



Our Profile



A photograph of three women smiling in a classroom. One woman is seated in the foreground, while two others stand behind her. The background features a chalkboard with a drawing of a dinosaur and some text, and a bulletin board with various papers and a diagram labeled 'Wounded mother' and 'New type parent'.



Initially, she felt that her father was a bad and unforgivable figure. However, she then realized her longing and need for a father figure, which made her soften, admit her needs, open communication with her father, and finally forgive him. Then, she also began the process of reconciliation with her mother which took quite a long time until now.

This process was certainly not easy for her, but the strong drive from within her was proof that if someone is willing to listen to her "inner voice" and be honest with herself, the process of reconciliation with any problem and anyone can happen.

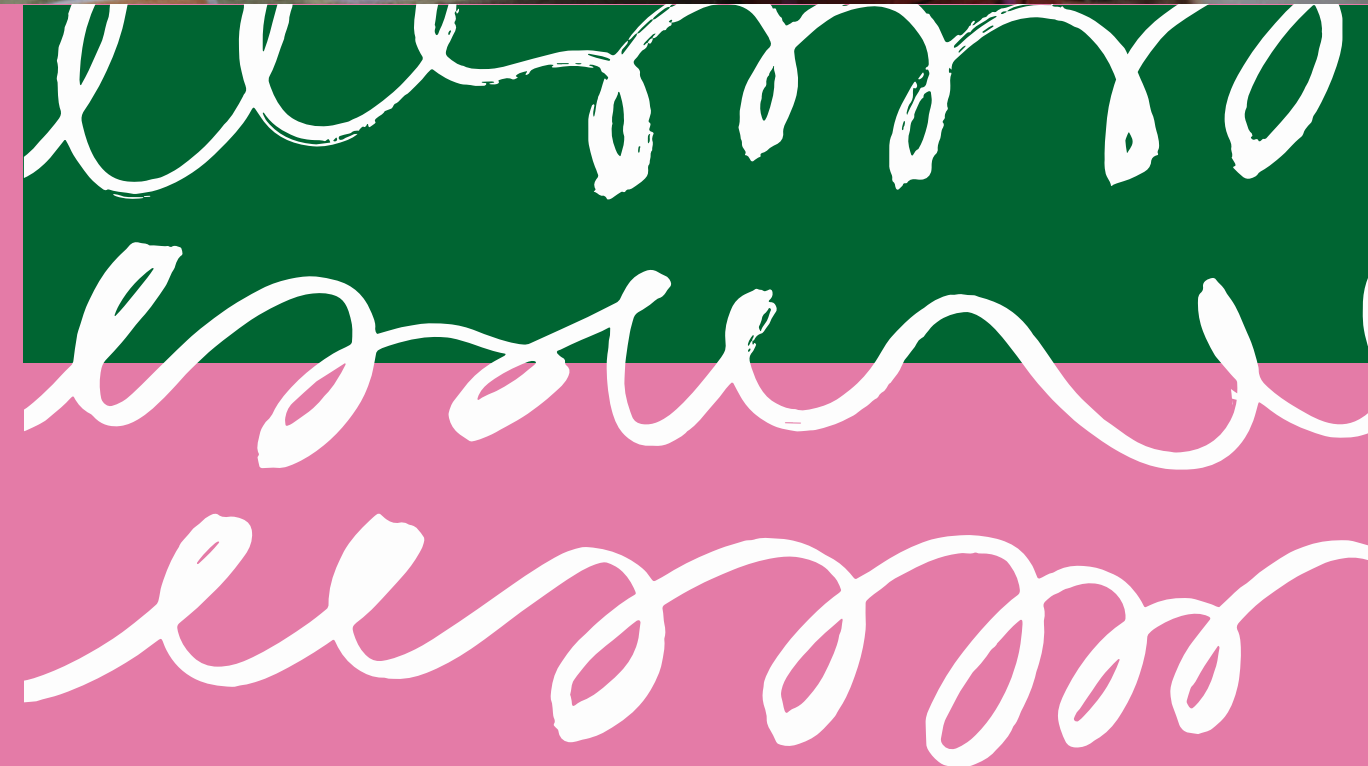
How Nenden was able to encourage herself to reconcile was through the Inner Growth Program (IGP) by Nandor Lim, AKASHA, Malaysia in 2012 which was held by IofC Indonesia. At that time, she was surprised by all the learning in this program. The spirit to continue to explore and learn more deeply made her come to Malaysia to learn directly from the AKASHA Team in 2013.

