

# The Development of Psychological Counseling in Universities in Various Countries

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## Abstract

This paper mainly expounds the current status of psychological development of the university of countries all over the world, mainly from university counseling team construction, consulting and effect and so on were reviewed, found by comparing the study of contemporary countries around the world in terms of psychological ounseling effect of relatively weak, is the main direction of future study psychological counseling.

**Keywords:** Psychological Counseling. Psychological Counseling. Effect Counseling

## I. Introduction

University students are in the psychological weaning period, they lack of social life experience, psychological tolerance to setbacks and emergencies is relatively weak. If educators are not targeted to carry out psychological counseling, the students will have a serious rebellion, unable to achieve the purpose in advance. It is necessary to improve their psychological condition through correct psychological counseling activities, various psychological tests and diagnostic analysis.

Psychological counseling in universities can improve the psychological quality of university students. As a process of interpersonal communication, psychological counseling is conducive to the adjustment of university students' cognitive mode, thus changing their thinking mode and enhancing their psychological quality. Psychological counseling can also affect the orientation of university students' personality, guide students to correctly recognize and accept themselves, and thus cultivate a sound personality. Carrying out psychological counseling among university students can improve individual personality and enhance psychological adaptability to setbacks. Some studies have shown that psychological counseling is not only a kind of treatment for people with slight psychological problems, but also a kind of psychological counseling for healthy individuals. The United Nations World Health Organization defines health as "not only the physical absence of disability, but also a state of complete physical, mental and social resilience". Carrying out psychological counseling in universities is beneficial to maintaining the mental health of university students and promoting their all-round development in morality, intelligence and physique.

## 2. Overview of the development of psychological counseling in various countries

The research on psychological counseling has a long history, with theoretical research initiated by Freud, the founder of psychological counseling and treatment, and empirical research with scientific methods starting from the mid-20th century (Hill 8i Corbett, 1993).

### 2.1 Current situation of psychological counseling in American universities

University counseling in the United States began in the 1920s. At that time, the counseling service was mainly aimed at students of university age who enlisted in the army during wartime. Princeton was the first university to establish a mental health service, founded in 1910. By the late 1920s, at least 20 public and private universities had added mental health services. The American university psychological counseling center (CENTER) was formally established before and after World War II, which incorporated "emotional and social adaptation" as the training goal of universities and universities into the educational system. The United States is the origin of psychological counseling, psychological counseling in universities and universities is more advanced, the professional development of psychological counselors in universities and universities is more mature.

The United States has made mental health education in universities accessible to all students through systematic teacher training and workshops. American university psychological Counseling center provides students with basic services through the training of teachers engaged in student work. After the admission of freshmen, the counseling center provides about 70 to 80 workshops to help students adapt to university life. Psychological counseling in American universities and universities has a mature referral system. Relatively simple, developmental problems are in the charge of the university psychological counselors. If the visitors need to be solved for a long time or the psychological problems are beyond the service scope, they can contact the university cooperative institutions in the shortest time and smoothly refer the visitors to the relevant local institutions, such as medical institutions. In addition to this kind of "send out" professional support, American universities and universities also pay more attention to "bring in" professional support. For example, psychological counselors may invite psychological experts to assist their work when they encounter students' psychological problems in some aspects, such as depression, alcohol abuse, drug abuse, marital relationship, sexual psychology, etc. University counseling centers often work with medical institutions in the community or society, and psychiatrists work with counselors to determine which treatments are most effective.

#### 2.1.1 American University counseling team

American University Counseling Center is an integral part of the Department of Student Affairs. American University counseling center has three functions: first, it provides counseling and treatment services to students who need psychological attention; The second is prevention, enabling students to acquire life goal skills and educational purposes; The third is to create a humanistic campus environment that can promote the development and healthy growth of students. In order to achieve these functions, they have built a professional team of

psychologists, social workers, psychiatrists and others who work with students at American University counseling centers. This group includes professional staff and support staff, including counseling, counselor, Psychiatric nurse practitioner, psychiatrist, (with no qualifications), Fellow (Pre doctoral fellow, postdoc fellow) who must provide advisory services under supervision. Professionals every year to participate in school organization of 40 hours of training, and internal training center shall not be less than 20 hours a week at the community hospital for psychologists and psychiatrists lasted one hour training, because of that the United States finally created a highly specialized and the excellent work team has extensive practical experience. Support staff including reception and backstage service work, they should undergo professional psychological counseling training.

