

The Application of Group Counseling in Psychological Work of College Peers*

Wenjing Yao

Student Potential Development Center
Xi'an Peihua University
Xi'an, China 710100

Abstract—Psychological work of peers is the most basic part of the psychological work of college students. It involves not only psychological activities, psychological knowledge, but also psychological crisis intervention and rapid response mechanism. The form of group psychological counseling plays an important role in the psychological work of peers, especially for cultivating positive emotions, positive cognition and positive personality quality. The author is focusing on how to apply group counseling to the psychological work of college peers.

Keywords—group psychological counseling; peers psychology; application

I. INTRODUCTION

In 2004, China established the psychological committee mechanism. It has been developing continuously for 13 years and has received extensive attention. Among them, the research, application and development of the psychological committee have also carried out in-depth discussions in many aspects, and continue to enrich the new concepts of mental health education services of colleges and universities. Then one of the most effective forms of the psychological committee mechanism is peer counseling. It has become the most direct, effective, image and concrete embodiment of psychological work, psychological second classroom and psychological mutual assistance. At present, the psychological studio involves a lot of work, limited personnel; there are still many places in the work development [2]; student psychological associations and class psychological committee members' lack systematic and

effective psychological training, with psychological related work being difficult to carry out [3].

II. THE MEANING AND SIGNIFICANCE OF PEER PSYCHOLOGICAL COUNSELING

Peer psychological counseling is a concept derived from peer counseling. It means that the age-appropriate person provides psychological guidance, comfort, and support to the students and friends who need psychological help. It provides a kind of psychological counseling function with spontaneity, obligation, affection, friendship and simplicity. Generally, peers serve as counselors.

From the literally understanding, it is not difficult to see that only these two letters "朋辈" (Chinese characters) have healing effect.

朋:

1. It was a unit of ancient money, five cowrie are one bunch (a unit of ancient money in China), and two bunches are one "peng" (means "朋" in Chinese). "Poetry: Xiaoya: The scallions are very lush" says: "I have met that gentleman, and he had given me thousands of 'peng'".

2. Classmates. "Yi: Dui" says: "Gentleman needs to teach and learn from each other with his friends." Kong Yingda said: "'朋' means people with the same teacher, and '友' means people with the same ambition."

3. Friends. 朋, means the same party. 朋, means the similar people. - Guangya. There are friends from distant place - The Analects of Confucius: To Learn.

4. 朋 also has the meaning of gathering, being together, and being the same.

辈: It is the combination of "非" and "车". A hundred of military-dispatched carriages are a "辈". The original meaning: a hundred of carriage. "Explanations of Letters" says that "辈" means that if the army dispatched the carriages, a hundred of carriages can be taken as a "辈". It also means carriage fleet. "Historical Records" says: "When the fleet of carriages marching into where there are a lot of people, he walked down the carriage because his care to the citizens." There is also the meaning of generation.

From the ancient and modern analysis of the word "朋辈", it can be easily seen that they all contain homogeneous

*Fund: 1. Shaanxi Provincial Committee Higher Education Commission set up the first batch of Shaanxi Normal College Counselor Studio - Mind Garden Studio (2018SXFZS18);

2. Research on the Excellent Projects and Research Subjects of College Counselors in 2018 in Shaanxi Province-A Study on the Cultivation Mechanism of Professional Psychological Quality of Counselors in Private Colleges and Universities from the Perspective of Development (2018FKT52);

3. The "Thirteenth Five-Year Plan" Research Project of Education Science in Shaanxi Province in 2018 - A Study on the Psychological Influence of University Student Awards and Policies in Shaanxi and Macao (SGH18H515);

4. Key Subjects of Xi'an Peihua College - A Study on the Influence of Female Characteristic Education on Female College Students' Mental Health -Taking Xi'an Peihua University as an Example (PHSZ201801);

5. Xi'an Peihua University 2019 Teaching Reform Project - Innovative Research on the Teaching Model of Mental Health Education Course (PHY1815)

meanings, and they all have consistency and common meaning. This includes the intention of our peers' psychological counseling, that is, not fighting alone, but the cooperation of homogeneous groups.