With her enthusiasm and commitment to share with more people, the first class of this program in Indonesia was held in 2014, which was then known as the Inner Growth Companionship Program (IGCP). After that, together with several people such as Nurhayati and Rera, they used the name Sekolah Rekonsiliasi (SR) and started opening daily classes and then weekend classes.



In line with the principles of IofC, the learning principle at SR uses the spirit of "Change starts with me" by truly activating or connecting with the "inner voice". Starting from the One Day Workshop program, Weekend Workshop, until now SR has had regular weekly classes that are structured with guidebooks.

Sekolah Rekonsiliasi was born from a very honest personal reflection and has had an impact and helped many people who want to change and have a better life.





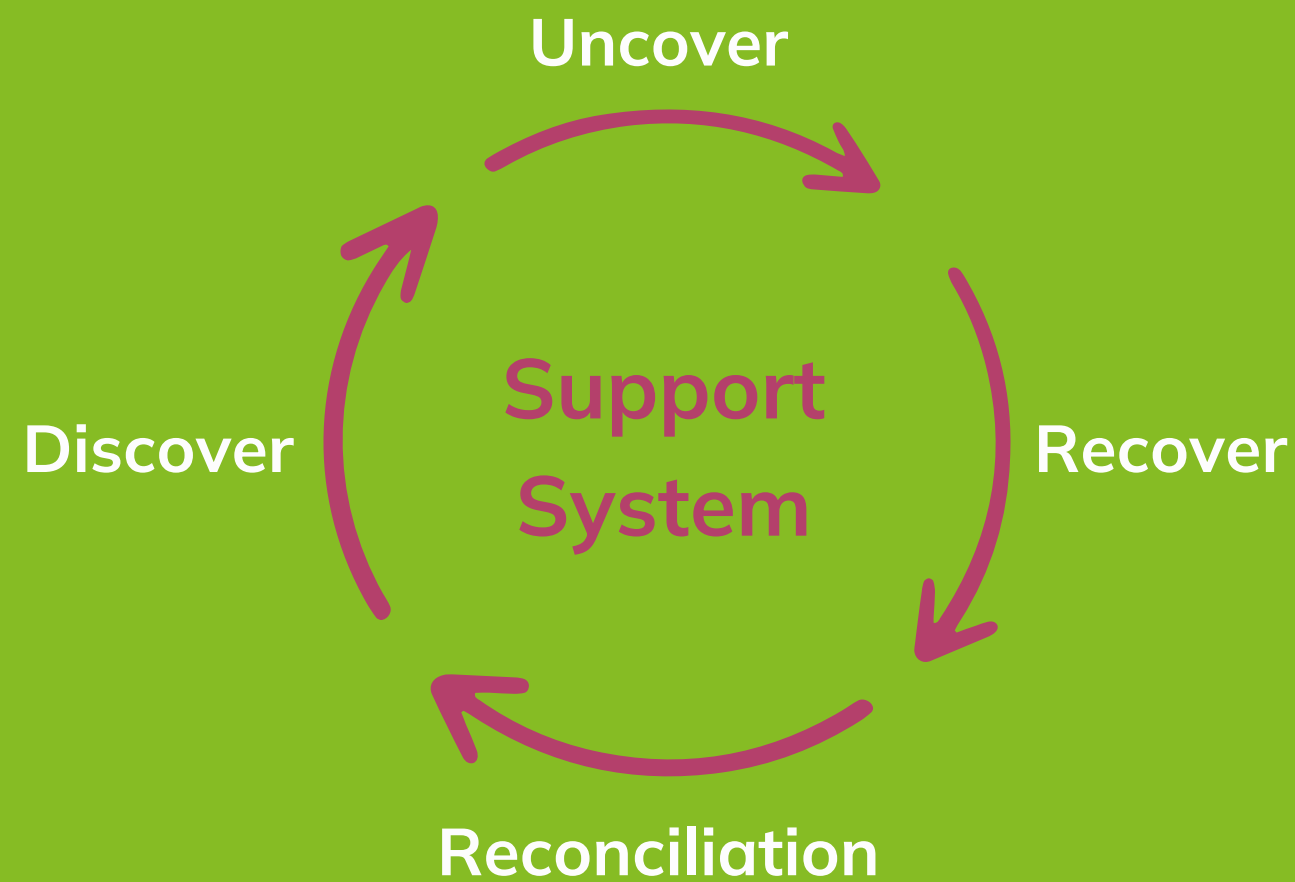
Until now, Sekolah Rekonsiliasi continues to grow. The presence of Rinni Meir in the field of curriculum development, as well as other teams such as Dhuha, Pipit, Anisa, Stella, Marvel who bring time, energy, and strength make SR more professional and strengthen the team to be ready to serve all Indonesian people from Sabang to Merauke, Rote to Sangihe Talaud.