### **2.1.2 American psychological Counseling agency**

The confidentiality mechanism is highly valued in the United States, and there are relevant laws to protect personal privacy. In some cases of confidentiality exceptions, consultants must strictly abide by the confidentiality system to ensure the privacy security of visitors.

There are two main sources of funds for university psychological counseling: one is that part of students' tuition fees will be used as counseling funds; the other is that students' health insurance is another source of funds. For the working environment, each university has a psychological center of at least 600 square meters, dozens of office rooms, group counseling rooms of varying sizes, and a large student reception room with psychological publications for students to read. Professional psychological counseling staff will have their own office, counseling can also be conducted in the office.

It can be seen that psychological counseling centers in American universities have very good hardware conditions, which lay a good foundation for psychological counseling. Crisis Intervention Each dormitory area has an office of the counseling center to deal with problems in a timely manner. The office of the counseling center is also connected with the campus hospital to deal with emergencies, and the campus hospital and counseling center provide 24-hour emergency telephone service. Since the school's counseling center is only responsible for simple student development issues, there must be a sound referral mechanism. There are three conditions for referrals at American universities. One is faculty members with personal psychological problems; Second, professional institutions outside the school are needed to help solve students' problems; Third, it takes a long time to solve students' problems and they will be referred out. And the student's health insurance guarantees that the referral will not cost more. American university counseling center, sound mechanism, highly professional team, so that psychological counseling has been widely promoted, mental health education has been strengthened, the psychological quality of students has been improved. Therefore, the American consultation mechanism is worth our further study and reference.

## 2.2 The current situation of psychological counseling in British universities

### 2.2.1 Consulting teams at British universities

In British universities psychological consulting center also belonging to the Student affairs department, the psychological consultation center team members including full-time counselors, psychological center director, director, learning consultant, university students' mental health and university peer counseling consultancy, project officer, administrative support personnel, international student adviser. Among them are mainly full-time staff, auxiliary staff have temporarily hired psychological counselors and part-time staff. The UK's expert consulting team has high requirements for personnel and a high degree. Firstly, there is a very high threshold to be a psychological consultant in the UK. Generally, it requires a PhD in education or psychology, a BPS or BACP qualification, and an expert professor in the discipline of psychology or education. Second, university psychological consultant should be a member of a professional team; Third, it is fully professional psychological consultation in university and universities. The practitioners who carry out counseling in universities are all full-time, and the development mechanism of the practitioners has been formed. For example, the development of BACP members starts from student members and goes through preparatory member, full member, certified member and all the way to senior certified member. At least two years of working experience is required. Such a professional team will be divided into different roles. There are three aspects in the development of psychological counseling in Britain. One is the study consultant of the university, any problems related to study can go to study consultant there to consult, the specialization of study consultant will make study related problems get a good solution; Second, mental health counselors in universities are professionals who are used to help university students with common psychological problems in the process of growing up, such as depression and deteriorating interpersonal relationship. They adopt the working mode of on-duty and appointment to be acute and efficient. Three is a consultancy and placement coordinator, if some psychological problems are more serious, the school cannot solve need hospital treatment because when busy overwhelmed, but outside the hospital put briefly, some people refer to go out, will get groups or one-on-one tutoring during placement, these will have the chance in patients with psychological problems they will put this to ensure that they get timely treatment and do not interrupt their studies. Counseling and placement coordinators are qualified psychologists and social workers. British university psychological counseling center has such a high-quality and professional counseling team, and they have a clear division of labor, solidarity and cooperation, to provide better services for students, so that students can actively face psychological troubles, can successfully complete their studies.

