

The counselors should how to solve psychological crisis intervention of college students

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Abstract

How to effectively prevent and cope with the psychological problems of college students ,and become the focus of students' work in many colleges, and the counselors are mainly engaged in student work and directly contact students. So this article will start from its own work practice and discuss the role of counselors in the psychological crisis of college students.

Keywords

College students' psychology, counselor, psychological crisis intervention.

1. Introduction

At the beginning of 2019, a 22-year-old senior girl from a college in Henan died in the dormitory. The reason is that Xiaomiao and her classmates used electric heaters to induce fires in the dormitory, which caused the school to be punished, not allowed to take the postgraduate examination, not to give the degree certificate and not to join the party. Xiaomiao consciously had no way to make a way out, and couldn't stand the cold eyes of the students around her and talked about the suicidal thoughts of the students. This case caused great controversy among netizens. Some netizens think that Xiaomiao's psychology is too fragile, and some believe that school punishment is too heavy. But no matter what, when the seedlings here have a psychological crisis, the school and our counselors should step in to save lives. It is not only suicide, but also other psychological problems. It is no longer a problem for individual colleges and universities. It has become the focus of attention in China's colleges and universities.

2. The significance of counselors in psychological crisis intervention

2.1 It is an important part of the work of ideological and political education

Ideological and political education work as the main work of counselors, psychological crisis intervention is one of its components. As a counselor, we should always put our students' psychological problems at heart. For those who focus on students, they should do a good job of psychological files, grasp their ideological dynamics, find entry points, conduct conversations and education guidance for students, and conduct correct psychological intervention. To keep the students' psychology in a better state, and sometimes, professional psychology teachers can intervene.

2.2 It is necessary for college students to grow up

Among the college students, there are still many students from poor families. Many of them are inferior, introverted, and not good at communicating with others. They can't adapt to the new university environment, and don't fit in with their classmates, especially for freshmen. Without reasonable psychological crisis intervention for these students, it is likely to have serious consequences, which will seriously affect the students' learning and growth in the university. Therefore, counselors are required to pay attention to such students and help them correct psychological problems so that they can truly become talented.

3. The method of counselor intervening psychological crisis

3.1 Do a good job in the early stage of investigation

Whenever a freshman enters college, we should conduct a psychological survey of all freshmen. For the results of the general survey, we can classify students who may have problems in psychology into three categories: one is general attention to students, this students may have mild psychological problems, or have had dangerous behaviors before; The students who pay attention to this kind of students are a little unsuitable for the school environment. There may be important events affecting their psychological status in the near future. The last category is students who need to focus on them. They have serious psychological problems. these students are more complicated. There are different reasons for psychological problems, or have been diagnosed with mental illness, or have had self-injury, self-harm, or recent major crisis events. These students pay close attention to his life, study, behavior, etc., and need to report leadership of college and ask for help by psychological center.

3.2 Diversified working methods

Counselors should be innovative and diverse in their psychological crisis interventions, and have different approaches to different psychological crisis situations and populations. For example, before the psychological crisis intervention, we should have a lot of knowledge and experience in psychological crisis, and can learn some common psychological communication skills. In the psychological crisis intervention, sometimes you don't have to stand in the teacher's point of view to communicate with the students. We talk with the students by friendship, so it is easier to get the most real situation of the students. In the process of communication, we should try not to make any comments on what the students are saying. Using a variety of ways to understand the ss cadres situation of students in school, such as by visiting the student's QQ space to learn about his latest life and psychological conditions, or to learn from other students with good communication, or ask another teacher about student's learning situation.

For students with serious psychological problems, it is necessary for us to ask a professional psychologist to conduct a diagnostic evaluation. Students who are serious and must to leave college, we can inform parents to take home for treatment, and then return to college; and we should send class cadres or roommates to keep an eye on the time, and take notes of the text for easy reference. For students who suddenly hurtted person or self-mutilate, we should arrive at the scene at the first time, make a telephone call to the college leaders, control the scene, stabilize the students, and prevent the expansion of the situation.

3.3 To strengthen students' psychological quality

For the normalization of students' psychological education, colleges and universities should not only classify psychological education courses as compulsory courses, but also invite professional psychological counseling teachers to hold lectures on mental health education. Moreover, various psychological activities should be carried out. For example, the "5·25" college students' mental health festivals, which are now carried out in many colleges and universities, and there are also college students' psychological associations. In this way, it can not only popularize mental health knowledge, spread health concepts, solve psychological distress, deepen students' front line, maintain close contact with students, talk in a heart-to-heart manner, be a student confidant and close friends, but also help college students establish a good mental health awareness. Certainly ,we can help them master some self-psychological adjustment skills and improve their mental health.

And to improve the psychological quality of the counselors themselves is equally important. Psychological education as part of the work of counselors, the ability to improve psychological crisis intervention is not only the need of work, but also the need for the development of their own abilities. Most of the counselors are non-psychological professional, and the professional foundation is not good. Therefore, we should make progress with the times, continuously strengthen self-learning, self-improvement, master relevant knowledge, not ashamed to ask, and learn from those with excellent ability. And summary conclusion usually,we should exchange our experience and learn from each

other when we are working with other counselors. Improve our ability to intervene in psychological crises.

At present, there are more and more college students in China, and the psychological education work has also entered the normal state. It requires our counselors to further improve their comprehensive quality ability, and can intervene well when students have psychological crisis, helping students to become more and more excellent, so that it does not violate the essence of our teaching and education.

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