

Research on The Status, Characteristics and Path of The Discipline Development of Psychological Consultation and Service Work

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Abstract

One of the tasks assigned to psychological consultation and service workers in the new era by the 19th National Congress of the Communist Party of China is to promote the professional and discipline development of psychological consultation and service work. The psychological consultation and service work of Chinese colleges and universities has been in the stage of continuous development. The characteristics of discipline development including Integrity, openness and timeliness. The discipline development needs to conform with the national conditions of China, adhere to the merger of problem orientation and discipline orientation, and interact between the government and colleges and universities.

Keywords

Psychological consultation and service, discipline, status, characteristics, path.

1. Introduction

With the rapid development of our country in recent years, people's life has made a dramatic changes. Science and technology has changed the life, study and career choice of college students in China. The mental health status of contemporary college students is not optimistic, and the psychological quality of some person cannot meet the needs of social progress and development^[1]. This puts forward new requirements and tasks for college psychological consultation and service workers. discipline development is not only the foundation of university development, but also the basic unit of university construction^[2]. Therefore, it is necessary to strengthen the discipline development of psychological consultation and service work, take the road of discipline development, and cultivate qualified psychological consultation and service workers for the whole society.

2. The status of the discipline development of psychological consultation and service work

2.1 Subject status

At present, the subject of psychological consultation and service work is widely carried out in colleges and universities. Nearly 10 years, our country people's booming demand for psychological consultation and service, make the psychological consultation and service have to continuously consolidate and strengthen the discipline status, the specific performance in a growing number of colleges and universities to open new psychological consulting related disciplines, choice of more and more college students psychological consultation related subject, more and more domestic conference of psychological consultation, and psychological consultation and service related discipline papers and surge in theoretical research results and so on. There is no denying that there are some problems with the improvement of its subject status, one of the most prominent problem is the psychological consultation major learning content still ignore the practice, this leads to the university student lose interest in this subject, the school in lack of interesting practical activity course, the lack of extracurricular practice content. In addition, in the curriculum and credit setting, there are also deficiencies.

2.2 Research content and direction

The subject of psychological consultation and service work is still very young. From the available data, the theoretical and practical achievements of this subject are still less. First, although the discipline development has drawn lessons from foreign experience, there is still a lack of international communication on the whole. Students majoring in psychological consultation have fewer opportunities to exchange and visit overseas than those majoring in other fields. Second, although there are a wide variety of teaching material related to psychological consultation and service work, but, they are similar in structure, with outdated knowledge system and lack of innovation. Therefore, the research content and direction of psychological consultation subject need to be enriched, which hinder the discipline development process.

2.3 Construction of teaching staff

In recent years, the psychological consultation and service work of the teachers team construction is generally made some achievements, such as the introduction of qualified discipline leaders, professor in this subject have increasing the proportion of the number, constantly introducing advanced talents, and foreign well-known experts even brought in as guest professor, these phenomena indicate that the discipline construction of teachers team achieved certain results. It still needs to be strengthened in the following aspects: first, establish and perfect incentive policies to encourage extensive discipline exchanges between universities, teachers and students. Second, some basic work of discipline construction needs to be carried out continuously among teachers. For experts and professors, they should not only shoulder the task of discipline research and contribute research results to the discipline, but also actively participate in the revision and improvement of the curriculum of the discipline and make Suggestions for the development of the discipline. For young lecturers, they should pay close attention to the quality of their teaching and research work, such as make rules and regulations for teaching and research activities, and build an atmosphere of take a positive course and discussions.

3. The characteristics of the discipline development of psychological consultation and service work

3.1 The integrity of the discipline development of psychological consultation and service work.

The psychological consultation in China started in the mid-1980s. After more than 30 years of development, it has gone through the initial stage and gradual development stage, and achieved very rapid development in recent decades ^[3]. Although the discipline construction of psychological consultation and service work never stops, it is still in the stage of continuous development and reform. The discipline construction of psychological consultation and service work is a complex overall project, which needs not only to consider various internal factors affecting the development of its discipline, but also to grasp various external relations such as psychological consultation and service work with social development. This requires us to pay attention to the discipline integrity of psychological consultation and service work. Psychological consultation and service system, absolutely isn't a simple addition of psychological theory and all kinds of consulting technology, but need to focus on the most significant psychological problems of the required knowledge and skills to build a systematic knowledge system, is to be involved in the process of psychological consultation and service work, method, practice independent curriculum system to integrate scattered, thus forming can help learners to learn and educators teaching system as a whole. Therefore, although many colleges of psychological service centers in universities have strong strength, they cannot receive expected results when carrying out psychological consultation and service work. One of the reasons is that there is no systematic discipline and technological system.