About

Sekolah Rekonsiliasi (SR) encourages change starting from oneself by facilitating a very unique growth process based on the readiness and learning of each individual in each class.

Each participant eventually grows into an adult who acts, takes responsibility for their wounds and life journey, owns and acknowledges their own story and is continuously committed to a journey of growth and reflection.





1. Discover

The materials from the books read in SR facilitate each person to reflect and find important findings about themselves both in the past and in the present. Each of these findings provides space for a new perspective to understand themselves. These findings can be behavior, family patterns, self-problems or family problems, or anything that opens the doors of new awareness of one's self-recognition.

2. Uncover

From each finding found by the participants, there will be layers of self that are opened one by one to be explored and patterns found. These findings will provide a broader perspective of self-awareness, and bring up more complex feelings.

3. Recover

After that, any wounds or uncomfortable feelings that arise from the opening process above can be healed with various exercises both in class and individually. Commitment, perseverance and strength of heart determine how capable a person is of going through this process.

4. Recover

When there is harmony between understanding and feelings, a person can more easily decide whether to reconcile and how to do it. This process is never easy, but everyone who has gone through the recovery process is usually more confident when going through this stage, whether it is reconciliation with themselves or with others.



In going through these four processes, each individual has a Sekolah Rekonsiliasi (SR) as a Support System that accompanies, supports, and becomes a safe space for a person while he or she goes through the growth process. Each individual is confident and knows that he or she is not alone, he or she is accompanied, and is not judged.

In addition, the classes opened by the Sekolah Rekonsiliasi (SR) are community-based, where each other becomes a support system and a safe space to tell stories, make mistakes and be yourself. These things can be achieved with a curriculum that has been prepared and the existence of golden rules that facilitate so that everyone who learns does not feel judged or lectured.

The golden rules that apply are:

1. Be fully present

Everyone listens to other people's stories and hones their empathy by listening.

2. No Judgment

Everyone does not judge the person who is telling the story, even in their own heart. There are no specific labels given to the person who is telling the story.

3. No Advice

Everyone is not allowed to give advice to the person who is telling the story because SR encourages that the answers to problems or questions can be found by each individual through Inner Listening in Quiet Time session and moments of reflection or other learning moments.

4. No Projection

Everyone does not compare the story of the person who is telling the story with their own story, so that they can focus on the person's story. Each story is considered unique, valuable, and the solution to each story can be different.

5. Confidentiality

Everyone does not have the right to other people's stories. That means every story shared at the Sekolah Rekonsiliasi (SR) is confidential and not to be told to others.

Participant Characteristics



- Participants aged 24 years and above or participants aged 21 years with the following conditions: married
- Committed to attending classes
- Participants who are interested in
- Learning about mental health
- improving relationships in your life (with parents, partners, friends, colleagues)
- Learning how to raise children
- Understanding the behavior of people around you
- Having time to read books/improving reading literacy skills
- Having a support system that does not judge and compare
- improving yourself
- Motivating yourself to take responsibility for taking real action

Source of Funds

The source of funds comes from each participant who attends the class. In addition, from donations other than class contributions.



Class

The Sekolah Rekonsiliasi (SR) class curriculum is designed so that each participant grows following the discover, uncover, recover and reconcile process above.

Curriculum

Class Design

At the Sekolah Rekonsiliasi (SR), each class is designed so that participants do Inner Listening in each Quiet Time session, share news, read materials, do exercises, and share their stories with the golden rules stated above.



Materials

The materials studied by participants are books that have been arranged in such a way that they can facilitate the growth of participants. Each book is 1 class level that participants can follow.

