Application Research of Psychosocial Therapy Model in Psychological Rehabilitation

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Abstract
Nowadays, with the development of society, psychological problems have become more serious. Research on psychological issues has become a focus in many areas including psychology and clinical medicine. At present, the research mainly focuses on the field of medical rehabilitation. There are few studies on the study of psychological rehabilitation alone. Most of the research pays attention to the physiological rehabilitation of human beings, and it is easy to overlook the importance of psychological rehabilitation of patients. In order to solve the related problems of psychological rehabilitation, this paper proposes a model based on psychosocial treatment to rehabilitate psychological problems. Research in the field of social work is also concentrated at the macro level. This situation makes us ignore the importance of psychological rehabilitation. Its understanding is only superficial and unprofessional. It is only a specific type of rehabilitation need, and even as a way to help guide it, it ignores the importance and uniqueness of professional intervention in social work. This paper mainly uses literature research method, field research method, case study method and interview method. Through the testing of psychosocial treatment models, the individual's social relations are improved; the elimination of individual interpersonal communication barriers, the relief of psychological stress and the improvement of adaptive ability are promoted.

Key words: Psychosocial Treatment Model, Psychological Rehabilitation, Social Work.

La Investigación Sobre la Aplicación del Modelo de Terapia Psicosocial de Rehabilitación Psicológica

Resumen
En cirugía clínica, especialmente en cirugía mínimamente invasiva, tanto la manipulación intuitiva como la retroalimentación directa de la fuerza son factores críticos. Para diseñar un robot quirúrgico mínimamente invasivo (MIS) con ambos, se propuso un nuevo modelo de trabajo del sistema de robots MIS y se construyó un robot MIS especial por cable. Basado en el método de compensación de movimiento inverso, se estableció su modelo de desacoplamiento. A través de los ángulos de detección del mecanismo de cambio rápido (QCM), se analizó su trayectoria de movimiento. El experimento de verificación mostró que el robot MIS accionado por cable tenía una buena maniobrabilidad intuitiva y retroalimentación de fuerza directa. Este estudio es de cierta importancia para mejorar el funcionamiento intuitivo del robot MIS, mejorar la precisión de la operación y acortar el tiempo de entrenamiento para cirujanos mínimamente invasivos.

Palabras clave: Robot Quirúrgico Mínimamente Invasivo, Manipulabilidad Intuitiva, Retroalimentación de Fuerza Directa, Compensación de Movimiento Inverso, Análisis de Movimiento de Desacoplamiento.

1. Introduction

The concept of psychological rehabilitation service comes from the research of rehabilitation psychology. In the historical changes and the development of social, political and economic development, it gradually expands into the practice of covering various diseases and communities. The original intention of rehabilitation psychology research is to hope that a group of professionals with considerable academic level and practical ability can be transferred to clinical service and educational research through publicity and education of related science. The first line of academic practice was the original mission of the American Rehabilitation Psychology
Society in 1956. In short, the service is based on psychological theory and research methods, knowledge and practical guidance, and through psychological interventions for the psychological problems of the client, to improve the mental health of all, and the social group (mainly non-healthy people) as the ultimate goal of the service provider.

At present, the international research on psychotherapy has shifted from the past focus on whether psychotherapy is really effective. The focus of this study is to focus on the study of the reasons for the effectiveness of psychotherapy and whether this treatment is effective for the same type of problem or patient [1-5]. In recent years, according to the domestic literature on the psychological treatment of various types of literature, the growth trend of spurt type has been presented, which is involved in various treatment methods [6-8]. Although the development of psychotherapy in China has been very rapid in recent years, compared with the international level, the level of research is still at the initial stage of the international research level in the same period [9, 10]. It is undeniable that there is still a gap between China and developed countries in the world, but research on psychotherapy has been innovative in recent years [11, 12].

