

Emmaus Center

Seri Kelompok Kecil yang Transformatif

Selasa, 8 April 2025

**Pkl. 19.00-
20.30 WIB**

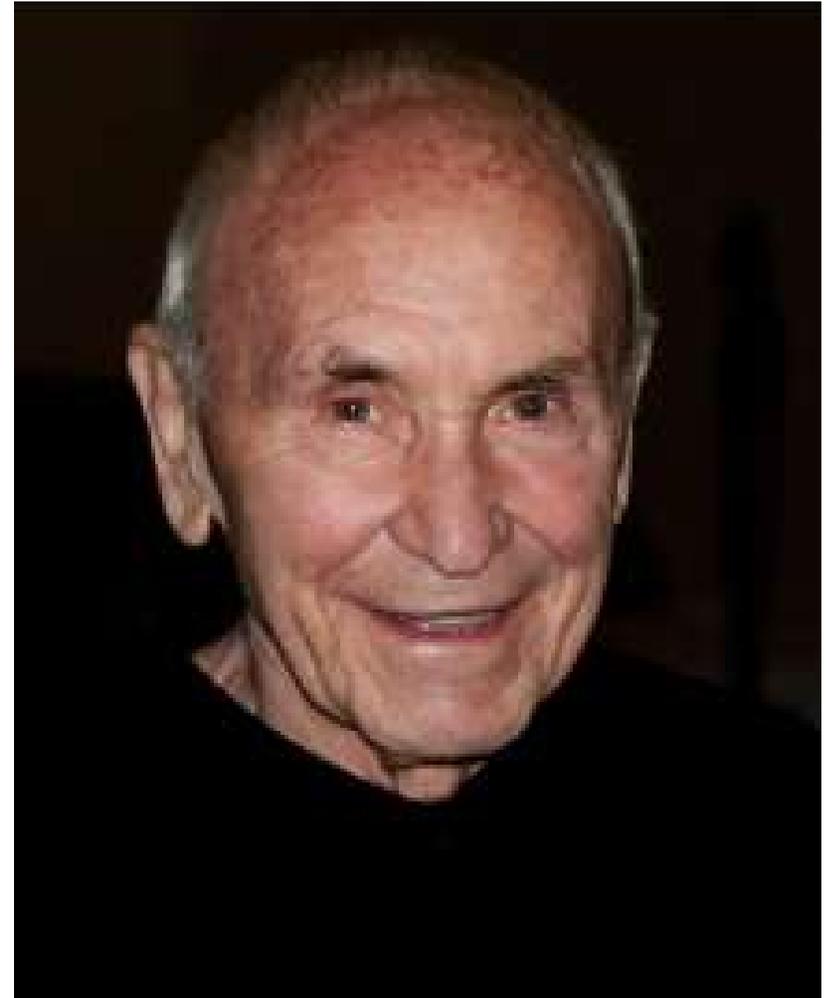
Relasi yang Membawa Transformasi

Sarinah Lo, Ph.D.

