

Research on the Integration Mechanism of Social Work and Psychological Counseling

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Abstract: Psychological counseling is the key work in the process of education, which is of great significance for solving students' mental health problems and cultivating students' positive attitude. The integration of social work and psychological counseling can significantly improve the effect of mental health education and play a positive role in the overall development of students. In view of the existing problems in psychological counseling, this paper puts forward targeted strategies for the integration mechanism construction of social work and psychological counseling, so as to provide references for the development of educational activities.

Keywords: Social work; Psychological counseling; Fusion mechanism

Introduction

With the development of social economy and the improvement of people's living standards, the requirements of society for students' quality are also changing. Meanwhile, social competition is increasingly stimulating, and students are under more and more serious pressure, which may cause mental health problems in normal study and life, which has a negative impact on the long-term development of students. Therefore, schools and teachers should combine the characteristics and current situation of psychological counseling, and through the integration mechanism of social work and psychological counseling, solve students' mental health problems, cultivate students' positive attitude, lay a good foundation for mental health education, and make contributions to the steady development of education.

1. Literature review

There is a wealth of research content on the integration of social work and psychological counseling. In the research process of Heydari H, Pordelan N, and Hosseinian S, they focused on analyzing the impact of psychological services on students' academic performance, and believed that psychological services have important significance in the development of students' personal character and the improvement of academic performance^[1]. Meanwhile, in the study by Elnasseh et al., the key to integrating social work, psychological intervention, and psychological counseling, as well as the impact of psychological intervention on student ability development, was also mentioned. They believe that social work plays a crucial supporting role in psychological counseling and can effectively promote the physical and mental health development of students^[2]. In Moreno V S et al.'s study, the psychological empowerment effect of group work style was analyzed^[3]. In summary, psychological counseling and social work complement each other, and their integration can effectively improve the effectiveness of psychological counseling and contribute to the development of students.

2. Complete one-on-one mental health counseling through fine management

In the design and application of the integration mechanism between social work and psychological counseling, refined management and one-on-one assistance mechanism can better leverage the advantages of social work and have a good effect on solving psychological counseling and mental health. Due to the fact that social work often places more emphasis on the environment, psychological counseling personnel should gradually carry out psychological health counseling activities based on the student dormitory, and establish a positive assistance system by combining one-on-one counseling methods to promote the steady improvement of the student's psychological health status.

Fine management is a scientific means of enhancing psychological counseling through social work. Therefore, in the actual education process, psychological counselors should combine the actual situation of students, adhere to the educational concept of individualized teaching, adopt differentiated psychological health counseling methods, so that psychological health counseling can “prescribe the right medicine”, thereby improving the efficiency and effectiveness of psychological health counseling.

Teachers should pay attention to the case management method, pay attention to fine management, and build a one-to-one mental health counseling mechanism. At the same time, the school can arrange specialized psychologists to design mental health test questions, let students complete the answers, and combine the specific answer results to divide the student group. Teachers can also take students’ learning and life performance as the dividing standard to achieve multi-level mental health counseling.

After completing the fine division of student groups, teachers should ask students about the difficulties encountered in life and study through one-to-one mental health counseling to help students relieve bad emotions. At the same time, for students with serious mental health problems, teachers can cultivate students’ interest and positive attitude through community activities and other ways, and complete detailed education control with the help of case psychological counseling.

3. Give full play to the advantages of collective education and social education in solving psychological problems

Collective education and social education can exert their educational advantages in the process of solving students’ psychological problems, which is of great significance to the construction and development of students’ literacy. Therefore, teachers should pay attention to the normative development of collective education and social education, guide students to correctly deal with collective relations, so as to help students form a positive attitude towards life and learning concepts, and provide support for mental health counseling. For example, in the process of getting along with other students, there may be conflicts, which will lead to students being negative or pessimistic over time. Teachers can design collective activities according to the characteristics of student groups, so that students can communicate and communicate more in collective activities, so as to solve the conflicts between students, cultivate the feelings between students, and give play to the advantages and effects of collective education.

