

Abstract

Title – Effective Theories and Techniques for Counseling Clients from a Chinese Background

Program of Study – Modern Languages

Presentation Type – **Choose one of the following:** Physical Poster

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Mentor(s) and Mentor Email – Dr. Yan Xie (yxie@liberty.edu)

Student name(s) and email(s) – Amie Rapp (anrapp@liberty.edu)

Abstract: This research will show the theories and techniques that have proved to be effective in mental health counseling for those from a Chinese background. There is often a stigma in this culture surrounding mental health help, making it challenging for those who need it to both recognize their need and to seek out help. Since mental health challenges are often viewed as a sign of personal weakness, it is essential for counselors to understand and implement theories that will be most effective for this people group. One theory that has been proven to be effective is the Adlerian theory of individual psychology. This theory focuses on how the individual is a part of the greater whole of society, something that is an important aspect of Chinese culture. It also looks at how individuals strive to be competent in the eyes of society, rather than inferior. As this culture is more collectivistic, counselors must integrate the roles of society and family into their techniques. It is also important for therapists to be aware of their specific behavior in counseling sessions, such as being more soft-spoken and indirect in their speech. This will create an environment where clients feel more comfortable and are able to better open up to their counselor.

Christian Worldview: My Christian worldview is an integral part of my desire to study this topic. Since nearly one-fifth of the world's population is Chinese, they also make up a large

portion of the world's unreached people. I desire to live out the Great Commission through the field of counseling, particularly with those from a Chinese background. It is evident throughout scripture that the Lord cares for each individual culture specifically and that diversity is something that He values. As every individual is created in God's image, knowing how to interact with them well will be glorifying to the Lord. In the New Testament there are many examples the gospel being contextualized for different people groups, such as in Acts 17. Counseling is similar in that it should be contextualized to each cultural group, in order to give them help in a way that is beneficial for them. Within culture as a whole, researching this topic will give counselors working with Chinese people a better understanding of how best to counsel them. Multicultural awareness is an ethical mandate in the counseling field, which is why studying this will help Christian counselors to excel in their field and be more aware of their clients' needs.