I realized the violence was not my fault.”	Increased self-worth and autonomy
Meaning Reconstruction	“What happened became a lesson, not a curse.”	Cognitive reframing and narrative coherence
Social Reconnection	“Now I ask for support from my family and peers.”	Rebuilding trust and social engagement
Boundary Formation	“I set limits in relationships and refuse control.”	Assertive communication and protection of self-rights

Source: Compiled by the author based on field research, 2026

Table 2 summarizes the key themes that emerged from the analysis of survivors’ narratives regarding psychosocial resilience. Each resilience mechanism reflects a specific process of recovery that unfolded throughout counseling sessions. The illustrative paraphrased statements demonstrate how survivors articulated shifts in emotional responses, personal meaning, and relational behaviors. The corresponding indicators of recovery highlight observable outcomes, such as improved emotional expression, enhanced autonomy, strengthened social ties, and assertiveness in interpersonal boundaries. These mechanisms collectively illustrate that resilience develops through gradual cognitive, emotional, and relational transformation supported by layered counseling interventions. This table reinforces the study’s conclusion that counseling contributes to both internal and external protective systems essential for sustainable psychosocial recovery.

Across the data set, survivors’ experiences revealed that counseling facilitated strengthening of internal resilience factors, such as emotional self-understanding, confidence, self-agency, and coping flexibility. Simultaneously, external protective factors particularly social support were reinforced through counselor guidance in reconnecting with supportive networks, including family, peers, and community groups.

Nevertheless, structural limitations in service implementation surfaced. Survivors noted long waiting times, insufficient privacy in counseling rooms, and restricted accessibility due to centralized services. Counselors acknowledged heavy caseloads, inadequate gender-sensitive training, and limited institutional resources. These constraints highlighted discrepancies between program objectives and operational realities. Thus, while layered counseling demonstrated efficacy, systemic gaps impeded consistent service quality.

Ultimately, the results support the conclusion that social counseling strengthens psychosocial resilience through emotional healing, empowerment, and meaning negotiation, but its impact is mediated by contextual, institutional, and cultural factors. Effective counseling emerged not solely from therapeutic content but from relational dynamics grounded in empathy, sensitivity, and recognition of gendered experiences.

The discussion articulates the relationship between empirical findings, theoretical frameworks, and existing scholarly literature. Findings affirm the central research proposition that social counseling when applied through layered, gender-sensitive, and culturally responsive strategies can significantly strengthen psychosocial resilience among women survivors of violence.

The findings underscore that psychosocial vulnerability among survivors encompasses psychological, relational, and structural dimensions. Survivors experienced persistent anxiety, diminished self-worth, and social withdrawal, confirming assertions in trauma literature that violence destabilizes essential psychological functioning. However, resilience theory suggests that vulnerability does not negate the possibility of recovery. According to Masten, resilience arises from ordinary adaptive systems activated by social support and environmental protection. Empirical data support this view: survivors described progressive emotional stabilization, improved decision-making, and renewed social engagement facilitated through counseling.

Feminist counseling principles help illuminate the interdependence of psychological healing and structural empowerment. Findings indicate that survivors internalized patriarchal beliefs normalizing violence and silencing personal narratives. Counseling that confronted unequal gender norms enabled survivors to reclaim voice and agency. These outcomes align with Brown's argument that power redistribution is a core therapeutic objective in feminist counseling. Previous studies highlight that survivors' empowerment correlates with improved resilience, supporting the present study's conclusion that interventions must explicitly address gendered forms of oppression.

Symbolic Interactionism further explains why meaning-making is central to recovery. Findings show that survivors framed experiences within culturally embedded metaphors and symbolic narratives. Counselors who validated such expressions fostered more effective meaning negotiation. Clarke's advancement of symbolic interactionism emphasizes situational context in shaping meaning structures; this corresponds with the observed importance of cultural sensitivity in counseling. Moreover, survivors' reinterpretation of trauma from shame to learning demonstrates symbolic reconstruction, a process critical to resilience formation.

The research problem regarding limited responsiveness of existing rehabilitation services was confirmed empirically. Survivors reported mismatches between standardized procedures and personal or cultural needs. Structural centralization constrained accessibility, reflecting findings in previous research showing that top-down approaches marginalize survivor agency and cultural specificity. The present findings extend prior studies by showing that service centralization impedes activation of community-based protective systems essential to resilience.