III. THE MEANING AND SIGNIFICANCE OF GROUP PSYCHOLOGICAL COUNSELING

Group counseling is derived from the translation of group counseling in English. Group has team, organization, colony, group and other meanings. Counseling can be translated into counseling, mentoring and consultation. Therefore, group psychological counseling can be defined as: the process of adaptation and development with the use of psychology-related knowledge in a group (generally two or more) to form interpersonal interactions within the group, through which the group members are well-received.

Group psychological counseling enables individuals to observe, learn, and experience in their interactions through interactions between groups:

- It can make people recognize, explore, and accept themselves, and develop individual unique identity;
- It can make people learn to look at yourself and others from a different perspective;
- It can make people seek self-development issues and solutions to specific conflicts;
- It can make people improve the sensitivity to the needs and feelings of others;
- It can make people learn more social communication skills and promote individual interpersonal communication;

- It can make people learn to use the methods of care, care, and sincerity to promote the growth of others;
- It can make people clarify their values and improve them according to their specific situation.

IV. THE APPLICATION OF GROUP COUNSELING IN PSYCHOLOGICAL WORK OF COLLEGE PEERS

A. Selection and Training of Peer Support Personnel

In general, colleges and universities are self-enrolled first, and then the students who are enrolled are selected professionally. Finally, students are selected for training. After the training, they are selected for employment and provide services for other students in the school. The main training contents are: the essence and characteristics of peer counseling; the basic attitude of peer counseling (sympathy, positive attention, respect, sincerity); the skills of peer counseling relationship (listening, reaction, and talk); the practical techniques of psychological counseling (reasonable emotional therapy, systemic desensitization, aversion therapy, emotional catharsis, etc.); classification and identification of psychological problems.

B. Application of Group Psychological Counseling

In the peer training, it can be designed a variety of groups to improve the ability of peer counselors, mainly including: sand table groups, Yalong groups, game groups, etc., now mainly the use of game group counseling in peer work basic introduction.

In the peer training, group psychological counseling for peer counselors can be conducted. The activities are designed as follows "Table I":

TABLE I. GROUP PSYCHOLOGICAL COUSELLING ACTIVITIES

Unit	Unit name	Unit aim	Name and time of the activities	Required materials
1	Knowing each other	1. This part is to make people promote mutual familiarity between group members and break the strangeness; 2. People can establish team conventions.	Wind blowing	No
			Clapping happily	No
			Plum blossom flourishing	No
			Name rolling snowball	No
			Team conventions	White papers, colorful pens
2	Building our home together	1. This part can promote further understanding of group members; 2. It can make people enhance self-awareness of individual members; 3. It can make people enhance trust and acceptance among members.	Untieing the chains	No
			Lifeline	A long string, some blindfolds
			Crossing a river in the same boat	Some colorful cystosepiments in scale of 60×60, 40×40, 30×30, 20×20
			Trust fall	Some blindfolds and cotton cushion

Unit	Unit name	Unit aim	Name and time of the activities	Required materials
3	Growing up accompanying with each other	1. This part can help group members learn to communicate and improve team skills; 2. It can make people say goodbye to groups	Delivering happiness	No
			Wisdom communication	No
			Reconnaissance is a song	Papers, some colorful pencils
			Feedback	Feedback charts, pens

These are just a few of the group psychological counseling in the peer training.

By applying group counseling to the training of peer counselors, the received feedback shows that:

- Group counseling provides help for personnel screening of peer counseling

In the survey questionnaire of the entire peers, it can be found that some students have different levels of problems, such as: not willing to cooperate with others, like to be alone; like psychology but just to solve their own confusion, not willing to provide help to others; externally open and internally lone.

