

## **A Brief Talk on the Application of Human-centered Therapy in Psychological Counseling Practice**

### **-- Take the Psychological Communication Between Classmates as An Example**

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#### **Abstract**

**Rogers' "person-centered therapy" is an authentic and highly applicable method in the field of psychological counseling because of its human nature, and that it focuses on the counseling relationships, and sticks to principles of non-directive counseling. For this reason, this article discusses its specific application in psychological counseling based on actual cases.**

#### **Keywords**

**Human-centered therapy; Psychological counseling; Application.**

### **1. Introduction**

Many students will encounter some troubles or problems in their studies and daily life. At this time, they may seek help from friends or school counselors who are equipped with knowledge of psychological counseling. The psychological counselor is advised to use person-centered therapy when giving counseling to the students and guide them to take positive actions to change themselves. Human-centered therapy emphasizes empathy, unconditional active attention, sincere consistency and other elements, which have long become the necessary conditions for treatment recognized and valued by the entire contemporary psychotherapy community. The Non-Guided Treatment Principles of the human-centered counseling have also become the trend of modern psychotherapy. It can be said that it is the common foundation of every psychotherapy. In this paper, therefore, I will discuss the specific application of human-centered therapy in the practice of psychological counseling. I. Background information of the counseling

Some time ago, my friend Xiaoyi complained to me that her boyfriend did not spend the Qixi Festival—the Chinese Valentine's Day with her. She saw the girls in the circle of friends posting photos of their boyfriends during the festival, and she was depressed and angry. At this time, Xiaoyi happened to be preparing for an important English speech contest.

### **2. The Transcript for the Counseling**

Xiaoyi: Zhichen, I'm so annoyed! You know, I've been preparing for an important English speech contest during this period of time. So it was Valentine's Day the other day, but my boyfriend didn't even spend it with me! The girls around me had a great time with their boyfriends that day, and they also posted the photos on their feeds. Ugh!

Me: But you're in a crucial period for your coming competition. Your boyfriend did not spend the Chinese Valentine's Day with you that day. At the same time, you saw other girls' boyfriends carefully preparing for the Chinese Valentine's Day. On the one hand, because you feel that your

boyfriend has forgotten to be with you at this important moment, and that he does not pay enough attention to your relationship, so you feel very sad; on the other hand, you felt disappointed when comparing your boyfriend with the boyfriends of your classmates

Xiaoyi: Hmm...actually, I was not only sad about him not spending Chinese Valentine's Day with me, but I was also very angry. After all, other girls around me spent the Qixi Festival sweetly with their boyfriends, but also post photos on moments crazy. Only my boyfriend is not around and I can't post any feeds, which makes me too embarrassed and shameful in front of everyone. Now I want to quarrel with my boyfriend and then break up with him!

Me: I can understand your anger. I think you should quarrel with him. Otherwise, how do you face other friends? This kind of love has no meaning at all, and it only makes you lose face?

Me: You should quarrel with your boyfriend and break up with him. Ask him why he didn't accompany you on the Qixi Festival. Ask him whether he still loves you.

Xiaoyi: Actually, my boyfriend should love me very much, because he would prepare very carefully for every important holiday and anniversary before, and he would give me sweet gifts. In fact, he mentioned it to me this time because he felt that I might be busy preparing for the competition recently, and worried that I would not have much time to spend this Valentine's Day with him.

Me: But you still feel very angry, how do you plan to break up with him? Will you delete his phone number after quarreling with him? Or break up with him face to face?

Xiaoyi: I never thought about this.

Me: What if he still comes back to you after breaking up? Will you reconcile with him? Or insist on ignoring him and never contact him again?

Xiaoyi: I haven't thought about this either.

Me: Or, let me help you think about it?

Xiaoyi: (hesitating) Thank you...

Me: Hey, by the way, Xiaoyi, although you are now busy preparing for the competition, you think that in this important festival, when everyone is posting and showing off, you must want to be envied too! Your contradictory thoughts are actually totally understandable.