## 2.2.2 British institution for Psychological Counseling

British university psychological counseling institutions generally belong to the Department of Student Affairs management, which usually includes departments with clear division of labor and high degree of specialization, such as "mental health counseling, counseling placement and coordination, and study counseling". Counseling centre at Cambridge university cater for all students and staff and are part of the Department of Health and Welfare; According to the severity of students' psychological problems, psychological counseling agencies can put forward relevant Suggestions to the teaching management department and interfere with teaching management tasks. There are two psychological counseling services in Oxford, one in the Department of Health and Welfare, the other for faculty and staff. The intervention mechanism of psychological counseling center is obvious. In the UK, the association with the greatest influence on psychological counseling is the British Association for Psychological Counseling and Psychotherapy, from which universities can get practical guidance and professional theoretical requirements for psychological counseling services. In order to establish a good relationship of trust between psychological counselors and students, psychological counseling centers generally work independently. In this way, they can not only serve students but also keep students confidential. There are strict confidentiality rules. At the same time, it has a mental health intervention and prevention system for students. In the UK, there is a law that stipulates that universities do not assume the obligation of students' guardian. If a student's condition deteriorates beyond control, the doctor on duty will be in place immediately, accompanied by a psychiatrist, qualified psychologists, social workers and help from outside institutions. The best treatment will be determined jointly by institutions such as outside hospitals and university psychological counseling centers. In this way, students can get better services, and there are great advantages in the way of multi-institution cooperation, which is the reason for the good development of psychological counseling in British universities. But because of the influence of culture, schools in the UK will not responsible for the students' individual behavior, in terms of the psychological consultation work of our discussion, students are hurt or a mental illness, in the case of the unknown, schools can not take any responsibility, even if the school found a problem, but the students don't ask for help or not cooperation, students will not be responsible for any problems school. In this way, although the rights and responsibilities seem to be clear, so that the interests of the school can be protected, but the school counseling center lacks the sense of responsibility and motivation to actively find problems and quickly solve problems, resulting in a passive response mode, which is the drawback of the British university counseling.

## 3. Current situation of psychological counseling in Australian universities

### 3.1 Australian universities advisory team

Australia has built its own university counseling centre in accordance with the standards of the International Association for Counseling Services. It also belongs to the Student affairs

department, but maintains close relationships and partnerships with other departments. Psychological counseling centers include positions such as psychological counseling professionals, directors, student assistants, auxiliary personnel, etc. The director generally holds a doctorate in clinical psychology and is responsible for the overall operation supervision and work assessment of the Centre. Professional psychological counselors generally hold a master's degree or above in this field and provide professional counseling and treatment services to students. The student assistant is responsible for making appointments for visiting students. The ratio of students to counseling center staff is about 1500 to 1. University psychological counseling professionals have clear requirements: these personnel must have counseling psychology, clinical psychology, social work and other professional master's degree or above, but also should have professional association review and issued by the professional qualification certificate. Professional association has a strict professional certification system, and to obtain the qualification of new psychological counselors on the job evaluation and assessment. Assess and monitor the effectiveness of the service so that the consultant's industry rules such as confidentiality are guaranteed. Such strict requirements and supervision mechanism have greatly improved the professionalism and quality of Australian psychological counseling teams and provided better services for students.

### **3.2 Australian institution for Psychological Counseling**

Most of the psychological counseling centers in Australian universities are located in the Student Support and Services Department. The psychological counseling center is a branch of the Student Services Department, which is independent and administratively neutral. Psychological counseling centers in universities not only face all university students, but also teachers. The goal of psychological counseling is mainly to help students cope with the pressure of university life, solve psychological confusion, and coordinate study, work and life through professional counseling services, so as to achieve students' own life goals. At present, the university psychological counseling center in Australia adopts the construction standard of the University psychological counseling center of the International Association of Psychological Counseling Services. Australian universities invest more in the hardware of psychological counseling, and the counseling space is relatively abundant. For example, the University of Sydney has 9 psychological consultation rooms and the University of Queensland has 6 psychological consultation rooms, which can basically receive 10 visitors every day. In addition, these psychological counseling institutions also have more books, computer equipment and other resources.

## **4. Current situation of psychological counseling in German universities**

### **4.1 The consulting team of German universities**

In the German psychological service center, he is mainly responsible for psychological counseling, academic guidance and employment guidance. In 1994, the German Federation of University Presidents suggested that for every 3,000 students there should be one

professional counselor specializing in psychological counseling, and that 5,000 to 10,000 students should have one qualified psychological counselor. In Germany, the professional level of psychological counselors is very high. There are specialized psychologist training institutions and plans to train psychological counselors for universities. Trainees have to receive 100 hours of professional learning. The regulations of each state are not exactly the same, but as a consultant generally must be a graduate student majoring in education, medicine or psychology, obtain the certificate of psychological consultant, and must be engaged in psychological consulting work for more than five years, have rich work and consulting experience. Such strict regulations guarantee the professionalism of the psychological counseling team.