- **Homecoming - John Bradshaw**

This material facilitates participants to open their findings one by one in detail by looking at their patterns and lives from infancy to adulthood. Each layer that is opened is assisted by the recovery process.

- **Genogram**

This material strengthens the findings of the participants by analyzing the family tree.

- **In Depth healing**

This material facilitates the process of recovery of participants after finding many findings and opening many layers of self.

- **Inner Bonding - Margaret Paul**

This material strengthens the process of self-healing with practical things in everyday life

- **Learning to Love Yourself - Gay Hendricks**

This material strengthens the process of self-healing while facilitating the process of reconciliation of participants with themselves and with others around them.

- **Inner Listening**

This material specifically helps participants connect with their deepest inner voice, correct themselves, and take concrete steps for self-change.

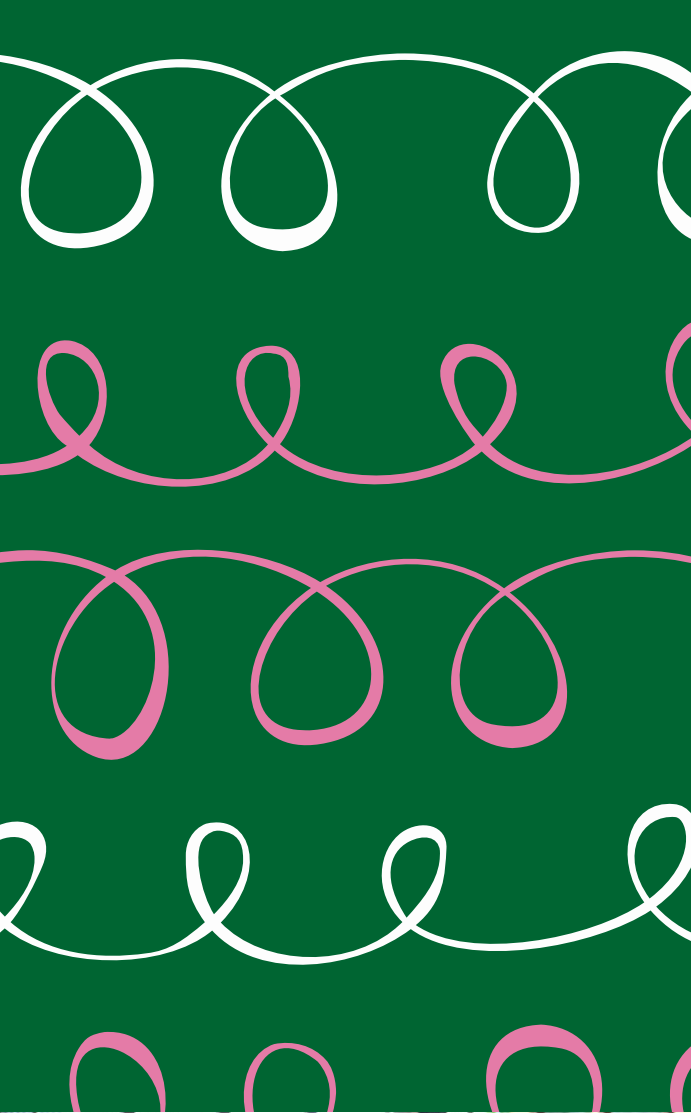
- **Road Less Traveled - M. Scott Peck**

This material facilitates participants to go through every process of change that is not easy, especially if after going through several classes, there are still many layers of self that need to be completed.

- **Face to Face with Fear - K. Trobe & A. Trobe**

This material facilitates participants to get to know their emotions and themselves more deeply.

Each book is completed in approximately 4-5 months. While the study time for each class to complete the learning series is approximately 6-7 years. Each class is accompanied by 1 facilitator and/or 1 or more co-facilitators.



One on One Session

During the series of classes, each participant gets the facility to do One-on-one with the facilitator adjusting the facilitator's time.

Participants who are interested in taking the class must register at the class registration session and take part in an interview.

Services

Services for participants
at the Sekolah
Rekonsiliasi (SR) include:



Regular Class

This class is a routine class that is opened twice a year. Each class consists of 5 - 15 people.

Registration: IDR 100,000,-
Class fee: IDR 750,000,-



Intensive Class

This class is a compact class that is opened if there is a need for an intensive class. Each class consists of 2-3 people with a schedule that can be adjusted. Those who can take this class are,
Couples and/or groups who are unable to take regular classes (based on interviews with facilitators)

Registration: IDR 500,000,-
Class fee: IDR 6,000,000/class.