Along with the rapid development of society, many people have different levels of mental illness. This paper proposes a psychological rehabilitation model based on a psychosocial treatment model. However, for such a special group, mental illness is the first problem to be solved [13-15]. The recovery of mental illness can enable them to integrate into society better and faster and better enjoy the social fairness and social material civilization achievements. The main cause of psychological problems comes from obstacles or diseases in the body or organs. Psychosocial work is an important area of social work. Social work, as a highly operational discipline, should make a difference in this field [16]. This study attempts to intervene in patients' psychological problems from the perspective of social work, using psychosocial treatment mode, combined with the universality and particularity of psychological problems, trying to conduct in-depth analysis and research from the micro level of psychosocial treatment mode [17, 18]. For psychosocial work to help solve psychological problems, psychosocial work involves psychological rehabilitation services, focusing on analyzing the core and causes of the case, analyzing the content of psychological rehabilitation, and gradually exploring the research methods suitable for the case [19-21]. Its purpose is to help patients overcome psychological problems, improve their self-awareness, build self-confidence and self-identity, improve their interpersonal skills, and enable them to integrate into community life as soon as possible.

This study first systematically combed relevant literatures on social work; psychological rehabilitation services and psychological interventions at home and abroad, selected a community in a certain city to conduct field research and research, and actually participated in psychological rehabilitation services in the community [22, 23]. Obtained the first information, interviews and participatory observations were used to comprehensively understand the universality of psychological problems in the community and analyze the causes. Based on this, we have a detailed understanding of our protagonist Wang [24]. In this interview, we mainly carried out a comprehensive understanding and record of the physiological state, mental state, interpersonal communication and community integration of people in the community. We also have a solid theoretical foundation, such as “human feelings” theory, social system theory and psychoanalytic theory. Finally, we adopted a psychosocial treatment model to carry out our social work and evaluate the involvement and effectiveness of social work.

2. Method

This paper aims to use the professional knowledge and professional skills in social work, psychology and other aspects to conduct an in-depth investigation of the actual situation of community psychological problems. The process is shown in Figure 1. From the perspective of social work, explore how to carry out scientific rehabilitation of psychological problems, and try to use psychological and social treatment intervention methods to solve psychological problems, mainly from the following three aspects: self-power, interpersonal skills and community integration and is suitable for the social working methods of such groups.

2.1. Data Collection Methods

Interview method: This study used semi-structured interviews, planned in advance, and agreed in advance with the interview. Before the interview, social workers will be prepared and draft a simple interview outline. In the actual interview. The content of the conversation is not required to be limited to this outline. For questions or unexpected surprises in the interview, we will ask for more time and carefully discuss the issues with the interviewees to get more useful information. The interviewee was selected as the representative of the community and his family to be investigated. Interviews with community representatives and their families can be used to understand the psychological problems that prevail in such groups. Through unstructured interviews with family members, we can understand the specific causes of individual psychological problems in such groups. Provide a scientific basis for the intervention of the next phase of social work professional theory.
Participation in observation: I took this opportunity to participate in this meaningful psychological rehabilitation activity. In order to understand their situation more concretely, in a timelier and more comprehensively, I often go to the community to communicate with them and let myself participate in everything. On this basis, we analyze the social needs and psychological problems of such groups. On the one hand, they have a preliminary understanding and understanding of the community environment, the family environment and the attitude of the community residents; on the other hand, they can better understand the service process and services of social work better and more comprehensively. Always be vigilant about participating in activities and attitudes towards delivery, and improve yourself by participating in your own situation.

2.2. Practical Research Methods

This research adopts the research method of action research practice, with particular emphasis on seeking truth from facts and obtaining truth through its own practice and research. Throughout the research process, social workers are the process of combining research and practice, identifying research topics, and developing work plans. The action plan, through the evaluation of the results of the action and the scope of the objectives, continuously reflects, adjusts and improves the solution, improves the quality of service, and finds the most effective way to change the status quo. This type of research is very suitable for our research in practical problems. This study aims to explore people's psychological rehabilitation services and their abnormal behavior. Therefore, this study belongs to the scope of qualitative research.

