

Essay/Personal Reflection

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Author for correspondence:

Dominikus David Biondi Situmorang,
Department of Guidance and Counseling,
Atma Jaya Catholic University of Indonesia,
Jl. Jenderal Sudirman 51 Jakarta Selatan,
Jakarta 12930, Indonesia.
E-mail: david.biondi@atmajaya.ac.id

An award from the Indonesian World-Records Museum (MURI) for “rapid tele-psychotherapy” theory: The most prestigious achievement in my life

Dominikus David Biondi Situmorang, S.PD., M.PD., M.SI., C.T., C.PS., C.BNLP. 

Department of Guidance and Counseling, Atma Jaya Catholic University of Indonesia, Jakarta, Indonesia

In this article, I want to give thanks to the Lord, because of His blessings, I finally got a most prestigious achievement from the Indonesian World-Records Museum (MURI) for “rapid tele-psychotherapy” with single-session music therapy that I founded. In fact, this award that I got was interesting personal experience or insight into clinical practice caring for a patient in supportive and palliative care setting. The experience of founding the theory and treating a patient has earned me an award from the MURI.

As we know, mental health problems have become an unresolved health cases in the society, especially during the COVID-19 pandemic, they will be increasingly difficult to resolve. The impact of the COVID-19 pandemic is not only on physical health but also on the mental health of millions of people, both those who are directly exposed to the virus and those who are not. This condition prompted me to focus on mental health during the pandemic with a theory that I founded, namely “rapid tele-psychotherapy” (Situmorang, 2021, 2022). On 14 March 2022, I received a certificate of appreciation from the MURI as “*The First Indonesian whose Article has been Published in the Palliative & Supportive Care - Cambridge University Press (Rapid Tele-Psychotherapy)*” with No. 1058/R.MURI/III/2022 (Museum Rekor-Dunia Indonesia, 2022). This has previously been confirmed by Dr. Bill Breitbart, MD, DFAPA, FAPOS as an Editor-in-Chief of *Palliative & Supportive Care* by a letter (B. Breitbart, personal communication/letter by e-mail, 8 February 2022).

Through this theory, I managed to become the first and only Indonesian whose article has been published successfully in a Reputable International Journal indexed by Cambridge University Press’ Scopus Q1, namely *Palliative & Supportive Care* with “rapid tele-psychotherapy” theory (Enggar, 2022; Harian Suara, 2022; Purbaya and Wicaksono, 2022; Raharjo, 2022; Redaksi BisnisAsia, 2022).

This achievement can be said to be a very proud achievement because the theory of psychotherapy like this is generally developed by someone who has a doctorate degree or even has a professor title. This theory combines several existing theories, namely single-session therapy (Talmon, 1990), solution-focused brief therapy (Iveson, 2002), music therapy (Davis et al., 2008), and online/cyber/tele/e-therapy (Manhal-Baugus, 2001; Situmorang, 2020). This theory is a new breakthrough, because the therapy meeting only requires one meeting, and it is hoped that after the therapy meeting takes place, the patient can independently solve the problem, without having to go to mental health professionals continuously.

In addition, I received another award, namely “*Being the First and Only Indonesian who Became an Advisory Board member in a Reputable International Journal indexed by Elsevier’s Scopus Q1, namely Heliyon - Psychology*” (Larasati, 2022). Of course, all this journey is not always easy, I started everything independently so as to be able to make extraordinary achievements like these.

I hope that through these achievements, I can make a meaningful contribution to the scientific development of counseling, psychology, and psychotherapy in the world. In addition, it is hoped that the theory of “rapid tele-psychotherapy” can be a new alternative that can be used by professionals in the mental health field around the world, to prove the effectiveness and efficacy of this theory, so that more people are helped for their mental health. Amen.

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