

Heart Shines Beautiful in the Sun

Comparison on Two Attitudes of Chinese and Foreign Psychologist*

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Abstract—With the development of the society, the life quality of people changes and improves rapidly, but they also faces many psychological pressures and crisis, which seriously affects the development of personality of Chinese. So the psychological counseling has been increasingly brought to the attention of the people. The working pressure, the faster pace of life, interpersonal relationship processing difficulty, and so on, could lead to a "sick" in our body, which do not only refers to the physical but also the psychological. Nowadays more and more mental illness is paid attention by people. The physically illness needs a doctor, and the mental illness also needs a psychological doctor. At that time we should need psychological treatment, and the psychological counseling can help people dig potential, improve self-awareness, get out of the psychological haze. But Chinese and foreigners have different attitudes of psychological counseling.

Keywords—psychological counseling; Chinese; foreigner

I. INTRODUCTION

Psychological counseling can help people learn to understand, accept themselves correctly and help them understand, analysis, assess and response their problems or difficulties correctly, promote the growth of themselves, and help them achieve changes in thinking, mood, and behavior, especially from negative emotions to positive emotions.

Foreign psychology has a history of more than 100 years. China's first batch of recruit students of psychology is the psychology department at Peking University in 1978. Psychological counseling is really developed at the end of 2003. In 2005, our country published only unified textbook. We can't be compared with abroad from the time of development, combined with psychological counseling in China started late, developed too fast, so there is so many non-standard things naturally.

A. The Foreign Situation of the Research

Psychological research, consultation and treatment of developed countries had already appeared early in the last century. Since the development of the whole system is very perfect, a wide field of study APA (American Psychological Association) has 53 branch disciplines.

According to a survey, 1000 of people America have a

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therapist, and many families have their own private psychological doctor. Psychological treatment is also included in the health care system. Expenses can be reimbursed. In USA, 30% of people regularly see psychological doctor, and 80% of people will not regularly see the psychological clinic. In France, the health investment increased by 10 times in 20 years, with the use of million boxes of sedative drugs per year. For the psychological aspects of the staff, according to the relevant data, a American clinical psychologist, social worker and a spirit of nursing staff are most 280000 people.

The developed countries also have very high requirements on mental workers. In American, professional psychological counseling and treatment must have a PhD or doctorate in education. It has included psychological professional standards of professional requirements. In Europe, a counselor or therapist should be a master at least, to study for 5 years to 7 years, and the last year will be put into clinical practice training. After graduation, they must go to the hospital or clinic but do not take an assistant staff wages of 1 to 2 years later, so that it may make a formal counseling or treatment professionals.

B. The Domestic Situation of Research

In fact, the domestic and foreign public psychological obstacles still have prejudices, and the people of the country have relatively deep prejudices. Americans may not want others to know, but they will find someone to cure; and people basically are not admitting you have a problem, and problems are never willing to spend money to cure. Of course, the psychological consultation for foreign concept, must accept on time. A social support system to complete counseling demand is small, so the traditional China society over the past does not need psychological counseling. Psychological consultation of foreign demand is also because of the people, the distance, and the less social support. But China with a tyro system and economic development caused by the traditional family as the center of the support system of social disintegration, so psychological counseling demand will surge for great psychological pressure and lonely. It is strange with any problems. But after years of development, mental and psychological health is in the health care system in the America, such as the low income social security for the treatment of mental disorders, different counseling services

covering all regions and income groups, and perfect industry regulations and supervision mechanism.

C. Significance and Purpose of the Essay

Psychological counseling can provide a new life experience and experience for the people.

Psychological counseling is that for the normal range of the people, the new environmental consulting provides can help them to know themselves and society, and deal with all kinds of relationships, in order to find the potential of themselves, and realize self-value better.

For the psychological problems of the people in trouble, psychological counseling can help the misfits gradually change thoughts, emotions and reactions with the outside world learn to adapt with the outside world, improve work efficiency, and improve the quality of life. Specifically, psychological counseling can help people build new relationships with others, understand the internal conflict, deepen the patient's self-understanding, correct the wrong idea, learn to face the reality, and increase the mental freedom.

D. The Attitudes of Chinese and Foreigners

Foreigners think that psychological counseling is a very common thing, but Chinese believe that the psychological consultation is a very shameful thing, even ashamed, and will use colored glasses to look at those people with mental illness.

II. DEFINITION OF THE PSYCHOLOGICAL COUNSELING

A. The Concept of the Psychological Counseling

American psychologist, Karna give the definition: psychological consultation refers to a kind of special offer that help others and seek the help of the relationship between people. In this kind of relationship, the means of motivation and the creation of atmosphere makes people gradually learn to take a more positive and rational method to treat themselves and others. Psychological counseling can provide people with a new life experience and experiences. The object of psychological counseling mainly is mortal, and the new environment provided by psychological counseling can help people be familiar with themselves and society, solve various relations, and gradually change the unreasonable way of thinking, emotion and reaction to change with the outside world, , and learn to adapt themselves to the outside world. It can also make the method of advance work efficiency, and improve the living quality in order to better display of inner potential and realize self-worth.

