

# A Case Study on Integrated Intervention of Postgraduate Exam Adjustment Anxiety Using the Big Six Personality Technology

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**Abstract:** This case report focuses on a senior student's anxiety and depression caused by his failure to achieve the expected results in the postgraduate entrance examination and facing the choice of adjustment. The clients showed significant symptoms such as procrastination, insomnia and self-denial. The consultation adopts the integrated intervention scheme, and carries out the dynamic assessment and structural analysis of personality with the International Big Six Personality Technology (localized Jung's psychological prototype theory) as the core, to identify the core conflict of the imbalance between the "perfect self" and the "real self" of the interviewers; it is supplemented by cognitive behavioural therapy (CBT) to adjust their unreasonable beliefs, short-term focus solving technology (SFBT) to find their own resources, and cooperate with hypnotic meditation for emotional relaxation and resource integration. After systematic consultation, the emotional state of the clients has been significantly improved, their self-cognition has become more realistic, and their action ability has been improved. The results show that the Big Six Personality analysis technology based on the cultural adaptive personality prototype can quickly and accurately locate the psychological conflict, and combine CBT, SFBT and hypnosis technology to achieve efficient intervention, which provides a new practical path for the development of psychological problems in colleges and universities.

**Keywords:** International Big Six Personality Technology; Cognitive Behavioral Therapy; Solution-Focused Brief Therapy; Hypnotherapy; Personality Integration

## 1. Introduction

International Big Six Personality (IBSP) is a new psychological counseling technology based on

Jung's prototype theory, which was created by Wu Yuebo, a Chinese psychiatrist and clinical Psychologist, and his team In 2017[1][2]. Wu Yuebo elaborated on the theoretical framework of this technology and analyzed some application cases in his book "Big six personality heart reading Card" edited by Wu Yuebo [3]. Research shows that the International Big Six Personality technology can well help clients understand their own personality status, as well as the inevitable trend and causal link of the occurrence and development of the events they experience, so as to obtain certain introspection, and promote clients to examine and change their beliefs and goals, and change unreasonable cognition [4].

As a new psychological theory and intervention tool, the International Big Six Personality technology is still in its initial stage of application in domestic academic research and clinical practice.[5] Through the retrieval of CNKI database, it is found that there is no precedent for empirical research or case report on this technology. This case report takes a female college student's anxiety caused by the adjustment of the postgraduate entrance examination as the breakthrough point, analyzes the influence of her native family interaction mode on her personality structure and emotional state, and systematically presents the process of Therapist s' integrating the use of Big Six Personality technology and other psychological intervention methods to help clients adjust their personality state and relieve emotional distress, in order to provide preliminary case reference and practical enlightenment for the application of this technology in local psychological counseling practice[6].

## 2. Basic Information of the Case

### 2.1 Basic Information

The Client is Little Y, female, 22 years old, Han nationality, a senior majoring in liberal arts, 158

cm tall, moderate in stature, good in character and clear in language expression. Little Y has a sister. Her parents' expectations of both sisters are relatively high, and her mother has a higher evaluation of her sister. She is under pressure compared with her sister. The family has a certain amount of economic pressure. Recently, due to poor learning status, communication with parents is not smooth. The Client made an appointment through the phone of the school mental health center and took the initiative to adjust the time to come to the psychological counseling room. The Client Little Y has signed the informed consent form when consulting, and has informed and agreed to use this case for thesis research.

## 2.2 Client Complaints

Chief complaint: I came for help because of continuous depression, decreased learning efficiency, anorexia, poor sleep and other problems in the preparation stage for the postgraduate entrance examination and the second round examination. After the college entrance examination, he was admitted to a college after the second reading. He was arrogant and tried his best to prepare for the postgraduate examination. His initial test score was about 330 points. He did not reach the national line of area a, but only crossed the line of area B. at present, he is actively striving for the opportunity of adjustment and preparing for the second examination.

Personal statement: due to the low degree of recognition of their undergraduate education, they place high hopes for future development on the success of the postgraduate entrance examination, resulting in significant psychological pressure. Recently, due to the uncertainty of dispensing, the pressure of re-examination and the lack of understanding of family members (especially compared with the younger sister), the self-conscious emotional distress has intensified, manifested as anxiety, reduced self-worth, depression and irritability, accompanied by physical symptoms such as decreased sleep quality and loss of appetite. Affected by emotional and physiological state, learning focus and task starting efficiency are significantly reduced, and a vicious circle is formed.