- Group psychological counseling provides a basic training for empathy for peer psychologists

Empathy is one of the most important psychological qualities of psychological counseling and psychology practitioners. It is also an important psychological counseling technique that allows consultants to hear the unspoken feelings and needs behind the discourse, correctly understand the "peers" who need help. It is necessary to respect the

recipients, respond effectively to their feelings and behaviors, and achieve "the encounter between soul and soul."

- Group counseling provides emotional awareness and management training for peer psychologists

Emotional expression and management, emotional awareness is an important channel for one to understand oneself. When the wishes are satisfied, the emotions are biased towards positive emotions such as pleasure, happiness, delightfulness, etc. When the emotions are not satisfied, negative emotions will be more like such as disappointment, sadness, and depression. Through emotional awareness, the most basic content of life behind the wishes and desires can be explored, that is, existence. In group psychological counseling, peers learn about themselves and others through interaction, seeing more possibilities and acceptances with themselves and the world, and at the same time facilitating emotions and expressions and managing emotions.

C. After Using Group Psychological Counseling, the Internal Drive of Peer Counseling Students Will Have Some Changes

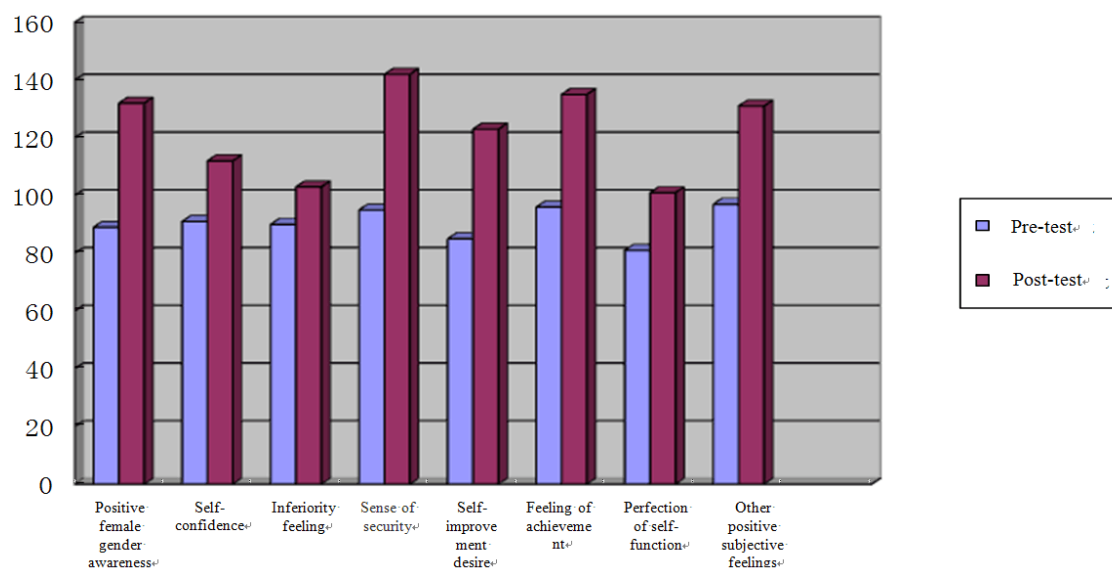


Fig. 1. Comparison of the internal driving force of peer counseling counselors before and after group counseling.

The main aspect of psychological motivation is the internal drive, that is, when the individual interacts with the external environment, it causes internal imbalance and generates demand, thus promoting the individual to achieve a

state of balance between cognition and behavior. In the process of group psychological counseling, interpersonal psychological interaction between groups produces group psychological motivation. Based on the observable 8

dimensions of women's developmental drive, before and after education have been compared and measured. It is found that students who have peer consultation are in group counseling, after the development of the internal drive has been significantly improved. (See "Fig. 1")

D. Research on the Application Effect of Group Psychological Counseling Technology in Peer Psychology Committee

In the one-year study, the curriculum comparison group was set up, and the traditional model teaching and group mental model teaching were compared. The pre-test and post-test were conducted with CSL-90. It was found that group psychological counseling was applied to the peer psychology committee system. In the middle group, the scores of anxiety, interpersonal sensitivity, somatization and depression factors in CSL-90 were significantly lower, and the number of positive items was significantly reduced.