Xiaoyi: Hmm...Oh! Zhichen, thank you for chatting with me, I think now I have calmed down, I don't want to have a big fight with my boyfriend and break up.

### 3. Visitor Analysis

The above dialogue reflects how my friend internalized the evaluation of others and the public opinion of the surrounding people into self-evaluation, thus losing herself and lived under the opinions of others.

Xiaoyi encountered two things at the moment: one was preparing for her English speech contest, and the other was not spending Chinese Valentine's Day with her boyfriend. According to Rogers' theory, in order to develop herself well, meet the needs of growth, and realize her own value, she should concentrate all her energy, eliminate any difficulties, seize all the time, and deal with the thing with higher priority—that is to concentrate on the preparation for the game. A positive self-evaluation from "inside oneself" reflects the true self. However, the interviews of the visitor tell us that Xiaoyi was temporarily disoriented, lost accurate judgment, and unintentionally followed a kind of social public opinion because she was worried about being troubled by the public opinion that she did not have a boyfriend to accompany her for the Chinese Valentine's Day. On an important holiday or anniversary, a girl who has not spent time with her boyfriend, especially in an environment where many girls are surrounded by their own boyfriends, is very shameful and embarrassing. Once the visitor regards this kind of public opinion as a value condition for evaluating self-consciousness, she will form a false self, put on

a secular mask, shrouded in an especially painful emotion, unable to extricate himself, and then make an impulsive decision: to have a big argument and even breakup with him.

#### 4. Counseling Steps

Rogers writes that the purpose of person-centered therapy is to understand the visitor's "how he feels in the inner world, to recognize his true face, and to create a free atmosphere so that he feels unrestrained in his thoughts, feelings, and existence. Do whatever you love". "This freedom can become closer and closer to his true self. Abandon the disguise, mask, or role that he uses to deal with life. Discover something more essential and closer to his true self."

To guide the visitor to find his true self, people-centered therapy probably goes through the following three steps:

(1) Express sincerity, respect and sympathy, and establish a harmonious counseling relationship. Counselors must go deep into the feelings of the visitors, understand the nature of the problem, care about them unconditionally, and bring them a free atmosphere, so that they can have a safe relationship and a confidential environment, and can therefore be able to be more carefree in such a good relationship and work towards a positive change. As Rogers said, without this relationship, the client's "positive change will not happen."

In the above situation, my good friend Xiaoyi wanted to breakup because she was stimulated by the psychological stress of being suddenly forgotten by her boyfriend to spend the Chinese Valentine's Day. She had to choose this thing that she didn't really want to do. When she wants to express this kind of feeling, she needs my sympathy and a safe environment where she can do whatever she wants. Contrary to this feeling of helplessness, she also wanted to become a free person who truly took control of her own destiny. This person could do whatever she wanted and needed a safe environment. Only when I, as a partner or friend with professional knowledge, establish a harmonious relationship with the client, will I develop a sense of trust between her and me, and the whole treatment process will focus on her thinking and feelings, and I will have a full understanding and tolerance attitude, and be patient. Listening to her statement and making appropriate emotional responses to the content of the visitor's statement will help Xiaoyi express and expose herself as much as possible, fully experience the inconsistency of her emotions and self-concept, and expose this, It is possible to make counseling have the basis for success.

(2) Guide visitors to understand the value conditions for forming a false self. Visitors have discovered their anxiety, fear, anger, shame, and a series of emotions that are incompatible with their true self, but they can't find the reason. They hope that the psychological counselor will guide themselves and change the current situation. From the interviewer's data, the counselor analyzes how they use their energy to piece together meaningless life patterns, how they try to conceal their negative emotions, and how they put too much consideration into inappropriate positions which lead to high levels of anxiety. In the case mentioned above, I explored in-depth the emotions of Xiaoyi, and found that some life disguises and masks represent the false self of the visitor, and some beliefs and desires reflect the deep true self. After hard thinking and meditation, I realized that the visitor passed a certain value evaluation bridge, from the real self to the false self, and then guided the visitor to understand the effect of this value conditioning. Whether the counselor can accurately identify and comprehend this value condition is the key to whether he or she can open the door to successful counseling.