At the cognitive level, the clients have obvious negative automatic thinking, such as irrational beliefs such as "hopeless adjustment shows that

they are too useless", "must pass the examination to be able to afford their own efforts", "I am always inferior to my sister"; The main emotional manifestations are anxiety and self-deprecating tendency, and there are conflicts and avoidance to family communication; In terms of behavior, there are maladaptive behaviors such as procrastination tendency, retaliatory use of mobile phones at night, and avoidance of re-examination preparation.

## 3. Case Assessment and Conceptualization

### 3.1 Traditional Case Assessment

Little Y recently sought psychological counseling due to academic pressure and anxiety about the uncertain future. According to the preliminary assessment, Little Y is healthy and has no serious personality disorder, but his anxiety and depression are obvious. Combined with the self-rating Anxiety Scale (SAS) and self-rating Depression Scale (SDS) tested in a psychological group not long ago, Little Y scored 58 points in SAS and 61 points in SDS. It is preliminarily judged that it belongs to anxiety symptoms caused by long-term potential depression. The mental status of y mainly showed inferiority complex, anxiety and emotional instability.

In terms of physiology, Little Y stayed up late, with poor sleep quality, poor appetite and reduced learning efficiency, which affected his daily life and study. In terms of communication with people, Little Y also has less contact with classmates and friends. When contacting and talking with friends, Little Y was confused about his studies and future, and showed obvious anxiety; When contacting family members, they are particularly depressed, resulting in anxiety and depression.

### 3.2 Big Six Personality Card Test and Evaluation

The traditional assessment will involve the use of many scales, such as the self-rating Depression Scale (SDS), the self-rating Anxiety Scale (SAS), the self-esteem scale (SES), the general self-efficacy scale, and the Wallace self-concept scale (WSCS). [7] The questions are numerous and complex, which is brain-burning and takes more time to fill, and some clients are also more resistant. Using the Big Six Personality card test, you only need to easily arrange the card order, and you can get the

result in 3 minutes, which is easy to understand. The card scores of Little Y are as follows: highly sensitive I (17 points), harmonious I (11 points), happy I (10 points), perfect I (6 points), authoritative I (1 point), realistic I (0 point).

Archetypal Analysis: the main personality type of the Client is the sensitive self (the injured archetypal), which is manifested by emotional internal friction and excessive reflection; The second is the harmonious self (monk prototype), which shows passivity and compromise. The perfect self (thinker prototype) contains the academic obsession of "must be perfect"; If the real self (warrior prototype) is absent, then the action force is missing.

Dimension imbalance: the "perfect self" and "realistic self" of the thing dimension are unbalanced, showing the core conflict between ideal and reality; the "sensitive self" and "realistic self" are unbalanced, showing the deep-seated internal conflict in emotion and action, and the potential of execution is not activated. Judging from this, Little Y is an anxiety symptom caused by long-term potential depression. This is the same as the traditional test evaluation results, but the use of Big Six Personality technology is more in-depth and specific to the cognition of the clients.

### 3.3 Case Conceptualization

The anxiety and depression of the Client Little Y are caused by the long-standing internal personality conflict and the bad family interaction mode, which are mainly reflected in the following three levels:

(1) Internal personality system imbalance:

The Big Six Personality assessment showed that the Client's "highly sensitive self" (17 points) and "harmonious self" (11 points) were dominant, accompanied by the persistence of "perfect self" (6 points) and the absence of "real self" (0 points), forming a dynamic cycle of "emotion - Criticism - action paralysis". High sensitivity leads to emotional internal friction and excessive reflection; The perfect self is fixed on the irrational belief of "must succeed"; The lack of realistic self makes it lack of effective action in the face of pressure, which further aggravates the sense of powerlessness and self-devaluation.

(2) Lack of family system support and negative interaction internalization:

In the family environment, the long-term absence of father leads to weak emotional

connection, and the clients lack external protective support; The mother showed the interactive mode of accusing, denying and preferring her sister, which made her in a state of "unsafe attachment" for a long time. These experiences are internalized into their core beliefs of "I am not good enough" and "I must be perfect to be loved". Through the "harmonious me", they are manifested as a behavior pattern of pleasing and avoiding conflict, which further inhibits the development of autonomy and authority (authority I only get 1 point).

(3) The interaction between social psychological stress and cognitive distortion:

The uncertainty of the adjustment of the postgraduate entrance examination has activated its original fragile personality structure, and triggered "all or nothing" thinking (such as "life is over if you fail to pass the examination") and disastrous expectations. The lack of emotion regulation ability and social support resources make it fall into a vicious circle of "pressure - state decline - pressure increase", which is manifested in maladaptive behaviors such as procrastination, avoidance, sleep disorder, etc.