And in the feedback of the students: almost every class has a course of experience, it is found that it is good to release your true side, to be a real self, and not to live in full accordance with the expectations of other people's gender; some students say that it is the heart is so important to not forget the beginning. When people are so utilitarian in life or study, sometimes they forget to enjoy life and study, so people should not forget their original heart. The first time they face and accept imperfect self, they will think they know themselves and what they really want! Suddenly they found out that they were doing themselves very well, as long as they didn't set themselves so many restrictions; they just thought about controlling their emotions and now they understand that doing so, to detect and improve emotional tolerance, will make them understand themselves more.

In fact, the post-group psychological counseling effect on personality is also very significant, but this effect is not easy to be in short-term evaluation, but there are also many literatures that have empirical research on this, it is thought that a really good peer psychology committee training courses should not only describe psychological nouns and concepts, but should also be able to cultivate students' awareness of living in the present, just as Jung's psychology advocates deeply rooted in one's own life and grows up. Therefore, a good course should be both knowledge and growth, making people feel calm about what they were anxious at, making people feel more settled about what they felt safe, and making people feel settled.

V. INNOVATION AND APPLICATION PROSPECTS

First, it will be a combination of group psychological counseling and peer psychological work: The application of group psychological counseling technology in teaching will help students understand the content of learning, increase self-awareness and understanding of self and others, and establish new cognitive behavior patterns through group imitation. Group motivation also helps learning the depth of the presentation, the emergence of the presentation, and the beginning of integration.

Second, the system training of peer psychology is built into an interactive education mode under the experiential and heuristic teaching mode. The theoretical knowledge, self-awareness and gender identity are integrated to make the modern college students' psychological and social development adapt well.

Third, the combination of psychological counseling technology and education and teaching can achieve three levels of characteristic education and teaching mode of psychological healing, psychological education and psychological development. The modern group counseling techniques such as mythological psychology and traditional group counseling techniques are applied to peer mutual psychological education to achieve timely awareness and integration, and to achieve the effect of mental health education.

Fourth, research hotspots and key issues, need to be closely combined with the actual formation of scientific research results in universities, with broad application prospects

- In the context of collective psychology and self-awareness of personality psychology, it can achieve the understanding of the personality and the tendency of stable psychological characteristics, and follow the principles of education and teaching from the three aspects of personality dynamic structure, personality self-regulation structure, personality characteristic structure.
- Focusing on pertinence and applicability, it must paid attention to the combination of theory and practice. The research results have an advanced significance for interactive, heuristic and experiential teaching in colleges and universities, focusing on investigation and quantitative analysis, with clear research objectives and clear research ideas. The research program is highly operable, and the research results are highly visible in the form of research reports and courses.

VI. CONCLUSION

In short, whether it is individual counseling or group counseling, for a considerable number of college students, when expressing their feelings, they often replace all feelings with "ideas" and "thinking". The perception of body awareness and emotional emotions is weak, and even the phenomenon of isolation has appeared, coupled with traumatic experiences such as "left-behind children", "object loss", "object loss of love" and "separation of trauma" in the early years, even more traumatic in the pre-linguistic period, the verbal counseling effect is weak. Especially in the early stage of consultation, it is difficult to establish the relationship, and the transference is difficult to happen in the consultation. The consultation effect is difficult to guarantee. The application results of the group psychological counseling technology in the peer psychology committee show that it is like the same as the work in the sand table: in a free and protected environment, the relationship between the visitor and the counselor develops naturally, and in a

symbolic analysis, combined with the work at the level of consciousness and unconsciousness, the mechanism of empathy, and the principle of inductive transformation will naturally manifest.[4] Group psychological counseling can be fully utilized in peer psychological work, which can popularize psychological knowledge, interactive growth, and promote students' "help", "learning" and peers, and positive impact on peer growth.

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