For the protagonist Wang mentioned above, our research chose the case law to intervene. The service model of case work is a one-to-one targeted service model, face-to-face service, combined with personal development, interpersonal relationship and other professional knowledge and technology, through psychological adjustment and environmental improvement, tap the potential of self-centered, enhance their ability to adapt to the environment and We help the protagonist solve the practical problems they encounter and increase the service of the protagonist's welfare. Casework focuses on improving the way and behavior of self-discipline at the micro level, helping individuals or families solve this problem and prevent new problems from emerging. Unlike census and sample surveys, case surveys only require one or several cases to be selected.
After communicating with the protagonist for a period of time, you can get a lot of first-hand information. Through these first-hand materials, we can further study. In practice, we choose a psychosocial treatment model to provide services to clients. The psychosocial treatment model is influenced by many theories and integrates itself according to the advantages of these theories to form an independent model. The model believes that the confusion caused by the case is mainly caused by three factors: physiological factors, psychological factors and social factors. However, social workers have the responsibility to guide the protagonist out of the shadow of self-psychological and bravely express his inner thoughts, thus solving the problem of the protagonist's psychological existence. In this process, social workers can also combine their own professional knowledge and skills to more scientifically encourage open cases and improve their interpersonal communication.

In this study, Wang, a patient with mental illness, used a large amount of first-hand information obtained during the interaction with the protagonist Wang to analyze the causes of the psychological problems of the protagonist and to find a case in combination with the social work mode of the psychosocial treatment model. Through research methods, good results have been achieved, helping the protagonist Wang to overcome psychological problems, improve self-ability, strengthen interpersonal communication, and integrate into community life as soon as possible.

3. Psychosocial Treatment Mode Intervention Practice of Psychological Rehabilitation Service

3.1. Selection of Case Work Mode

In response to the characteristics of the protagonist's psychological problems and the need for rehabilitation services, this study chose psychosocial treatment models to serve them. The psychosocial treatment model is an independent model formed by various theoretical advantages such as comprehensive social system and role theory and psychoanalytic theory. Mainly through the psychological counseling of the case, let the protagonist show the true heart, and give him more professional help in various ways. Social workers will combine work and practice processes to develop work plans and action plans, provide one-to-one, face-to-face service methods to customers, and actively seek the most effective treatment. To this end, we can use the accumulated experience in the social work of the case, through multiple self-assessments, gradually adjust and improve the treatment plan, improve the quality of service, and seek the best solution. On this basis, according to the characteristics of the psychosocial treatment model, from the intervention of the protagonist and the surrounding environment, through the resources around the protagonist's protagonist, including social roles such as parents, families, neighbors, friends and communities to achieve service goals. In this practical activity, we skillfully used this model, and finally the master successfully solved the problem. This study uses the psychosocial treatment model to rehabilitate the protagonist Wang's mental illness, which not only reflects the practicability and superiority of the model in the practice of psychological rehabilitation services, but also accumulates and promotes the development of relevant theories.

3.2. Characteristics of Psychosocial Treatment Model

The psychosocial treatment model is a traditional method commonly used in social work service process, and it is also one of the various basic theoretical analysis models in case work. Its main features include: First, based on the “human feelings” theory, in the specific case analysis, fully consider the influence of various factors on people's different life scenes and different identity plays, not just one-sided manifestation in the protagonist itself. Second, we must fully understand the past of the protagonist, not just the present. According to psychoanalytic theory, people's past experiences have more or less influence on the present. Third, consider the impact of interactions between other people and the protagonist on the case. According to the theory of interaction, people live in society, and it is inevitable to get along with others and develop their own social relationships. Fourth, part of the psychosocial treatment model also includes self-psychology. Social workers should see the potential power of the case protagonist and better address his problems by tapping into these potentials. In short, the psychosocial treatment model absorbs the essence of public theory and strives to provide the best service to the protagonist. Treatment skills: There are usually two major categories, direct and indirect. Direct treatment techniques are divided into two types: non-reflective and reflective. In the non-reflective direct treatment technology, social workers are in an active position and will provide the necessary services to the protagonist. On the contrary, when the protagonist is in a relatively passive state, he can only accept the services of social workers. Reflective direct therapy is very different from non-reflective direct therapy. In this technology, more attention will be paid to communication and communication between the two parties, and in this process, the protagonist will be guided to analyze his own problems. Indirect treatment technology is mainly aimed at the surrounding environment of third parties other than social workers and case protagonists, as well as the surrounding environment of the case protagonist, trying to indirectly influence the case protagonist by improving the work and environment of the third party. Although indirect treatment techniques cannot directly
serve the protagonist of the case, its impact on the protagonist of the case is still very important. According to the above characteristics, social workers should adhere to the following seven principles in the process of using psychosocial treatment models: acceptance principle, individualization principle, confidentiality principle, non-critical attitude principle, consistency principle, party self-determination principle, and control the principle of emotional response.