## 4.2 German psychological counseling agency

German University student service centers exist independently and are open to students in the region. Meanwhile, some universities set up their own university student service centers, which are directly responsible to the President and serve all university students by combining with academic guidance and employment guidance. In the 1970s, some university student service centers in Germany were set up with government funding and were independent of universities. Currently, there are 56 university student service centers in Germany. In Germany, counseling services are provided by the government, schools or communities, and are free of charge. There is a clear line of responsibility between psychological counseling and psychotherapy in universities. If counseling is conducted for more than six times, the client will be evaluated and referred to a professional treatment institution. University counseling is mainly developmental and adaptive counseling, and the treatment of mental illness is not the main goal of university counseling. A clear division of labor makes it easier to achieve counseling or treatment goals.

## 5. Current situation of psychological counseling in Canadian universities

Canadian counseling emphasizes holistic health. The Health and Counseling Centre at Simon Fraser University, for example, explicitly states that its purpose is "to provide holistic Health care for students as they pursue their education". Counseling center in the popularization of mental health counseling, but also pay attention to the popularization of health knowledge.

### 5.1 Consulting teams at Canadian universities

The professional level of the consulting team is high. A qualified consultant must have good personal quality and accomplishment, solid psychology and counseling theory, counseling methods and skills, practical work experience and accept supervision. For example, counselors at the University of Toronto must have a master's degree or above in psychology and at least two years of experience in counseling. In addition to the above basic conditions, psychological doctors must have a medical education background and obtain a doctor's

degree in psychiatry in order to obtain the right to prescribe. In Canada, consultants must abide by the ethics and laws unique to the profession. Canada has a supervisory system for consultants. Canada has long advocated that university counselors are unapproved from multidisciplinary groups, that is, psychologists, human resource experts, professional therapists, speech pathologists, doctors and other group members.

## **5.2 Psychological Counseling agency in Canada**

The establishment of psychological counseling institutions in Canadian universities is relatively standard. Psychological counseling agencies are usually set up in the university student service center where the dean in charge of student affairs is located. For example, in the University of Toronto, the service center consists of 8 parts: Career Center, family Care Office, First Nation House, Counseling and learning Skill Service, International Student Cente, Health Service, psychiatric Service and dormitory management. Students in difficulty can get specialized tutoring in these departments. Psychological counseling services are not only included in the psychotherapy clinic, but also in most career centers, learning counseling and other places where there are full-time psychological counselors to provide counseling services for students. Psychological counseling fees as a small part of the tuition and miscellaneous fees, students do not need to pay additional psychological counseling. The effectiveness of psychological counseling center is evaluated by students, schools and other aspects as a reference for the next year's counseling work.

## **6. Current situation of psychological counseling in Japanese universities**

In the 1950s, influenced by the United States, Japanese universities started psychological counseling work. It is mainly to aid and support university students' problems in study, psychology, development and society.

### **6.1 Japanese university psychological counseling team**

In Japan, most of the staff engaged in the psychological counseling work for university students are university students, and many psychological counseling agencies are also attached to the student work department. Through continuous development, a team of psychological counselors has been formed, which is composed of psychology, pedagogy, medical workers and students. Universities psychological counseling institutions to consult in addition to students, there are parents, teachers and other groups. In addition to mastering psychological theory and technology, sociology, pedagogy and other knowledge, university psychological counselors must also learn various psychological and behavioral test methods, abnormal psychology, counseling relationship, psychological test and evaluation and other professional knowledge, so as to improve their professional level.

### **6.2 Japanese university psychological counseling institutions**

The University of Tokyo was the first to set up a counseling studio in Japan in 1953, and since then, some state universities and private institutions have also set up their own counseling rooms. In Japan, many institutions of psychological counseling are attached to the

student work department. In university's and universities, the person in charge of student work department promotes the psychological consultation of university students. Among them, 62.9% of the ministers of Student Affairs department and 7% of the chief of Student section all participated in the promotion work. In 1992, 78 percent of Japanese universities set up psychological counseling institutions for university students, which is an important part of higher education.