B. The Object of the Psychological Counseling

Maybe a lot of people thought that the person need to accept the psychological consultation is a mental illness, I dare not say how many people think so, but in fact not a few people even think that accept the psychological consultation on the surface is nothing. If we say let him accept counseling, his first reaction must be hard to accept.

The psychological consultation in foreign developed countries and regions is very uncommon. The most generally and the main object of psychological counseling is healthy people, or the sub-health crowd with psychological problem, rather than the people who often be misunderstood as "unhealthy" crowd. The sick people such as schizophrenia and manic patients are the objects of the psychiatrists' jobs, so they need to get is not a psychological counseling, but the psychological or mental treatment.

C. The Requirements Analysis

When it comes to the object of psychological counseling is above the psychological sub-health crowd. These groups that need psychological counseling is mainly show anxiety, depression, stress, bad mood because of their living, work, study, emotion etc., which is shown in a person's life. It is often encountered and need to deal with.

D. The Market and Charge of the Psychological Counseling

The charge of psychological consultation is expensive in any country. At present, in the United States, the fee of the psychological consultant for each hour can reach about \$150.

Now the designated counseling fee in China is 60 yuan per hour, while the actual charge of consulting is generally 50 yuan to 150 yuan per hour, or even higher.

III. REASONS OF THE DIFFERENCES

Main reason for the difference is the cultural difference. The foreigners are at an early age to accept confession, prayer, and can go to find the priest when doing wrong or have emotions. The priests will try their best to help them listen and solve their emotion problems and open their heart. They also go to find the psychological consultant in order to get more professional service. They think they are proud of looking for professional psychological consultants to help them to solve the problems, because psychological consultant can help themselves, can improve their life;

Since they grew up, they can solve the problem in time, so it is hard to exist depressive mood, and it is also difficult to exist the problem that doesn't open heart. Once they encountered stimulation, setbacks or blow caused psychological perplexity, which is only the surface, and the profound is healthy. In such cases, the psychological consultants with professional technology can easily be repaired.

What about our country? Since childhood, Chinese people, which Influenced by the Oriental perfectionism ideas, make simple things complicated, and they are respectable and like camouflage, in order to get others' praise and envy. It keeps up appearance to cover up their predicament all the day, so that the oppression cannot be comforted for a long time. Because they receive counseling linked to mental illness, even they had problems but dare not to let others know, much less go to counseling, to make the situation more complex. They let others feel that they are also normal, so long-time suppressed cannot be releases, and finally thin set thick hair in his sorrow, under the

external stimulation, so when the psychological problems seriously affect the normal life of him and family situation, he has to be forced to go to get the psychological consultation.

A. Social Structure and Value Orientation

The country's social structure and value orientation between east and west of the different is the origin of the cultural differences. Asian countries have developed from the ancient times, whose economic model and belief patterns emphasize collective value. Social structure makes the family as the basic unit, and organization of the social order is to rely on moral ethics. This pattern melts the opposition between the individuals and groups, and orientation of value orientation is the group orientation and others. However the western countries is in one continuous line because of religious and the Christian thought emphasize the equality and individual value, and the social foundation lies in the personal power, to maintain social order by religious and spiritual strength; The value orientation emphasizes individual dignity and demand and personality development.

B. The Values of Family and Gender, and the Sense of Responsibility

Family values, the differences between the gender concepts and sense of responsibility are the extension of the basic value orientation, and is also the most profoundly affects the psychological counseling.

1) *Family values*: In China, Japan, India, Turkey and other countries in the east, the trunk occupies a large proportion of the family, for example when they deal with the relationship between the individual and family, they think that the home is always the first, and personal interests next. The children depends on their parents at young age, so the parents made many sacrifices for the home, and also let the children to obey and respect the authority of the parents at the same time. However the western society is given priority to the nuclear family. The interests and wishes of the individual is the dominant factor, so the family is of secondary importance; They emphasis on equality, respect, love between parents and children with a clear legal constraints.

2) *Gender notions*: Oriental country attaches great importance to the family, and the family made the distribution of different roles of both sexes. In the traditional concept, the male is in a leading position, and the assist, obedience is the status of women. This concept is still deeply affects the Oriental gender view, to Japan, South Korea, the Middle East countries and so on. But after the feminist movement the western countries clearly emphasized equality between the sexes right to survival, development and options.

3) *Responsibility*: The Oriental culture view of collective responsibility for the members maintain the harmonious relationship between people and maintain a

balance between collective goals, while the responsibility view of western culture stress individual responsibility to achieve collective goals.

C. Privacy Concepts, the Way of Communication and the Language

1) *The Concept of Privacy*: The group of Oriental culture value orientation makes people mainly maintenance groups, families and other people's privacy. The kind of maintenance also maintains the privacy of personal information. While western culture calls for higher request for the privacy of personal information protection and people can respect each other for their privacy in personal space and personal freedom.

2) *Interactions*: The culture of oriental country and family education emphasizes the social adaptability, cultivation of one's morality, self convergence and self implication.

The Oriental culture is relative to attaches great importance to the cultivate individuality, the ability of creativity and communication. So the main difference of western culture is that they are polite and decent, but not the characteristic of direct expression.