To sum up, Little Y's psychological distress is the result of the interaction of personality traits, family dynamics and social pressure, which needs to be resolved through multi-level integrated interventions such as personality reconstruction, cognitive behavior intervention and family communication training.

## 4. Consultation Objectives and Intervention Plan

### 4.1 Consulting Objectives

Through communication with the clients, the main objectives of the consultation were clarified. The first is to improve the emotional state of anxiety and depression, effectively relieve the pressure in the process of preparing for the exam, further adjust the learning status, and meet the re-examination of graduate students in the best state. That is to adjust the imbalance between the "perfect self" and the "real self". Secondly, improve communication with family members, change their long-term depressed psychological state, and grow their personality. Here, adjust the imbalance between the "sensitive self" and the "real self".

### 4.2 Integrated Intervention Plan

Through mutual agreement with the clients, the

consultation developed a phased, multi technology integrated intervention plan to systematically alleviate their anxiety, adjust their irrational cognition, and enhance their ability to cope with challenges.

The first stage focuses on establishing a stable consultation relationship and completing the collection of basic data and problem assessment. Relying on years of work experience and professional knowledge of career planning, the Therapist and the clients clarified their confusion about career development and identified feasible employment directions, so as to reduce their uncertainty at the cognitive level, initially relieve anxiety and lay the foundation for subsequent intervention.

In the second stage, the theory of Big Six Personality and cognitive behavioral therapy (CBT) were applied comprehensively. With the help of the Big Six Personality model, the clients' understanding of their own personality traits and behavior patterns is deepened. On this basis, CBT technology is mainly used to identify and correct their irrational thinking such as "all or nothing" (such as "failure to adjust means complete failure in life"). At the same time, family communication training is introduced, and the "sandwich biscuit" communication method of "affirmation appeal thanks" is designed by using the "authority me - harmonious me" card dimension, so as to improve its interpersonal interaction mode and enhance social support. [8]

The third stage integrates the insight of Big Six Personality with short-term focus resolution (SFBT) and hypnosis technology. Through the exception questions of SFBT, guide clients to explore existing resources and successful experience, and build a solution-oriented thinking path. Then, hypnotherapy was used to implant positive psychological anchors such as "painting persistence", and the quality of persistence and focus was transferred to key tasks such as re-examination preparation, so as to enhance psychological motivation and behavioral toughness and promote the positive play of potential. [9]

## 5. Consultation Process

### 5.1 Stage 1: Evaluation and Core Conflict Presentation (The First Time)

The Big Six Personality card was used to assess the personality status, showing the dynamic

cycle between the Client's "highly sensitive me - perfect me - realistic me". The specific performance was as follows: highly sensitive I (17 points) indulged in emotional internal friction and excessive reflection, perfect I (6 points) continued self-criticism, realistic I (0 points) lacked action, and fell into the vicious mode of "emotion - criticism - paralysis".

Therefore, Therapists use cultural archetypal metaphors (such as "Lin Daiyu style hypersensitivity", "Tang Seng style rules" and "the locked Sun Wukong") to enhance clients' understanding and resonance of their own conflicts.

Excerpts from key Dialogues: (C is the Client, T is the Therapist, the same below)

C: "Only the night time belongs to me. Staying up late is resistance."

T: "Are you using the delicacy of 'Lin Daiyu' to fight against the rules of 'Tang Monk', but locking the action force of 'Sun Wukong'?"

C: (touched) Oh, teacher, I understand my problem.

At the same time, the core personality of the clients is mainly based on the "passive response" mode, which needs to focus on their decision-making ability. In the actual intervention, due to their lack of experience in employment and poor decision-making ability, Therapists use experience and professional knowledge to guide their decision-making and solve practical problems. Finally, Xiao y was able to face up to the reality that it was difficult to prepare for the postgraduate examination in the western program at the same time, gave up the unrealistic plan, determined the employment direction of the re-examination, and enhanced the courage to communicate with his parents.

### 5.2 Stage 2: Cognitive Reconstruction and Behavioral Activation (2nd - 3rd Time)

This stage focuses on helping clients identify and adjust their irrational beliefs, activate behavioral resources, and enhance their ability to deal with real challenges. The intervention strategy integrates the core technology of cognitive behavioral therapy (CBT) and the imbalance problem of "perfect me - real me" identified in the Big Six Personality analysis, and combines hypnotic meditation technology for emotion regulation and resource integration.