3.2 The openness of the discipline development of psychological consultation and service work.

First of all, the subject of psychological consultation and service work in colleges and universities should not only service the teachers and students in the schools, but should be open to all the society. On the other hand, the psychological consultation service workers in colleges and universities will

gain more practical experience and combine the theories of psychological consultation knowledge system with practice. Secondly, although psychological consultation and service work is developed and constructed in universities, the platform and resources they rely on are in the government and society. How to coordinate these resources to form a joint effort for the psychological consultation and service work in universities is a problem facing during the development. We should take the psychological consultation and service as the hinge, fully open, contact each department, form a psychological consultation and service work network system. This requires that the discipline construction of psychological consultation and service work must be openness, and the open discipline features put forward new requirements on the development trend, teaching methods and teacher quality of psychological consultation. First, the discipline development trend of psychological consultation and service work should not be directed to pure theoretical research or simple description of the problem, but to give consideration to both theory and practice, and realize the combination of process and result. Secondly, for psychological consultation and service workers, the requirements are diversified. They need to have theoretical knowledge system and gain experience from practice. Therefore, they need to go out of the study room and go to the front-line work such as enterprise employee assistance center and social psychological consultation agency to collect resources and build platforms for discipline development. Thirdly, the education task of the psychological consultation discipline is clear: the education of psychology should not only be "flying in the air", pay attention to the frontier development of the discipline and new theoretical knowledge. More importantly, it is necessary to "stand on the ground" and repeatedly apply the skills learned in practice to constantly improve professional skills. It's not just about explaining what it is, but also about teaching what to pay attention to and how to do it. Psychological consultation and service work can't stay in the classroom teaching, to fully consider the psychological consulting and service work of "inexpressible" sexual knowledge reserve, requires teachers to return to the source of psychological consultation and service, more consultation and group consultation for students for to make practice, case analysis and application process, less for purely abstract and speculative, makes the psychological consultation and service work to keep practice effect^[4].

3.3 The Epochal of discipline development of psychological consultation and service work.

The most distinctive feature of the 19th CPC spirit is its epochal nature. The new historical orientation, historical mission and strategic deployment come from the CPC's accurate grasp to the issues of the era ^[5]. Psychological consultation and service work should be closely related to social development and times change. At the National Health conference, general secretary xi stressed that "basic research on mental health issues should be strengthened, the popularization of mental health knowledge and mental illness should be done well, and mental health services such as psychological treatment and psychological consultation should be developed in a standardized way". The report of the 19th National Congress of The Communist Party of China also put forward that "we should strengthen the construction of the social psychological service system and cultivate a self-confident, rational, peaceful and positive social mentality". From the general secretary xi's speech, we can see that the party and the country attach great importance to the psychological consultation and service work in the new era. During the course of the discipline development of psychological consultation and service in China, its characteristics of the epochal will be reflected. First, deeply understanding and clarifying the history of psychological consultation and service work, the orientation of the discipline development of college psychological consultation and service work in the new era. Second, the current problems of psychological consultation and service work should be accurately located, and promote the development process of discipline research. Thirdly, psychological consultation and service workers should be brave enough to take on the mission of the new era and enhance their sense of responsibility. In addition, how to use the Internet to develop psychological consultation and service work is also an important aspect of epochal. Online psychological consultation has become an effective way in college because of its characteristics of i widely, epochal, interactivity and confidentiality ^[6].

At present, the rapid development of artificial intelligence makes the employment of college students more severe. Colleges and universities should pay special attention to the psychological problems of students in employment, and give guidance to the students^[7]. In view of this problem, psychological consultation and service work should pay more attention to the relevant content of students' employment psychological problems in the process of discipline development. In addition, the psychological consultation needs to be uniquely human experience and judgment, and the wisdom of the language, from the industry characteristics, is not can be replaced by machines, so it can make more prospective students to join, it will also promote our country's development of psychological consultation and service in China^[8].

4. The path of discipline development of psychological consultation and service work

4.1 Conforming to China's national conditions is the basic direction.

The basic subject of psychological consultation and service is psychology, which is an Interdisciplinary of humanities and social science and natural science. Localization refers that psychological consultation and service work should meet our country's basic national conditions, including the development should comply with China's laws and regulations, comply with the status of economic, political, cultural background and social basic information, only by comply with Chinese national conditions, psychological consulting and service work could be healthy development in China's environment. Psychological consultation belongs to the applied psychology. In its discipline development, the national conditions should be based on. The changes and trends of social contradictions in China should be carefully analyzed. With the rapid development of modern society, economic prosperity and, psychological consultation services will become an indispensable part of life for more and more people, and more people will need to accept specialized studies and practices, to solve the psychological contradictions and problems of general people. The development process of psychology in China will also speed up. More the society makes progress, the more new requirements are put forward for psychological consultation and service worker. The discipline development of psychological consultation and service work is only in comply with China's national conditions, and its discipline development can benefit the Chinese people.