The research objectives were achieved through identification of strategies contributing to resilience strengthening. These include emotional ventilation facilitation, cognitive reframing, relational empowerment, and culturally sensitive meaning negotiation. Linking these strategies to resilience theory reveals that they activate protective internal systems particularly confidence, self-regulation, and adaptive coping. Feminist counseling theory connects empowerment-based strategies to shifts in power relations within counseling and broader social contexts. Symbolic interactionism situates narrative reconstruction as a core mechanism for resilience building, as survivors' identities shift through interpretive processes.

Academic benefits emerge through theoretical integration across resilience, feminist counseling, and symbolic interactionism frameworks. Previous scholarship often examined these theories separately; this study demonstrates their complementary explanatory power when analyzing violence, recovery, and counseling processes simultaneously. Practical benefits include guidance for designing gender-sensitive, layered counseling interventions grounded in survivors' cultural contexts. Evidence suggests that cultural sensitivity enhances therapeutic rapport, strengthens community support networks, and accelerates meaning reconstruction. The findings reinforce previous claims advocating decentralized, community-based interventions but provide new empirical evidence linking these approaches to enhanced resilience outcomes.

The discussion also highlights the need for improved integrated referral systems and community involvement in protection mechanisms. Prior literature suggests that multi-agency collaboration accelerates recovery; the current study expands this perspective by showing that including cultural actors and community networks strengthens legitimacy and reduces stigma for survivors. Thus, counseling strategies must extend beyond one-on-one sessions to include social environment restructuring.

Overall, the findings indicate that strengthening psychosocial resilience requires holistic, layered, and culturally grounded counseling strategies that integrate emotional, cognitive, relational, and structural components. Gender-sensitive frameworks must underpin intervention design to disrupt power imbalances and promote agency reconstruction. The study recommends institutional reforms, including decentralization of services, counselor capacity building, and collaborative community-based networks to ensure sustainability of healing outcomes.

The discussion concludes that resilience among women survivors emerges through iterative processes of emotional regulation, empowerment, and meaning reconstruction facilitated by supportive counseling relationships embedded in culturally attuned practices. These insights contribute to advancing theoretical discussions on trauma recovery while informing policy and professional practice in social counseling for violence survivors.

## CONCLUSION

This study concludes that gender-responsive, experience-centered social counseling interventions play a critical role in restoring and strengthening the psychosocial resilience of women who have survived violence. The findings confirm that resilience does not emerge spontaneously, but is nurtured through structured, layered counseling processes that facilitate emotional recovery, support meaning reconstruction, and strengthen relational and social capabilities. The implementation of phenomenological methods allowed this research to reveal complex psychological and social struggles experienced by survivors, including trauma manifestations, stigma, social isolation, and constraints imposed by gendered power relations.

The study demonstrates that counseling strategies grounded in emotional validation, empowerment, and narrative reconstruction enable survivors to regain autonomy and rebuild trust in themselves and their social environment. Survivors described counseling spaces as safe relational arenas where feelings of fear, shame, or confusion could be expressed without judgment. Through repeated sessions, survivors gradually developed reflective insight, emotional regulation, and communicative capacity—elements identified in resilience theory as essential to adaptive functioning.

A key conclusion concerns the structural and service gaps that weaken recovery prospects. Many survivors were unable to access counseling promptly due to centralized service structures, limited institutional capacity, and lack of gender-sensitive practices. These institutional shortcomings highlight that enhancing resilience requires not only strengthening survivors internally, but improving the external ecosystem in which counseling is embedded. The study concludes that integrated service referral systems, institutional collaboration, and culturally relevant counseling approaches are necessary for sustained psychosocial well-being.

The results further affirm that psychosocial resilience develops through the interplay of emotional healing, identity transformation, and social network reconstruction. Strategies that integrate individual, relational, and community-based interventions demonstrated the strongest impact. Survivors who participated in culturally-sensitive counseling sessions—where local values, shared symbols, and relational norms were acknowledged—reported enhanced trust, acceptance, and participation. The findings indicate that resilience is culturally embedded, socially negotiated, and relationally constructed.

The research problem, which asked how social counseling strategies could strengthen psychosocial resilience, was answered by showing that empowerment-oriented counseling enables survivors to reinterpret traumatic experiences, reclaim agency, and reengage socially. Feminist counseling principles contributed significantly by shifting survivors from internalized blame to recognition of structural injustice. Symbolic interactionism illuminated how meaning negotiation with counselors reshaped survivors' identities and coping frameworks. Resilience theory grounded the developmental nature of recovery within emotional, relational, and ecological dimensions.

