

Confronting and Surpassing——A Case Study of Growth Counseling for Students With Depression

Fang Zhang

Changsha Normal University, Changsha 410100, China.

Abstract: With the development of society, the growing environment of college students, including the family environment, social environment are changing, college students will encounter emotional obstacles for various reasons during their growth, this paper analyzes the whole process of the occurrence, treatment and convalescence of a student with depression in a university, and deeply analyzes the causes of the occurrence of depression, so as to provide reference for college counselors to deal with related events.

Keywords: Depression; Student; Counselor; Growth

Introduction

Xiao Li (pseudonym), female, 19 years old, a sophomore, was in abnormal mood at the end of last semester. The counselor found that she contacted her parents for medical treatment. The hospital diagnosed moderate depression, took antidepressants as instructed by the doctor, and went home for recuperation treatment. After the school starts in autumn, the counselor takes the student and his parents together to find a psychological tutor for an interview.

Coaching process

The counselor first interviewed the father of the student alone. According to his father, the student has been outgoing since childhood. Although he is petite, he has strong social viability. He can go on a long journey independently with his classmates in junior high school. His father thought that after going home for three months, the student's mood basically returned to normal. In his opinion, there are three main reasons for the students' psychological problems. First, they were spoiled and spoiled when they were young, and they did not adapt to the university campus; The second is the frustration and abnormal emotion caused by lovelorn; Third, since childhood, mother was strict with her and liked to control the student, which caused rebellious psychology. Mother and daughter often quarreled over trifles. When the psychological counselor proposed to continue to study, it was better for the mother to come to the school to accompany him when the patient's condition was confirmed to be relieved by the follow-up visit. His father disagreed, thinking that the relationship between mother and daughter was not good, accompanying him would only be counterproductive.

The counselor then interviewed his mother alone. The mother introduced that the student fainted during the period of emotional abnormality last semester. After receiving the call from the counselor, the mother and the counselor guessed that the student might be pregnant or ectopic pregnancy. After repeated inspections in several hospitals, they learned that the student was not pregnant, but had iron deficiency anemia and stones. Mom analyzed that the main causes of her daughter's psychological problems were: first, she was favored at home when she was young, and she did not adapt to college campus, and her anti frustration ability was weak; Second, he was lovelorn. He had been in love in his freshman year. After being lovelorn, he told his mother that after a period of time, his mood basically returned to normal. He was lovelorn again last semester, and his character suddenly became quiet; The third is the conflict of parents' educational ideas. The mother is strict with the student, and the father often contradicts or opposes the mother's educational methods in front of his daughter; Fourth, the mother is more irritable and easy to lose her temper. She once scolded her daughter with extreme words such as "go to hell"; The fifth is the academic problem. The student once failed in five subjects and missed the exam, which caused some psychological pressure. Her mother invited a tutor to make up lessons for her during the summer vacation. The student has strong acceptance ability and should be able to pass the make-up exam.

The psychological counselor finally interviewed Xiao Li alone. The teacher suggested the student to sort out the causes and development process of psychological problems. The student's expression was clear and orderly, with high self-awareness and accurate self-awareness. Because of the professional terminology in her conversation, the teacher asked her if she had learned psychological knowledge by herself. The student said that she had learned some psychological knowledge by herself in order to get out of the

psychological haze early. According to Xiao Li, his troubles mainly come from the following three aspects.

Lovelorn. The first time I was lovelorn, because my boyfriend thought that the two were incompatible with each other. He thought that girls were too smart, had no concept of money, and were too extravagant. Therefore, the girls began to doubt their whole life. After a period of time, their mood returned to normal, but they thought they had not solved the fundamental problems. They had been avoiding and paralyzed themselves by traveling and gathering with friends. The second time I was disappointed in love, I really liked the boy, but the boy thought that the girl was too clingy and broke up. He had been far away from learning and his circle of friends because of love before, and alienated his friends into the boyfriend's circle of friends. After breaking up, I felt that I could not return to the original circle of friends, and some of my boyfriend's circle of friends missed. The depression of lovelorn and estrangement of friends make people more depressed.

Family upbringing. Since childhood, mother has been strict with herself. She often likes to talk about herself and lose her temper, which leads to a rebellious mentality. The relationship between mother and daughter is poor, unlike that of ordinary mothers and daughters, who have girlfriends or friends.