In the above situation, my good friend Xiaoyi was anxious and angry when she found me, and was a little embarrassed later, but at this time, she did not realize that she was in a certain degree of complicated and contradictory emotions. reason. Since I am a good friend of Xiaoyi, I have always understood her situation during this period of time-I am preparing for my next English speech contest. I also gradually discovered that what she really wanted at that moment

was to have enough time to prepare for the competition, but as she also notice that other girls around the Valentine's Day post photos of spending time with their boyfriends, and she felt that not spending with her boyfriend on this day is a very shameful thing in the eyes of others. Therefore, in order to piece together to realize this kind of meaningless and time-consuming life mode, she has many unnecessary worries, worries and even dissatisfaction and anger.

(3) Guide visitors to correctly perceive "false self" and "true self", explore their willingness to change, and guide their self-awareness. The counselor must grasp the information of the visitor, understand the nature of his experience, grasp the true feelings at the time, distinguish the true self from the false self, and deeply understand the contradictions between them. Then, the counselor should guide the visitors to understand together what the true self should be at that time and how it became a false self which was driven by some paradoxes or group public opinion, and may make the visitors lost themselves, doing things they didn't intend to. Adapting to the needs of others and living at the same pace, thus accepting and expressing a kind of emotion that was denied by the past. After the guidance of the instructor, the visitors may finally got the sense of his or her true self.

In the above situation, I pretended to follow the what Xiaoyi had intended to do—having a big fight and then breaking up--and led her to a series of follow-up specific actions when she broke up if she had a big fight: questioning her boyfriend why he didn't accompany her on the Qixi Festival, questioning whether he still loves her or not, deleting his contact information directly. I also guided her to consider how might her feel after the breakup, how to face the boyfriend after the breakup, and so on. This series of practical problems made Xiaoyi gradually calmed down. Xiaoyi admitted that she had not considered all these problems, and realized that she wanted to fight and break up is just a momentary impulse and anger, that is, this is her. Her "false self", her "true self" actually didn't want to break up with her boyfriend or even get angry, but instead prepared for her upcoming English speech contest with peace of mind, but the girls around her all showed up and published photos of spending Chinese Valentine's Day with their boyfriends, and under the collective opinion that "not spending time with my boyfriend on Chinese Valentine's Day is a humiliating thing that makes people unable to raise their heads.", she gradually lost her true self, and cast herself a lot of unnecessary psychological burden and pressure to myself because of a false self. But fortunately, Xiaoyi finally calmed down under my guidance. She understood that the most important thing for herself now is to actively concentrate on preparing for the game, not to break up, but to regain a sober and rational "true self".

## 5. Feeling After Counseling

The dialogue between Xiaoyi and I showed the gradual understanding process of both parties and the effective solution of the problem.

I accurately grasped Xiaoyi's real feelings about this incident before preparing for the competition, and realized the contradiction between her intention to concentrate on the game and the desire to maintain her dignity at this moment. This is the contradiction between the true self and the false self, and I implied this contradiction. To Xiaoyi, she also realized that quarreling with her boyfriend and even threatening to break up with him may satisfy the objective group public opinion, but it may negatively and irreparably impact the relationship between her and her boyfriend. She also realized aht only by focusing on preparing for the game can she meet the needs of her true self. After Xiaoyi calmed down and realized these, she decisively gave up the false self that almost broke the big event, and smoothly recovered her true self that could be self-fulfilled. This counseling process finally made her thoughts, emotions and personality progress in a direction conducive to her own development.

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