TRANSFORMATIVE LEARNING

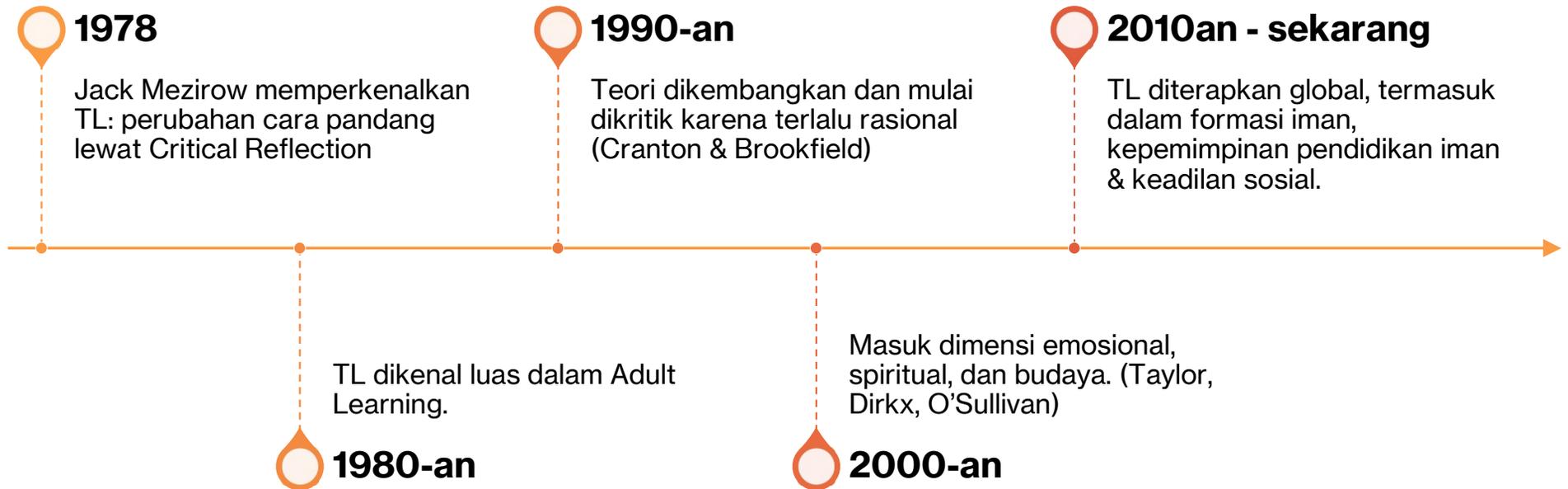
“... proses di mana individu **meninjau kembali** dan **mengubah kerangka berpikir** atau cara pandangnya yang **sebelumnya diterima begitu saja**. Perubahan ini bertujuan agar kerangka berpikir tersebut menjadi **lebih inklusif, terbuka** terhadap pandangan baru, mampu menilai secara **kritis**, dan siap mengalami **perubahan...**”

– Mezirow, J. (2000). *Learning as Transformation: Critical Perspectives on a Theory in Progress*. San Francisco: Jossey-Bass.





Timeline Singkat Transformative Learning (TL)



Tiga Elemen Penting TL dalam Pembelajaran Orang Dewasa

Prior knowledge/experience

Disorienting Dilemma

Critical Reflection

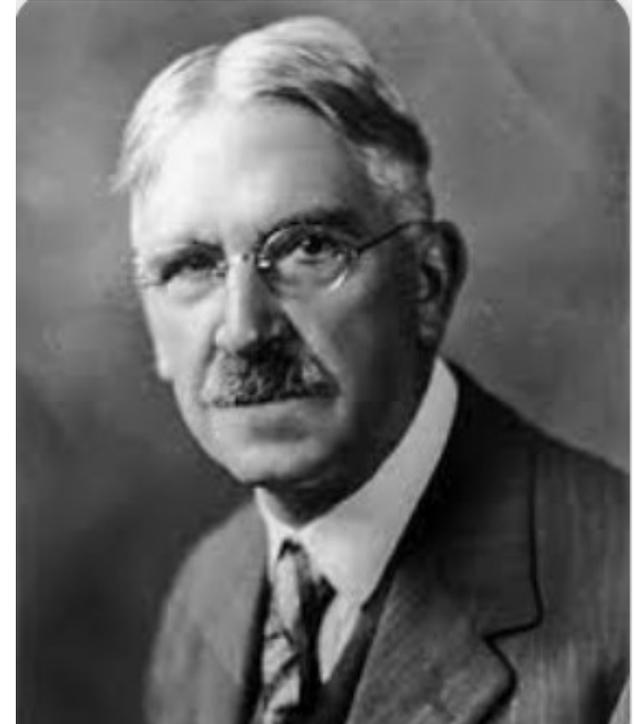
I. PRIOR EXPERIENCE

- **All have experiences, but Not All Experience is Educative**

- John Dewey, *Experience and Education* (1938)