In the context of the new curriculum reform, the mental health issues of students are the key to the development of education, which will directly affect the development and progress of students, and are of great significance for the cultivation of high-quality talents. Teachers can gradually leverage the advantages of collective education and social education based on the developmental environment and specific mental health issues of students. For example, in the process of dealing with the problem of students being excluded by their classmates, teachers can design educational activities targeting the student group, using the form of “big adventure with sincere words”, and let professional mental health teachers take the lead, so as to understand the contradictions between students and guide them to speak sincerely, help students communicate and exchange ideas, promote the resolution of psychological problems, and improve relationships between students.

In collective activities, there are certain differences in the choices and reactions of students. Teachers should design guidance plans based on the specific situation of students, build a positive development atmosphere and communication environment in the student group, so that students can put aside their grievances and participate in learning and life together, in order to avoid the occurrence of psychological health problems among students. At the same time, for students with insufficient collective interpersonal skills, teachers should be good at using collective influence to heal them, using collective activities as a key way to comfort students, and improving the efficiency of psychological counseling through mutual help and unity and cooperation, making contributions to the long-term development of students.

Schools should also pay attention to the advantages of social education, in the process of psychological counseling, actively carry out social practice activities, so that students feel the hard-won happy life, so as to guide students to establish a thrifty, united and upward mentality, so that students can independently overcome difficulties, promote the formation of students tough character. At the same time, teachers can combine the characteristics of collective education and social education, optimize the education model in the process of mental health counseling, and innovate mental health counseling activities, so that students can solve their own mental health problems in interesting and diverse counseling education, so as to promote the all-round development of students’ literacy.

4. With the help of group work for academic support and psychological empowerment

Group work can significantly improve the efficiency and effect of related work, and has a positive effect on students’ academic assistance and psychological empowerment. In the actual mental health counseling process, academic difficulties are the main factors leading to students’ mental health problems. Therefore, teachers should focus on students’ academic problems to help solve the depression caused by academic difficulties. Negative and other situations.

In group work, teachers should combine the actual needs of students, standardize the design of group activities, so that students can participate in them, so as to understand and solve their academic problems. At the same time, teachers should conduct targeted tutoring for students, provide support for students' education and progress in many aspects through classroom help groups and in the form of superior and inferior, so as to solve students' mental health problems. Teachers should also try mutual aid groups, so that students with a strong sense of responsibility can provide support and help for mental health counseling, so that students with mental problems can gradually form a healthy attitude under the support of classmates. Schools can also provide places and activities for students to gradually enrich the mental health counseling model and promote the progress and development of education .

The way of promoting academic assistance through group work can better provide support for students with different psychological problems. Teachers should actively involve service recipients and gradually improve the current psychological state of students. At the same time, teachers can organize academic exchanges and solve problems encountered by students in practical learning activities through group work. In the context of the new era, hierarchical teaching can provide targeted learning support for students with poor learning abilities. Teachers should analyze the actual situation of students, actively improve the hierarchical teaching system and system, steadily improve their grades, and solve their psychological problems to achieve psychological empowerment.

Psychological health counseling is the establishment of a harmonious relationship with counseling function between emotional mentors and learners, in order to help learners change their negative consciousness and tendencies. Teachers should attach importance to the integration mechanism construction of social work and psychological counseling, actively innovate teaching models, enrich educational content, and carry out teaching based on the actual situation of different students, making contributions to educational progress and promoting the smooth realization of talent cultivation goals.

5. Conclusion

Talent cultivation needs to attach importance to its comprehensiveness, actively regulate the methods of different educational activities, innovate teaching methods, in order to ensure educational effectiveness and avoid educational risks. Psychological health issues have always had a negative impact on the normal development of student groups, and can have a negative impact on the construction of student literacy and subject abilities, which hinders the development of education and the construction of talent teams. Under the background of the new era, mental health counseling is of great significance to the development and progress of education. Therefore, in the process of education, educational units can complete one-to-one mental health counseling through fine management, and on the basis of the integration mechanism of social work and psychological counseling, give full play to the advantages of collective education and social education in solving psychological problems, and use the way of group work to complete students' academic assistance goals, achieve psychological empowerment, and lay a good foundation for mental health education. Promote the all-round development of students.

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