Overall, the conclusion drawn is that effective counseling for women survivors must extend beyond symptom reduction and emotional catharsis. It must instead create conditions for survivors to reconstruct protective systems, build confidence, and cultivate adaptive relationships within family and

community structures. Counseling should thus be conceptualized as both therapeutic encounter and social empowerment process.

This research contributes conceptually by aligning three major theories within a unified analysis of counseling practice for survivors. It also contributes empirically by demonstrating how layered counseling strategies activate psychosocial resilience mechanisms. The conclusion advances the argument that psychosocial recovery for survivors of violence requires interventions that are gender-responsive, culturally rooted, empowerment-oriented, and supported by integrated institutional policies.

Recommendations are proposed to strengthen social counseling strategies for women survivors of violence. These recommendations target intervention design, institutional capacity, policy reform, and future research directions. *First*, counseling interventions should be redesigned to center survivors' subjective experiences and gendered vulnerabilities. Counselors must be trained to recognize how patriarchal norms, stigmatizing social attitudes, and relational power asymmetries suppress survivors' voices and undermine resilience. Capacity building curriculums should incorporate gender-sensitive communication, trauma-informed practice, risk mapping, and empowerment-oriented counseling skills. Standardized protocols need to emphasize reflective listening, narrative reconstruction facilitation, non-directive questioning, and relational collaboration. Developing competencies in these areas will equip counselors to enable survivors to articulate meaning, reclaim self-worth, and rebuild adaptive coping.

*Second*, counseling services require more decentralized and accessible systems. The findings demonstrate that centralized services delay recovery and create logistical and emotional barriers for survivors. Integrated referral pathways between social services, law enforcement, healthcare providers, and community-based organizations should be strengthened. A coordinated referral model enables counselors to act as advocates and resource navigators for survivors, reducing bureaucratic burdens and facilitating timely access to protection, psychological care, and legal support. Referral mechanisms must prioritize survivor autonomy, confidentiality, and safety.

*Third*, policies governing counseling services should explicitly incorporate psychosocial resilience indicators as core evaluation metrics. National and local service standards should require institutions to provide not only emotional support but long-term recovery frameworks addressing relational, structural, and social dimensions of well-being. Regulations must ensure availability of culturally attuned counseling approaches, safe physical counseling environments, professional supervision, and adequate counselor caseload management. Policymakers should allocate resources for capacity building, infrastructure improvement, and gender-sensitive program development.

*Fourth*, organizational capacity must be strengthened to support counselors' emotional and professional well-being. The study highlights risks of secondary trauma, fatigue, and emotional strain among counselors due to heavy caseloads and limited institutional support. Regular supervision, peer reflection groups, professional development pathways, and mental health support services should be institutionalized. Sustainable counselor well-being contributes directly to service quality and survivor recovery outcomes.

*Fifth*, counseling interventions must be aligned with local cultural contexts. The study demonstrated that cultural metaphors, relational norms, and collective values contributed to resilience development when integrated into counseling strategies. Institutions should collaborate with community leaders, religious figures, and local support networks to develop culturally grounded programs. Counseling models should incorporate participatory design processes allowing survivors to shape interventions based on community knowledge and lived experience.

*Sixth*, layered counseling models derived from the study should be piloted across diverse settings and survivor populations. Comparative evaluations will enable refinement of layered intervention frameworks and adaptation to varying contexts. Future empirical research should employ longitudinal approaches to examine resilience trajectories beyond immediate post-counseling stages. Mixed-methods designs may further illuminate how emotional, relational, and structural factors intersect to influence resilience outcomes over time.

Finally, researchers and policymakers must collectively develop ecosystem-level interventions addressing the structural roots of gender-based violence. Institutional reforms, enhanced social protection, improved access to justice, and expanded community support systems are essential complements to counseling interventions. Efforts to strengthen resilience cannot be separated from broader commitments to gender equality, social inclusion, and violence prevention.

In summary, these recommendations reinforce the need for integrated, culturally grounded, and empowerment-oriented counseling approaches supported by sustained institutional commitment. If adopted, they will not only enhance counseling effectiveness but contribute to long-term psychosocial resilience and social reintegration for women survivors of violence.

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