- **mis-educative:** reinforce harmful patterns; hinder future growth) e.g. “Semakin berkorban, semakin berkenan kepada Tuhan”
 - **non-educative:** Repetitive or passive experience; don’t contribute to growth at all).
 - **Educative:** foster curiosity & openness to grow

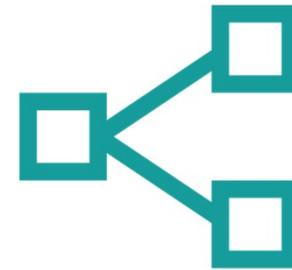
- Adults bring rich life experiences – but **not all are learning-ready.**



PRIOR EXPERIENCE: RELATIONSHIP



Self-perception & Expression



Formation of habits: languages
& relationship



Self-perception
& Expression

Harmful
experience

Unresolved
Conflict

Sin
Shame

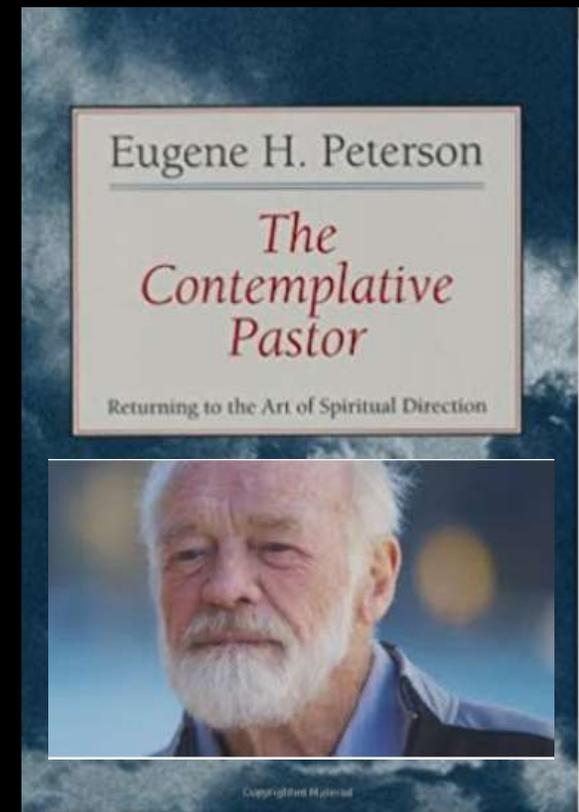
Unresolved
Grief

Anger &
Bitterness

Inferiority
Complex

Formation of habits: languages & relationship

- Language of Intimacy
- Language of Information
- Language of Control
(manipulation)



PENGALAMAN TERDAHULU

APA YANG ANDA BAWA?

Mendorong/menghambat relasi dalam KK?

II. DISORIENTING DILEMMA



Kejadian, pengalaman, pengetahuan baru yang **menantang** asumsi, nilai, cara pandang lama.



Menimbulkan kebingungan, tidak nyaman, tensi—memaksa seseorang memeriksa kembali keyakinan/nilai/perilaku.

Disorienting Dilemma

Contoh 1: “Antara Impian dan Kenyataan”

Contoh 2: Conflict
“Cinta dan pengkhianatan”



Disorienting Dilemma

An experience that challenges one's assumptions or expectation in a relationship

STOP di sini
TIDAK ADA PERTUMBUHAN

Critical Reflection

Examining one's reaction and beliefs in light of the experience

Growth & Transformation

Developing new understanding, healthier ways of relating in small groupS

III. Critical Reflection

In simple terms, **critical reflection** is the **intentional process of examining:**

It's about **making meaning** from a confusing or painful relational experience – and **choosing** a new, more redemptive way forward.

Why Critical Reflection Matters?

Without reflection, pain leads to:

- Withdrawal,
- Blame, or
- Repeating unhealthy patterns.

With reflection (and safe support), pain leads to:

- **Awareness,**
- **New understanding,** and
- **Healthier, Christ-centered relationships.**



Example 1: Struggling to Forgive

Disorienting Dilemma: Seorang anggota KTB menyakiti (“betrayal of trust”)

Critical Reflection:

- Mengapa saya begitu marah?
- Apa masalahnya di sini? Apakah dia bersalah total?
- Bagaimana Allah telah mengampuni saya? Apa yang Tuhan ingin saya belajar?