Institutional Class

This class is a compact class that is opened if there is a need from an institution for a group of its employees.

The fee charged for this class is based on the proposal provided with a curriculum designed according to the needs of the institution.



One on One

This program is intended for participants who want to take the class, but during the class time it is already running and has urgent problems that must be resolved. Every participant who takes this program is requested to take the class when the new class registration is opened.

Those who can register for the One on One session are:

- Couples
- Individuals who have urgent problems

The fee charged for this session is:
1 session (60 minutes): IDR 250,000



Kuping Haya

Kuping Haya is a safe space to share life lessons from findings obtained while studying at the Sekolah Rekonsiliasi (SR). Kuping Haya aims to strengthen the findings of the storyteller as a form of complete ownership and full peace with their story. Life stories are no longer scary specters and must be kept, but as a celebration that life's difficulties can truly lead us to tremendous learning and growth as each of us wants to become a better individual every day.

In addition, Kuping Haya also teaches the art of listening with the heart and empathy. This session aims to:

1. Provide a safe space to share and listen wholeheartedly.
2. Help storytellers reinterpret their life experiences as strengths.
3. Build a culture of respect for each individual's life journey.

Through Kuping Haya, we learn that life stories are gifts that not only provide understanding to ourselves, but also inspiration and hope for others.

Kuping Haya opens up donation opportunities for participants who take part in Kuping Haya sessions to support other IofC programs.



MenTalk

MenTalk is a discussion space dedicated to men, aiming to explore and discuss issues that affect their lives. Through this platform, men are invited to speak openly and honestly about topics that are often considered taboo or difficult to talk about, such as mental health, relationships, masculinity, sexuality, and their role in society. MenTalk aims to provide deeper understanding, raise awareness, and create a safe space for men to learn, share experiences, and find solutions to the challenges they face. In every MenTalk session, we also strive to break down patriarchal stigmas that often limit men's potential and freedom. With a deep and empathetic approach, MenTalk aims to help men become more aware of themselves and contribute to creating a more inclusive, equitable, and supportive world.

Payment

Registration: IDR 100,000,-

Each session: IDR 50,000,-



Mentoring Class

This is a mentoring class for facilitators and is the Sekolah Rekonsiliasi (SR) team.



Inner Growth Companionship Program (IGCP)

This program is intended for facilitators to continue learning and growing through books and advanced training.



Family Camp

This program is a reflection program designed to be carried out at the end of each year. Participants who have participated in the SR activities, or other activities from other programs at lofC are encouraged to participate in this activity.



Outreach

This program is designed as an effort to maintain relations with participants in various regions and promote the Sekolah Rekonsiliasi (SR). Through this program, it is hoped that each participant from various cities can be visited and increase public awareness of the presence of the Sekolah Rekonsiliasi (SR).

Team Profile



Deisy Rinni Meir Rakmeni, S.Psi, M.A, Facilitator

Meir completed her master's in Educational Psychology in 2017 and joined Initiative of Change in 2015. She has worked in education since 2011 and has also worked at a managerial level in an NGO in East Nusa Tenggara. She is a creative and learning person, she has studied various educational curricula such as IB, Cambridge, Montessori and Waldorf. Currently she is the coordinator of curriculum development for SR and also a class facilitator. In addition, she also has a homeschooling program called Bambuh Belajar. In addition, she is also a trainer in another IofC program, namely, Trustbuilding.



Nenden Vinna Mutiara Ulfa, S.Pd (Education of Family Well-Being) Facilitator

Nenden Vinna Mutiara Ulfa/ Nenden Mutiara Arief or familiarly called Nenden is a professional and diligent in all fields of work she is engaged in. Having the expertise to create a learning space and listen to each other led her to become the Program Manager at IofC Indonesia. Her concern for humanity, makes her active in issues of mental health, peace and tolerance making her a Master Trainer and co-founder of the Sekolah Rekonsiliasi (SR). She is also the Training Coordinator at PeaceGeneration Indonesia. Right now she is the SR Director Program. She comes from Garut, West Java, strongly supports reconciliation and trust-building. As the Coordinator for Training and Culture at Peace Generation, he has significantly impacted hundreds of people through intensive classes and training programs.