Parental issues. My parents often quarrel. I should go home on leave to seek the warmth of the "harbor", but my family is torn apart and I am very depressed. The teacher asked her parents whether the reason for the quarrel was trivial or principled. The student said that she could accept it because of trivial quarrels in the past, but a year ago she found that her father had cheated, which hit her mother a lot. There were several serious conflicts in the family. She acted as a peacemaker and pacified both sides, which was considered to have kept the family intact. Her parents had been reconciled on the surface, but this matter became a knot in everyone's mind, Since then, my mother has always been hysterical and sensitive because of small things. My father always pays close attention to the news when he has it, and even my mother is very nervous when watching a mobile phone.

Finally, the psychological teacher guided Xiao Li to embrace his inner feelings and needs, bravely and objectively face his problems of lovelorn, parent-child relationship and family relationship, define his goals and effective coping methods one by one, and express that he would provide emotional support and improvement strategy support. Later, the psychological teacher combed and fed back the above situation to Xiao Li's parents to discuss how to cooperate so as to improve Xiao Li's psychological state.

Coaching results

A month later. Xiao Li came to the psychological counseling room again and happily shared the harvest and joy of the month with the teacher. The parents finally realized that her low mood had not been fundamentally improved, so they actively worked to create an environment for her to help Xiao Li out of his psychological predicament. Both parents strive to improve the relationship between husband and wife and reduce the number of arguments; Invite a tutor for Xiao Li to make up his homework, and see Xiao Li's progress in time and encourage him; The whole family used the weekend to travel together twice to improve family relations and create a harmonious atmosphere for Xiao Li. Insisting on taking medicine, together with Xiao Li's own efforts and ceaseless exploration, a lot of gratifying changes have taken place in Xiao Li.

1. Emotional recovery was stable; 2. Academic progress, basically reach the level that can pass the make-up examination; 3. The psychological endurance becomes stronger, from fear of solitude to enjoyment of solitude, and it is no longer necessary to relieve depression through constant social interaction; 4. More open-minded, Xiao Li went to F alone to travel, feeling very full and happy, full of confidence and strength, and thought that there had been a qualitative change in his heart, that is, insight; 5. The relationship between mother and daughter has improved, from an awkward cold scene of quarrel to a friend relationship that can exchange feelings calmly, and the sense of intimacy has doubled; 6. The cognitive style has changed. In terms of family relations, parents were always viewed and required from the family roles played by fathers and mothers. Once they did not reach the ideal state, they were deeply frustrated. Now they have learned to analyze and understand parents from their original family, growth environment and interpersonal rules, and treat them as a complete person, For example, Xiao Li said, "My mother is also someone else's daughter, but also has her own willfulness, her past 40 years of life, and more than 20 years of life that she and her father do not intersect". When thinking about problems like this, she found that her mind became more peaceful and tolerant, and she also understood her mother's many difficulties. On the issue of love, he began to re recognize the differences between himself and others, understand the subtlety of intimate relations, and learn the nutrition of growth from the pain of lovelorn.

Coaching experience

1. Collected information from counselors and parents in advance to try to have a more comprehensive understanding of the student's

problems.

2. Interview with family members separately, sort out the cognitive differences and similarities between family members for the same problems, find out the crux of the contradiction, and explore the strength of mutual support and healing, so as to maximize the formation of the family school healing force.

3. Use the technologies of respect, enthusiasm, sincerity, empathy and positive attention to establish a good consulting relationship and lay a good foundation for the next interview. During the first interview, Xiao Li trusted the psychological guidance teacher very much, and actively exposed his heart. He laughed when he was happy, and cried when he was emotional.

Coaching reflection

1. This tutorship was a relatively successful one, which gave a more comprehensive understanding of the students' psychological problems and accurately judged the current recovery status of the student.

2. This tutorship has laid a good foundation for the stable recovery of the students during their school years. At present, the student has sufficient self-confidence, is very happy with his progress and the improvement of family relations, and thinks that he can study normally with the teacher's continued attention.

Conclusion

The students encounter depression, the teacher must be patient, careful, timely intervention, timely and parents, school leaders report, to care for students, to guide students positive, do early detection, early intervention, early self-treatment, strive to eliminate depression in the budding state.

References

[1] Jiao H, Guo JS. The influence of life meaning on academic delay and depression among college students: a regulatory mediating effect [J]. Journal of Jinggangshan University (Natural Science Edition), 2020 (01).

[2] Jing X. Investigation on the construction and use of psychological counseling rooms for Primary and secondary schools in Fuxin City [J]. Liaoning Education, 2018 (16).

[3] Gong JW. Psychological counseling room [J]. Jiangxi Education, 2002 (10).