## **7. The current situation of psychological counseling in Chinese universities**

### **7.1 Psychological counseling team**

In China, mental health education is closely combined with students' ideological and political education, subordinate to student affairs, and is part of the student system. The same is true in most foreign countries. Mental health education is carried out by institutions, whether counseling centers or psychological departments of school hospitals, but the director is still the Student Affairs Department. However, it is not difficult to see that although mental health education in Chinese and foreign universities is related to student affairs, the functions of its institutions are obviously different. According to the survey, in China, the focus of psychological counseling is to provide students with mental health education, similar to political courses, lectures, quality development activities and other forms, followed by providing psychological counseling services. In Tsinghua University, for example, there are about 26,000 students, and the average number of students using the psychological center is about 1,000 each year. Meanwhile, the counseling center offers 18 courses and 60-80 lectures every year, with about 26,000 students participating. But according to the investigation data abroad, the focal point of university psychological consultation institution is to carry out individual psychological consultation. For example, Stanford University in the United States has an enrollment of about 16,000 students. On average, more than 8,000 people come to the psychological counseling center for help every year, of which about 1,500 use the counseling center. The role of the full-time staff in The Chinese psychological counseling center is more like a teacher, focusing on the mental health education of all students, while the role of the full-time staff in the foreign counseling center is a psychological counselor, providing individual psychological counseling services for students. From university counseling team composition and its professional perspective, China's university counseling center personnel specialization is a historical stage of development, the early Chinese university mental health education team composition is mainly from the ideological and political education work, with the development of professional education of mental health, psychology, also more and more graduates choose to enter the team. But their work scope is relatively wide, not only to teach the course of mental health education, but also to provide psychological counseling, some schools also need to assist students to organize the development of student quality activities. At present, most of the psychological counseling workers in Chinese university's and universities have a master's degree or a doctor's degree in psychology, and even those who

transferred from ideological and political education have received training in psychological counseling on their posts. While in foreign universities, especially drawn up by the international association of counseling psychology at the university counseling center identification standards of countries (the United States, Canada, Australia, etc.), personnel engaged in university counseling at least clinical psychology, counseling psychology, a psychiatrist or a master's degree in social work and so on, and internal agency at least to configure consultation center director, professionals in psychological counseling, psychological counseling support staff positions, etc. In the United States, for example, the American University Psychological Counseling Association stipulates that there is one psychological counselor for every 1000-1500 students. Moreover, the members of the university psychological counseling institutions are composed of psychologists, psychiatrists and social workers with strong professional backgrounds, while the director of the counseling center requires a doctor's degree. They have gone through the process of internship, internship, examination license, job entry and so on, which ensures the professional level of providing individual psychological counseling for university students.

## 7.2 Psychological counseling agency

Since the beginning of psychological counseling in universities in China, although there are no lack of psychological counseling institutions, the standards are not uniform, from the name, equipment configuration to the institution subordination are inconsistent. In addition, as a result, the equipment configuration and hardware facilities of psychological counseling institutions in universities fall far short of the requirements, which will naturally affect the professional level of employees in the institutions. In addition, as an important part of higher education, psychological counseling in universities in China is closely related to ideological and political education in both its theoretical basis and mode of implementation. This preventive mode of work has almost become a feature of psychological counseling in universities in China. These are different from the situation of the overseas university psychological counseling institutions. In the countries represented by the United States, Canada and Australia, the university psychological counseling institutions are strictly implemented in accordance with the accreditation standards of university psychological counseling centers formulated by the International Psychological Counseling Service Association in terms of quantity, quality and institutional functions. The staff in the institution is composed of psychologists, psychiatrists, social workers, etc., with strong professional and clinical reception ability. Different from the characteristics of popularizing mental health education in China's university psychological counseling institutions, foreign counseling institutions pay more attention to individual psychological counseling. Due to the large number of practitioners and high level of specialization, the number of students' visits far exceeds that of Chinese universities. This also shows that treatment is the primary function of foreign psychological counseling institutions, followed by prevention, which is obviously different from China's psychological counseling institutions.

## Conclusion

To sum up, the current research on psychological counseling in colleges and universities abroad mainly focuses on the operation of institutions, such as the establishment of psychological counseling centers, the scope of counseling, counseling costs, training and guidance of counselors, the techniques and theories used in counseling, and the evaluation of counseling effects. However, there are few and not comprehensive studies on the effect of psychological counseling in colleges and universities. Therefore, it can be seen that the research on the effect of psychological counseling in colleges and universities around the world is still a weak link so far, which is also one of the main directions of our future psychological counseling research.

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