Dhuha Hadiyansyah

MenTalk Facilitator

Dhuha Hadiyansyah, works as a permanent lecturer at Al Azhar University Indonesia (UAI). His interest in family education brought him together with the Inner Growth Companionship Program (IGCP) Indonesia in 2014, which later changed its name to Sekolah Rekonsiliasi (SR). He has been a facilitator in SR Programs since 2019. Right now, he is the facilitator for Mentalk Program, a discussion space dedicated to men.



Nurhayati Syafii, S.Pd

Co-Facilitator

Hayati is a graduate of education. Her parents and grandparents are educators, which makes her concentrate on personal leadership, transformation, and healing. She has been involved and active in IofC since 2009 until now. 2022-2024 she served as the National Coordinator of IofC Indonesia. In addition, she is also the Co-Founder of Sekolah Rekonsiliasi (SR) and Tim SR until now. With this passion, now she is expanding it, answering her calling as an educator at home as an English teacher and counseling teacher.



Samrotul Mufidah, S.H.I

Finance

Samrotul Mufidah or commonly called Pipit has activities in Initiatives of Change (IofC) Indonesia as an admin for the TrustBuilding program. One of her skills is facilitating and being a good listener so that led her to the calling to become one of the co-facilitators of the Sekolah Rekonsiliasi (SR). Pipit started studying at the Sekolah Rekonsiliasi (SR) at the end of 2014. She is the 5th of 5 children, a foster child raised by her uncle and aunt who did not have children, so there was no connection with her biological mother. This is what led her to a recovery process that was not short. Pipit is a diligent and persistent person who is trusted to take care of various detailed matters at PeaceGeneration Indonesia.



Stella Susanti, S.T,

Kuping Haya team

A full-time mom and part-time architect. After becoming a mother, her passion for arranging space, form and function in buildings expanded into concern in arranging personal space and role functions in the family. Based on her life experience that provides a spirit of peace, tolerance and reconciliation, she became a Co-facilitator of the Sekolah Rekonsiliasi (SR), and now as a team of Kuping Haya program, and studied early childhood education, an effort to implement parenting with minimal emotional wounds from an early age on her two daughters and students at her daycare. also became one of the founders of the Silah Al-Islah (SAI) community.



Anisa Ladhuny, S.H, Administration

Anisa Ladhuny is a woman who has an interest in the world of literacy, mental health and peace. In 2016, Anisa attended the Asia Pacific Youth Conference (APYC) one of the lofC programs and continued by attending the Sekolah Rekonsiliasi (SR) program in 2020. Since then, Anisa has found new meaning and hope in her life, which has made her more active in spreading love & peace to others. Anisa also joined as a Co-Facilitator at the Sekolah Rekonsiliasi (SR) and now as an administration staff in SR. In addition, Anisa is also a Senior Trainer at Peace Generation Indonesia and a Facilitator at YIPC Indonesia.



Marvelazi, S.T, MenTalk team

Marvel is an active volunteer at Initiatives of Change Indonesia (loFC). As a student at the Sekolah Rekonsiliasi (SR), Marvel learned the importance of self-love as the first step in creating peace. He also hosts MenTalk, a program that encourages discussions about mental health, leadership, and the role of men in the community. With his experience facilitating interfaith dialogue between Muslim and Christian communities, Marvel is committed to building trust and harmony amidst differences. He believes that self-love and interfaith dialogue are key to creating a peaceful and inclusive society.

Story of Growth





I am grateful to have taken this SR class because it has helped me to be honest with myself and accept that humans can make mistakes. I am grateful to have met classmates who have become a safe place for me and have made me feel more accepted and loved despite all my past. It used to be very difficult to be honest with my past but this year I have been able to do this with God's help, this is a new chapter in my life.

As a Teacher, the impact is that I can manage my emotions and it helps me to deal with children in the right way. I can calmly take care of children's problems, this is different from before I took SR, I tended to vent my emotions and turn on children.

