

My Growth and My Psychological Counseling

Ma Li-ye

Land and Resource department of China West Normal University,
Nanchong, Sichuan Province, People's Republic of China 637009

Email: 15882660654@163.com

Abstract

This paper reviews the self experience and personality traits, analysis and summary, elaborated for their psychological counseling knowledge and understanding as well as the reason to engage in psychological counseling in the future, and analyze their advantages and disadvantages in mental work, and determine their own direction. The first part of this article summarizes their family, education and work experience of self growth, affect the basic outlook on life and personality formation; the second part is through the analysis of their occupation behavior, now existing knowledge and experience accumulated and engaged in psychological counseling based on the desire, to determine the future direction of development.

Key words: personal growth report, self analysis, professional behavior

1. Self Growth Analysis

1.1. My Psychological Development History

In July 1981, I was born in an ordinary peasant family in Sichuan Prefecture of Liangshan Province, 4 siblings, then the home economy is very difficult, but there's an old saying that "the poor children early masters". In childhood, we are children of the same age earlier to know the hardships of parents in addition to playing happily. And it is not easy, we have earlier to join the family labor force, Our whole family together took care of harvesting crops, experienced the joy of harvest, but also experienced a bad harvest, shared joy and beauty, and shared the hardship together. Until today, I am particularly grateful to life, thanked my parents for bringing me these valuable life experiences, they cultivated my firm and indomitable character, let me develop the habit of not fearing hardship and tired, let me know how to share and play, let me know more gratitude and appreciation.

Although my parents are illiterate, but they are very focused on our education, they hope that we can through studying to change our own destiny. Although in learning they don't have any specific requirements, but the daily communication can make us have a way in reading thoughts. Therefore, I have always been very hard to learn, consciously cultivated my love of learning habits, making learning become a part of my life. In my heart there always is a belief: to live up to my lovely parents, I must study hardly. Therefore, I have been the best in class, at the same time established a good relationship with other students, also had the initiative to help others in trouble, which makes me know that don't mean to give love and help, also makes me form a good quality of my sincere kindness and positive enthusiasm for life.

Graduate after graduation, I went to work, probably in my work half a year, had spent a period of loss, that time can be described as my life's low, from the body to the spirit of exhaustion, and deeply worried about every day. When students feel angry, complain or even blame behind me, I think i did something wrong, infringed upon their interests, but did not realize they were trying to transfer some information to me. This time my self evaluation index were dropping, and I thought that i have lost their trust and support. I can't go on doing like this, because I couldn't stand the way they treat me like this, I will close to see students' attitude to me, in order to determine their own behavior. Some kind students reported some of their peers on my evaluation which is "hypocrisy", "false". These students have a good comment that I did not reach their standards for everyone, which makes me feel sad, hands sweating, anxiety. I find I can't imagine these, because my heart will therefore feel lost, even the self doubt, anxiety and unbearable. Fortunately, my situation slowly improved. In a chance I come into contact with mental health counseling things, they provide a large amount of psychological analysis and suggestion for me, so I gradually understand a lot of faith I misunderstood before. Now the students and I share my experiences, feelings, and even mistakes will make me feel very comfortable. I also know they are opening their own adventure, but at the same time, I also gradually accepted by the students. Sometimes, some students may not agree with me, but they still accept and appreciate. It will be more understanding of me and my work, at the same time, when some of them know my weaknesses and shortcomings, they still love me, my self-esteem is enhanced. So now, I enrolled in the professional training and psychological counseling, I have confidence, and I believe that before long, I will find my own piece of the sky in the field of college mental health counseling.

1.2. Description of Personality Type

Combined with the self growth experience, my character is amiable, strong and optimistic, honest, better ability to adapt to the environment. Children are recognized me, and we love to be together, and we often communicate with. Most of them think that I am a positive, optimistic, confident and passion for life pursuit with goals. The five best qualities I have are sincere, kind-hearted, optimistic, persistence, responsible. As the saying goes "Every bean has its black. Of course, I also have my shortcomings, for example, sometimes too stubborn, the pursuit of perfection, too care about others in my own view. If you use three adjectives to describe myself: easy-going, optimistic, kind-hearted. In the eyes of friends, I am a easy-going, confident, aggressive people.