3.3. Psychosocial Treatment Model Involved in the Practical Process of the Case

(1). Establish a working relationship with the client.
(2). Diagnose the psychosocial data of the client.
(3). Determine service goals and develop service plans.
(4). Intervention of psychosocial treatment model.

4. Conclusion and Analysis

4.1. Target Achievement Measurement

The measurement of the achievement of the target is mainly reflected by the achievement of the goal achievement level scale and the degree of rehabilitation of the psychological problems before and after the social work intervention. The expected time to achieve the target is compared to the actual completion schedule (Table 1).

<table>
<thead>
<tr>
<th>Level of forecast results</th>
<th>Goal 1</th>
<th>Goal 2</th>
<th>Goal 3</th>
<th>Goal 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dislike results</td>
<td>Life without goals</td>
<td>Relationship with parents is still cold</td>
<td>Lack of confidence in life,</td>
<td>Recipients maintain the status quo</td>
</tr>
<tr>
<td>Worse than expected</td>
<td>Recipients fall into the dilemma of choice and give up life</td>
<td>Relationship with parents deteriorates</td>
<td>Recipients completely lose confidence in life</td>
<td>There is no corresponding social resource to promote the behavior change of the recipients</td>
</tr>
<tr>
<td>Expected level of success</td>
<td>The behavior of the recipient changes, and the career goal is clear</td>
<td>Improved relationship with parents and formed intimate interaction</td>
<td>Life confidence and ability to cope with similar dilemmas</td>
<td>Gain certain social support</td>
</tr>
<tr>
<td>Better than expected</td>
<td>Recipients identify career goals in the middle of actual service</td>
<td>Recipients form intimate interactions at the beginning of the service</td>
<td>Form a better ability to cope with difficulties</td>
<td>Gain social support, clarify career goals, and act</td>
</tr>
<tr>
<td>Most enjoyable result</td>
<td>Recipients define career goals and act immediately</td>
<td>The relationship between the recipient and the parent returns to the former intimacy</td>
<td>Form a strong ability to cope with difficulties</td>
<td>Gain social support and success in career choices</td>
</tr>
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When we review and summarize the entire intervention process, we will find that the protagonist's positive performance has penetrated into many aspects such as cognition and behavior, and the case can also improve the protagonist's handling of negative emotions. People also clearly felt the changes of the protagonist. He is very
active in all aspects. He also uses online chat and face-to-face conversations to help people with similar experiences with himself dare to face their own psychological problems, regain confidence and integrate into society as soon as possible. The parents and friends of the protagonist also actively change the way they care about the protagonist. In addition to daily life care, I walk with the protagonist every day or communicate with the protagonist before going to bed. In the later life, the protagonist became more and more talkative and cheerful, the psychological quality of the whole person was obviously improved, and the field of irrational cognition and negative reaction changed, making Wang find him finding himself in life and realized it. Your own life value.