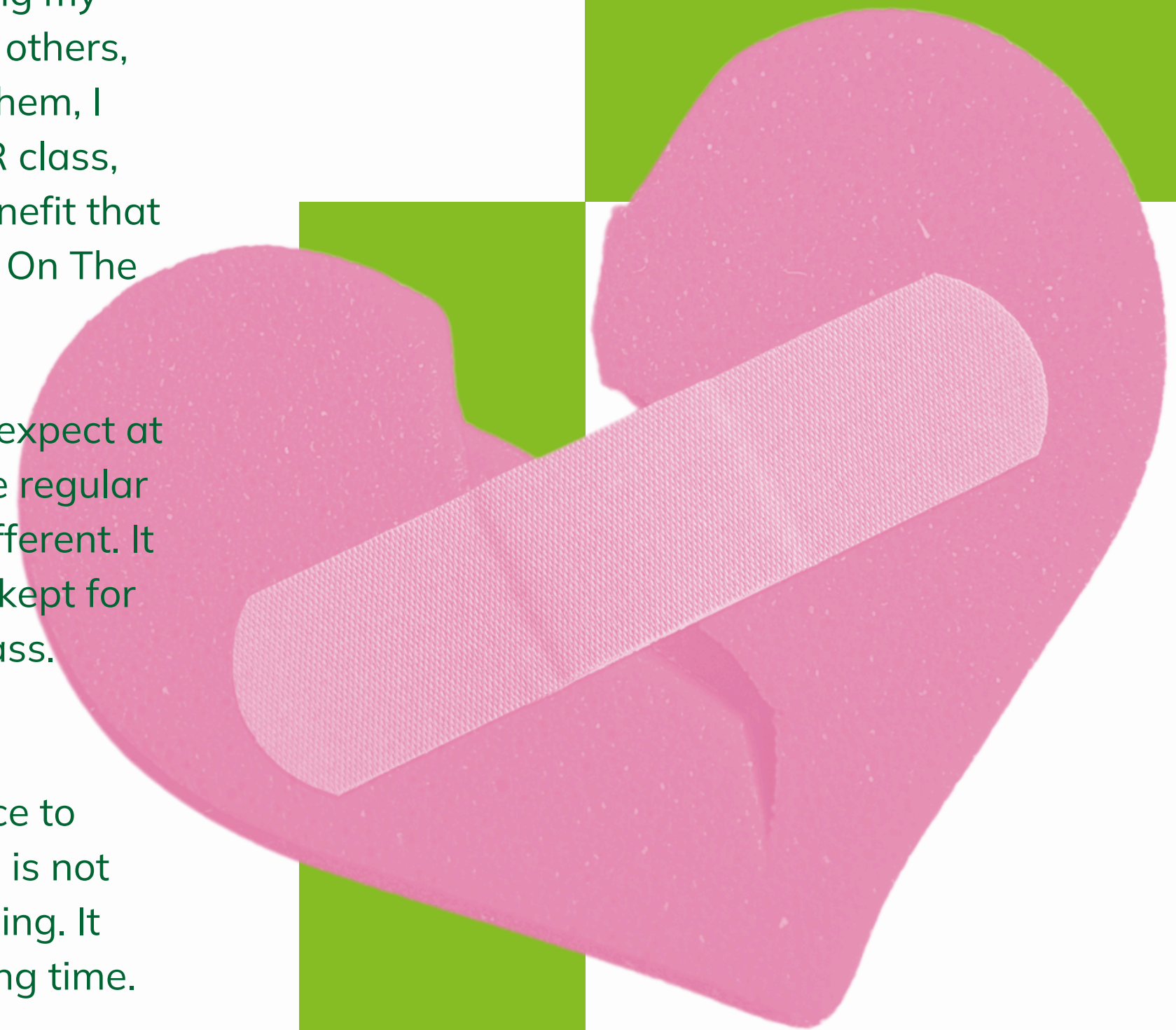
– One of our support systems, has taken On The Family, Genogram and In Depth-healing classes.

The SR classes made me aware of the wounds of my inner child that I still carry into adulthood. By processing and embracing my emotions, this has quite transformed my relationships with others, especially my parents. I feel more at ease when talking to them, I am not easily triggered like I used to be before I took the SR class, and I can respond more calmly (not reactive). This is the benefit that I feel the most. – one of our support systems, has taken the On The Family and Homecoming classes

Joining the SR class turned out to be a journey that I didn't expect at all. At first I thought this was just a place to study and have regular discussions, but in the middle I started to feel something different. It turned out that all this time I had a small wound that I had kept for a long time, but I only really realized it when I joined this class.