Growth Outcome: Perjalanan menuju “truth in grace” vs kepahitan



Example 2: Being Confronted

Disorienting Dilemma: Seorang teman KTB berkata,
“Sarinah, kami datang ke KK karena kami takut sama kamu.”

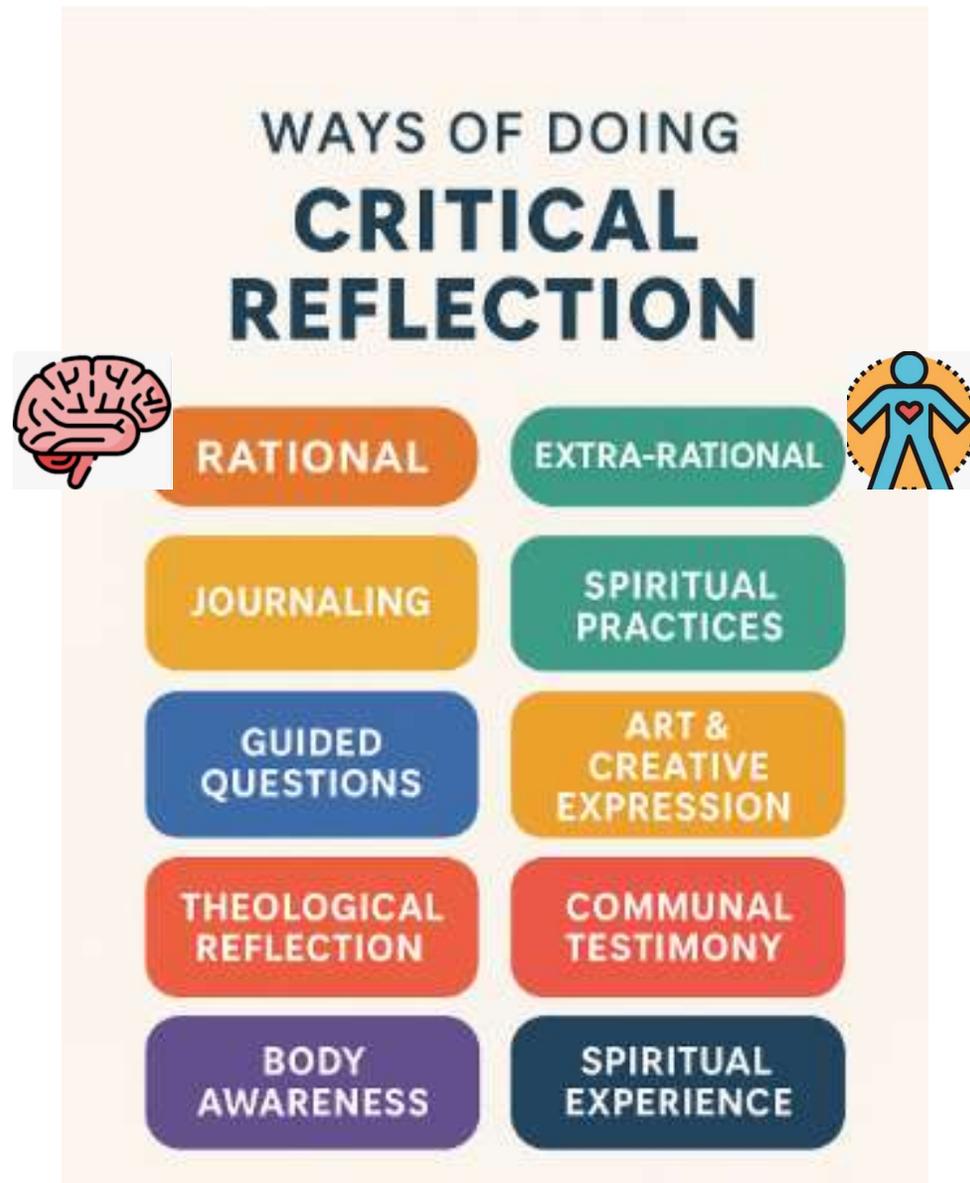
Critical Reflection:

- Selama ini bukan “hormat” tapi “menakutkan”?
- Apa yang membuat saya demikian?
- Mengapa saya menjadi rigid & controlling?