4.2 Stick to discipline orientation.

The teaching and research of psychological consultation and service in colleges and universities has its specific consciousness of problem - oriented. For example, under the background of social employment difficulties, in order to solve the psychological problems of college graduates, college psychological consultation and service work should focus on occupational psychological consultation about the job, and focus on solving students' employment problems. Therefore, in the teaching and research process, psychological consultation and service work pays attention to the countermeasures and applicability, and has a strong atmosphere of pragmatism and utilitarianism. However, it usually accompanied by insufficient attention to discipline construction. Colleges and universities have three missions: personnel training, discipline research and social service. Among them, discipline research is discipline - oriented and service society is problem - oriented. At present, the problem-oriented is becoming widely popular in Chinese universities. They believe that the research of humanities and social sciences should be problem-oriented. However, in foreign universities, the research is still discipline oriented. Universities should still encourage long-term and basic research. Because this is what other research institutes cannot do, which is the mission the university cannot reject^[9]. Therefore, we should not only emphasize the importance of problem orientation and discipline orientation, but also emphasize the core position of discipline orientation.

4.3 Interaction between government and universities of discipline development.

The two-way interaction between the government and the discipline of higher education is necessary. On the one hand, the government should provide support on money, policies and resources. On the

other hand, each university should follow the education task to achieve the goal of serving the place of education.

On the one hand, government drive is the external guarantee of the discipline development. The 19th CPC national congress pointed out that the principal contradiction in China's society has been transformed into the contradiction between the people's ever-growing need for a better life and unbalanced, inadequate development. Psychological consultation and service work in colleges and universities is promoting social development, which complies with the trend of The Times. The discipline development of psychological consultation and service work cannot be separated from the driving of the government. The government can provide resources gathering, platform construction, cooperation between industry and research.

On the other hand, the key position of colleges and universities should always be adhered in the discipline development of psychological consultation and service work. This is the internal guarantee of discipline development, which is mainly reflected in the institutional management of colleges and universities.

At first, Strengthening the status of discipline in colleges and universities. In view of the of students' learning problem about "emphasizing theory but neglecting practice", it is necessary to strengthen their discipline status in universities. Its main method should carry out discipline and interesting practical in the teaching process, such as psychological consultation courses directly carried out in the sand table laboratory, adopting "integrated" teaching ideas and teaching in professional practice places. In addition to the sand table laboratory, the university should widely build different psychological laboratories, such as ERP laboratory, eye movement laboratory and so on. In addition, the curriculum and credit setting should be more flexible and provide more incentives to students.

Secondly, Enrich the research content and direction. Colleges and universities are the subject of the discipline development, who should provide the rich research content and direction. discipline exchange activities are held to encourage the professors and lecturers of the university to actively participate in domestic meeting, increase the opportunity of going abroad and constantly improve the overall quality of teachers and research team, keep pace with The Times and connect with international standards. In the teaching materials, we should encourage our expert teachers to form a team to edit and publish the teaching material suitable for our students and make contributions to the discipline development.

Thirdly, strengthen the construction of teachers and management system. discipline and effective personnel training is a necessary prerequisite for the construction of teaching staff. On the one hand, in the process of building a team of teachers, we should select teachers with strong sense of responsibility, solid basic skills, systematic subject system and ability to innovate. On the other hand, colleges and universities should actively build communication platforms and introduce experts, such as visiting professors. About the management system, what should be confirmed the college consultation professional qualification certification system, Europe's universities authorized institutions such as the national and local consultation association, On the basis of psychological consultation professional standard to assess and know the psychological consultant qualification and professional level. it has the certain enlightenment function to our country. What's more, one of the difficulties faced by the discipline development of psychological consultation and service work is the lack of a certification system from social perspective. In 2017, the ministry of labor abolished the national professional rank examination for psychological counselors. In this context, the only way for the discipline development of psychological consultation is to strengthen the qualification management from the perspective of colleges and universities. Colleges and universities should examine and verify the training institutions in the society, verify the training programs, and guide the students in this major to obtain effective vocational qualifications. Secondly, the continuing education system for teachers should be established. In Taiwan, the psychological law stipulated that the psychologist shall renew the practice license every six years, and the continuing education certificate shall be issued for at least 150 hours when the practice license is renewed ^[10]. The

continuing education of college psychological workers is necessary. Such as, the center workers are assessed on their professional ability at regular intervals, and different levels of vocational skills are trained according to the assessment. Under such circumstances, college psychological workers should constantly improve their professional knowledge system and improve their professional skills by the continuous education, so that they can better serve visitors in their work.

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