After years of practice, my outlook on life, values are undergoing tremendous changes. I deeply appreciate the pale is really flat, and the steadfast work, happy life are important. In the growth process of life, encountered many difficulties and setbacks, but I think this is the precious wealth of my life and the

cornerstone of my growth. I feel the need to strengthen the five aspects: 1, continuous learning, enrich and enhance; 2, positive, optimistic and strong; 3, go forward, never retreat; 4, learn to be grateful, to help others; 5, high-profile work, low-key life.

2. Occupational behavior analysis

2.1. Why do Counselors

2.1.1. From the professional experience, I have base and needs to engage in the work of psychological counseling

To work since 2008, I served as school mental health counseling teachers, and take courses of College Students' psychological health education of the school teaching work in the school counseling center under the guidance of education of students' psychological health. In this period I learned at college students psychological problems of university students that is an important stage of growth. If I can help to those students who have psychological problems, I think it will have an important impact on the student's life. At the same time, the experience also let me realize the close relationship between their mental health and are engaged in student work. Counselors will experience many contradictions and conflicts in the their personal life and will face some obstacles. The heart has never been explored all life growth on its own, and accordingly it will produce stress, anxiety and depression, if these counselors will never dealt with negative emotions to the students in the process of counseling, it may bring harm to the growth of students. Therefore, the application of various methods as counselors should learn to adapt themselves. Only personal life and mental state is good, and it have enough resources to support the psychological help behavior. So, either as a counselor or psychologist, can use psychological counseling knowledge to help the healthy growth of the students. That is my personal ideal, is also my occupation.

2.1.2. From personality and ability, I have become a qualified counselors conditions

From the perspective of personality and ability, I have counselors personality. In mental health condition, my emotional stability, transaction rationality, easy-going enthusiasm and affinity are formed. I have language expression ability, know how to respect others, and have a strong sense of responsibility, love, compassion, and empathy.

2.1.3. From the perspective of the development of the future, psychological consulting industry has the broad prospects

Now the psychological consultation industry in China is still in the initial stage with the future development trend , it has great development potential and space, I hope to follow their own psychological counseling industry to play its role in building a harmonious society and harmonious campus, realize their value, but also enrich themselves, and improve themselves.

2.2. Influencing Factors of Employees

2.2.1. From the aspect of my own personality, personality is not perfect. Sensitive and emotional personality, and the pursuit of the perfect, will have some adverse effects on consulting work, such as in the consultation for the transference and counter transference. I often give some help in the finished consulting, consulting the

mood is easy infection. they will bring the mood to their real life, and try to out in consultation with the time to care and help. It will not only have adverse effects on the consulting work, will also affect the consultant's own life.

2.2.2. From aspects of professional knowledge and skills, I know I now am not professional skilled, only stay in theory, in the future also and need to constantly practice, strengthen my professional skills and literacy in practice. Psychological counseling theory is not difficult to understand, but will consult technology In practice which is not easy. Because of the reality in the face of every hue, the consultants vary, so in order to truly grasp the consulting skills, help them out of the psychological problems, to overcome the psychological problems but they should understand, study, practice, and constantly improve and perfect themselves.

3. Occupational Expectation

3.1.from the work of students i engaged in, the main concern is the psychological problems of students, including some common psychological problems of students' learning and life, such as, to adapt to the environment, learning pressure, emotional frustration, anxiety, mental weariness and family difficulties. I will look forward to more professional counseling knowledge and skills to use the actual problem in the future, which can be more effective to help solve more problems, help their normal life and them learn through their own efforts.

3.2. Through my own efforts, I looking forward to becoming a truly qualified even excellent counselors and through my own changes to help those people who need the help. Review your growth history, that is a full sour, sweet, bitter, hot process. in the process of, i continue to learn myself, enrich myself , improve myself, promote their own growth, and constantly change. I realize there is a big gap between our current and actually qualified counselors requirements, but I want to use the time of my life to constantly improve myself , and strive to become soul engineer who can make students open the heart to him , and let the children release and my heart fly. So, here today, I sincerely hope that teachers feel free to give me guidance, thank you!

References:

1. Guo Nianfeng, and counselors (diagnostic skills) [m], national press, 2011.
2. Zhang Jianxin, translated, counselor interrogation policies [m], China light industry publishing house, 2004.
3. Ge Xiping, how to become a psychological consultant [m], Hunan people's publishing house, 2011.

About The Author:

Ma Li-ye (1982-), female, Hui, Xichang Sichuan, Master, Lecturer, majoring in study on undergraduates' ideological and political teaching theory.