3) *The different language use*: The oriental people tend towards the form of language of hesitation, tactfulness, pleasing others, accompanied with the relative convergence expressions and body language. And more westerners prefer confident and active communication, facial expressions and body language, which is also an important part of their expression.

D. Attitude of the Consultant

According to the survey, China, Turkey, India and some other developing countries pay the less attention to psychological consulting than the western countries, most people of which still feel shame at psychological counseling and therapy and also doubt the professional level and effect of the counselor. This attitude affects the consultation process indirectly, and is also as a barrier to meet and overcome cross-cultural consulting obstacles.

IV. THE SOLUTIONS OF THE DIFFERENT ATTITUDES

A. Let the Organization Develop, and a Wide Range of Consultation and Variety Treatment

We can make the Chinese psychological counseling and treating permeate every level of society. Psychology workers, education workers, social workers, and all sorts of social workers can get in the different ways for various forms of psychological counseling or treatment. Now around the country, every big general hospital and mental hospital is generally setting up psychological counseling outpatient service, and many colleges and universities try to establish the school psychological consultation center. It also opened a marriage, career and children, and all kinds of psychological consulting center in the society, as well as the hotlink and crisis intervention mechanism.

China's psychological counseling and treatment way can also be varied, including direct consulting and indirect consulting, individual counseling and group counseling. According to the consulting approach, it can be divided into the telephone consultation, communication consulting, outpatient consultation, newspaper column consulting, etc.

B. Establish Qualification and Censorship

At present, there are many problems in China. For example, there are various forms of psychological counseling and treatment of outpatient service, and the hotline is increasing, but they are lack of management, and the quality of advisory personnel is on various levels, so the phenomenon that the sham pretend as the genuine occurs frequently. It is to a certain extent to make the public of psychological counseling and therapy has a misunderstanding. The fundamental reason is that our country has not yet been made about the personnel qualification system and review system of the psychological counseling and treatment, to ensure the quality of service.

It is unrealistic to requires our country to launch the feasible personnel qualification and censorship of psychological counseling and treating soon. So, aimed at that the professional quality of workers for counseling and therapy in our country is on the low lever of reality, I suggest that firstly we can introduced of the supervise training system, to ensure that the workers of psychological counseling and treating can get effective guidance and systematic training in continuous work.

C. Emphasis on Theoretical Research and Exchanges

At present, the psychological counseling and treatment for the most part only pay attention to technology application, and the paper is mainly about the effect of report, so the theoretical basis of treatment to another and the problem of localization involve less, and depth is also not enough.

In order to make the psychological consultation and treatment get healthy development for long-term in our country, on the one hand, we must undertake certain theoretical research to change the passive situation following western countries as early as possible. On the other hand, we should pay attention to develop the enough and common concept of a specification between different theories, for the discussion, to promote the development of discipline.

D. To Strengthen the Publicity and Consultation

In China, many people still have prejudice against the psychological counseling and treatment for a variety of reasons. Some people with a sense of skeptical think that psychological counseling is preaching; some other people who want to get consulting was afraid of being treated as a mental illness, so they dare not to consult. According to the survey, quite a number of visitors in a university hope that the consulting center can be located in the hidden place. At the same time, there are still quite a lot of people even don't know the word 'psychological counseling'.

Therefore, it should be widely publicized and popularize knowledge to enable people to strengthen the consciousness of consulting, and don't be ashamed of consulting. We should believe in science.

V. CONCLUSION

Chinese people generally have a misconception that people receiving psychological counseling means "sick", even the mentally ill. So, usually, some original people should have psychological counseling, but they refuse the psychological counseling with "I have no disease", and missed the opportunity to get the timely help. Does the person accept the counseling is the real patient? No, on the contrary, if we use a simple popular word, the main objects of psychological counseling is not patient, but a normal person. As normal person, we have to face many realistic problems in life, such as school, work, marriage, family, interpersonal and so on. We all expect to have the ideal choice to go through all phases of life smoothly, to obtain maximum full of their own potential and the pursuit of high quality of life. As a psychological consultant, they can provide the corresponding help from a psychological point of view. Of course, it can also appear some psychological problems for a normal person to come to consult. But, most people do not come to the point of abnormal psychological or mental illness, so they can study, work and live normally. Above all of these cases, it is the so-called development of the consulting belongs to us. When the psychological problems affect the normal work and life, it is difficult to comfort them in psychological conflict, which is more severe and abnormal. The consultants can be targeted through the scientific analysis and guidance by the counselor. The counselor can help them solve the inquiring ease emotional distress and inner conflicts, and prevent the pathological development. This kind of circumstance belongs to health advice. That is to say that we consider the psychological and the inquiring in general as "patient", which is really a big wrong. If there is really a mental illness, it is best to go to see the psychological doctor or psychiatrist, rather than to find a psychological consultant.

To sum up, the level of development of psychological counseling and therapy in our country is still in its infancy. But from the demand of widespread social and the trend of development of nearly 10 years, we have many reasons to believe that the pioneering enterprise about the psychological counseling and treating in our country has broad prospects for development.

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