Growth Outcome: Lingkungan membuat keras, belajar
“ramah” & rendah hati.



pendekatan Critical Reflection



Group Climate membentuk **Relasi yang transformatif:**

- Rasa Aman
- Berbagi Kerapuhan
- Otentik (vs superficial)
- Hospitalitas
- Ruang bagi Roh Kudus
- Covenantal



Rasa Aman



Tidak timbul dalam semalam, tetapi dibangun dari hal-hal kecil !

**Berbagi
Kerapuhan**
bergantung kepada
penerimanya
dibandingkan
pengirimnya

Daniel Boyle, Culture Code)

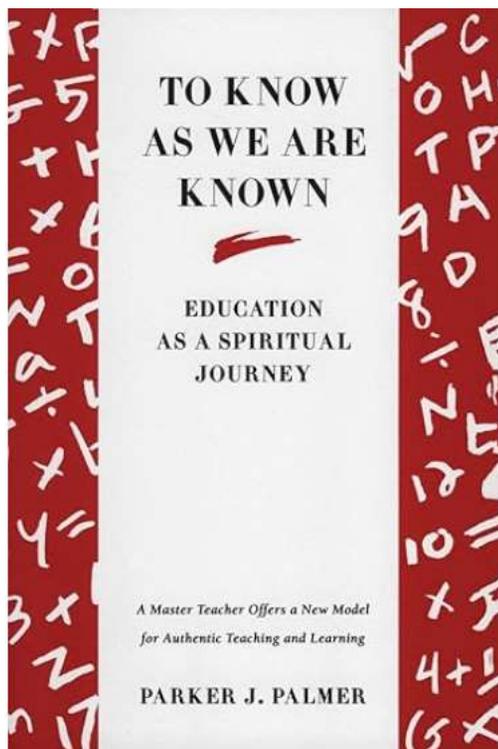
"Vulnerability is less about the sender than the receiver."

[aw-then-tik]

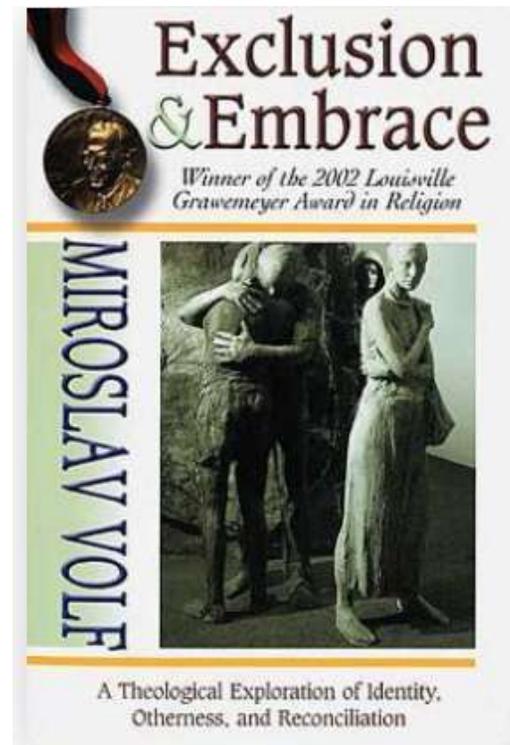
Authentic

adjective 1. not false or copied; genuine; real: 2. representing one's true nature or beliefs; true to oneself or to the person identified:

Hospitality



Learning climate: Freedom, Boundaries, and
Hospitality (Parker J. Palmer)



Assimilation (the loss of distinct identities) is a
"cardinal sin" vs creating space for the "other".
(Miroslav Volf)

COVENANTAL (vs Transactional)





MARKUS 2:1-12

Courtesy: Johan Setiawan