4.2. Comparison of the Psychological Rehabilitation Effects of the Case before and after the Intervention of Social Work

![Figure 2. The number of emotional out of control of the protagonist before and after the intervention](image)

**Table 3. Comparison of the effects of psychological rehabilitation before and after intervention**

<table>
<thead>
<tr>
<th>Degree of rehabilitation</th>
<th>Before social work</th>
<th>After social work intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-awareness</td>
<td>Have a strong sense of inferiority and loneliness, do not report hope for the future</td>
<td>Basically overcome the psychological problems, self-confidence and self-identity are basically established</td>
</tr>
<tr>
<td>Communication ability</td>
<td>Fear of contact with others, fear of being discriminated against and ridiculed by others, fear of the outside world</td>
<td>After several attempts, not only have a few friends in real life, but also many friends in the online world.</td>
</tr>
<tr>
<td>Home system</td>
<td>Family members have no hope for the client, just hope that the client is alive and well.</td>
<td>Through the intervention of the parents and grandmother of the case, the family members encourage the client and support the project owner to participate in project planning and implementation to help more patients with mental illness and realize their own value.</td>
</tr>
<tr>
<td>Community integration ability</td>
<td>Not at home, afraid to participate in community activities, the scope of activities is limited to home</td>
<td>Has been basically integrated into community life, interacting with community residents more and more frequently, and participating in community planning and implementation of disabled people's projects</td>
</tr>
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4.3. Evaluation Results

Through interviews with the protagonist Wang and the people around him, as well as the psychological and rehabilitation effects before and after the protagonist's service, we can easily find out: First, the protagonist's mentality has changed a lot, and the mental state has become better. Confidence and self-identity are
significantly enhanced. Second, the protagonist is willing to actively contact others, be willing to communicate with others, and actively help others. Explain that interpersonal communication is effective. Third, the protagonist proposed and implemented the “intimate friends’ online communication” activities through personal participation in project planning. Use their own professional knowledge, use QQ, We Chat and other chat tools to help people around them get rid of psychological problems, let others learn from him not to abandon the spirit of not giving up, but also let others see the results of psychological rehabilitation and establish their own backbone image Inspire more people to build self-confidence, get out of the house and integrate into society as soon as possible. Through the intervention of the protagonist's social work case, Wang's psychological problems and negative emotions were transferred, which significantly enhanced his self-confidence and self-identity, and his interpersonal skills and status were significantly improved, and his integration into the community was effective. The result. After discussing with the professional supervisor, the staff determined that the case work service has met the needs of the protagonist, and has achieved the service goal and can be closed.

5. Summary

Social work interventions are effective in the psychotherapy process. Through the analysis of the behavior and causes of mental patients, the psychosocial treatment model in case social work is adopted. Interventions at the psychological, physical, and social levels provide psychological services, support, vent negative emotions, and analyze internal psychological dynamics. Through the protagonist case work, from the case of taking cases, establishing professional relationships, problem prediction, formulating service plans, implementing plans, and closing the case to evaluate a complete practical process, help the protagonist to re-find the new value of self and rebuild life in the grief of losing his son. The new meaning. At the same time, influenced by the “personal” psychosocial treatment model, social interaction is gradually restored through the integration of homogenous groups. Although there are certain defects in the adaptability of psychosocial treatment models due to differences in culture, reality and religious beliefs, it is also an effective attempt to help mental patients get out of the predicament.

This study involved psychotherapy from the psychosocial treatment model of case work. Although it is more innovative than before, there are still some shortcomings and improvements in the way it works. First, when selecting a research subject, the protagonist of this case is a male mental patient. Under the gender differences in social construction, regardless of whether there is a difference in mental health between men and women, subjective judgments are made on the choice of cases. Second, the research method of this study chooses psychosocial treatment mode to intervene. The model has achieved certain effects in psychotherapy and also reflects the lack of adaptability of psychosocial treatment. At the same time, whether other models are more targeted. Solving the problem of the case, that is, continuous practice in the selection of the model; third, the research ability is still insufficient. Due to lack of experience and professional ability, we continue to learn and improve in the course of practice. The ability to help the protagonist link resources is limited, especially to help mental patients return to the community to live a little weak. Practical research is different from theoretical research, and practical research has higher practical ability requirements for researchers. The process and results of the research results are responsible for the protagonist of the case and are responsible for the profession.

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References