Through the stories and experiences shared, it made me understand more about myself. It was like being given space to stop, think, and slowly accept everything. For me, this class is not only about learning new things, but also a moment for healing. It feels like finding a part of myself that has been lost for a long time.

– One of our support systems, has taken the On The Family class

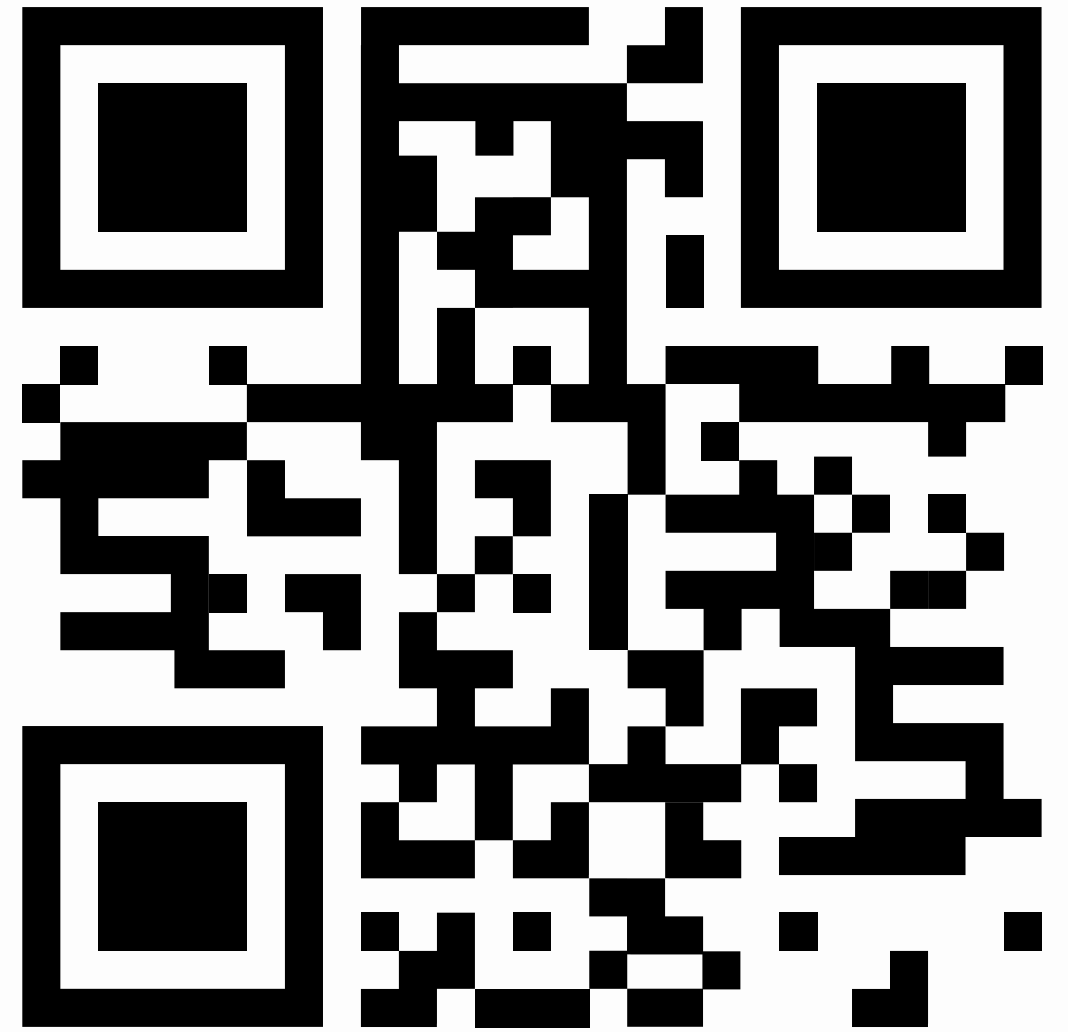




I know myself much better, have boundaries, sort out and feel emotions in every place (manage emotions) so that it has an impact on physical health, for example, I used to have irregular menstruation, after consulting a doctor, he said that emotional management is important, and SR helped me to manage my emotions and in the past few years, my menstrual cycle can be said to be much more normal.

– One of our support systems, has attended the Learning to love yourself, on the family, homecoming, and inner bonding classes.

Testi-
monies



For further information,
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