#### 5.2.1 Cognitive behavioral intervention (CBT)

At the cognitive level, the clients have obvious "all or nothing" thinking and catastrophic

tendency, such as unreasonable beliefs such as "failure to adjust means complete failure in life", "I will never be better than my sister".

First of all, the Therapist uses the temporal expansion technology to guide the clients to examine the "postgraduate entrance examination results" in a longer life timeline. For example, he asks, "if you look back at today's anxiety five years later, how would you evaluate it?" through a longer perspective, help them realize that the postgraduate entrance examination results are not the end of life, and reduce the disastrous cognition of "one examination determines life".

Secondly, it conducted reality testing and cognitive reconstruction, and guided the clients to compare "self-evaluation" with "objective facts" in view of their tendency of self-deprecation. For example, when the Client says "I can't hold on at all", guide them to review the learning records of 8-10 hours a day during the postgraduate entrance examination to help them realize that "I actually have the ability to hold on, but the current mood hinders their action".

#### 5.2.2 Hypnosis meditation and resource integration

In order to further consolidate the effect of cognitive reconstruction and activate behavioral resources, the Therapist conducted the following interventions under hypnosis:

First, use the flow state transfer technology to guide the clients to recall the "flow state" they experienced in painting (Csikszentmihalyi, 1990), and strengthen this positive experience through multiple sensory channels (Tactile: paint-stained fingers; Auditory: the rustle of brushstrokes; Visual: the picture gradually becoming clear). Then, this state was migrated to the context of preparing for the re-examination, with the suggestion that 'this same sense of focus and persistence can emerge during your review.'"[7]

Secondly, the success image rehearsal is used to guide the clients to imagine the scene of "receiving the re-examination admission notice" in the mild hypnotic state, and make emotional connection with their past successful experience (such as entering university after the re-examination of the college entrance examination), so as to enhance their sense of hope and self-efficacy for the future.

#### 5.2.3 Preliminary training of family communication

Family communication training was initially

introduced to lay the foundation for subsequent system adjustment. The "sandwich biscuit" communication method was used for training, and the clients were instructed to use the "affirmation – appeal – thanks" three-stage communication structure. For example, when communicating with their mother, they first expressed understanding ("I know you care about my future"), then put forward specific needs ("I hope you can trust my arrangement"), and finally expressed gratitude ("thank you for your support"). This method aims to reduce defensiveness and improve the effectiveness of communication.

#### 5.2.4 Stage summary

Through the intervention at this stage, the clients begin to realize the existence of their unreasonable beliefs at the cognitive level, and learn to view the results of the postgraduate entrance examination from a more realistic perspective; In terms of behavior, the daily review time gradually recovered from almost zero to 2 – 3 hours, and the sleep time was also advanced (from 2:00 a.m. to about 12:00 a.m.). In terms of emotional state, anxiety and depression were relieved.

### 5.3 The Third Stage: Family System Adjustment and Personality Integration (The Fourth Time)

This stage focuses on the adjustment of family system function and the integration of personality structure, aiming to break the intergenerational transmission of negative interaction mode in the original family through structural intervention, and activate the clients' realistic function and self-efficacy. The intervention strategy integrates the Big Six Personality modification technology and the concept of family system therapy, combined with behavior activation and communication training, to realize the systematic transformation from individual cognitive reconstruction to family dynamic adjustment.

5.3.1 Subpersonality function correction: reduce the perfect standard and activate realistic action  
Based on the imbalance of the high "perfect self" (thinker prototype) and the absence of "realistic self" (warrior prototype) in the Big Six Personality assessment, the Therapist took the following intervention measures:

At the cognitive level, guiding the clients to accept the "60% completion" can also achieve effective results, and using the cognitive

reconstruction technology of "completion is better than perfection" to challenge their irrational belief that "they must go all out to be worthy of their parents";

At the behavioral level, step-by-step tasks are designed, such as filling in the dispensing materials step by step: collecting information on the first day, writing the first draft on the second day, and revising and finalizing the draft on the third day. Through the realization of micro goals, the executive function of "real me" is gradually activated to avoid emotional paralysis in the task start-up phase.

**5.3.2 Family system intervention: breaking the blame cycle and rebuilding the support alliance**  
The family communication adjustment plan was implemented for the internalized mother blame mode of the clients and the estranged relationship with the father.

First, strengthen the father's connection: guide clients to write a photo integrity letter to their father, actively express their needs (such as "I need two years to focus on the postgraduate entrance examination, and temporarily need financial support"), and cite their own "continuous 8-hour learning" and other persistence examples to win their father's understanding and support. The letter structure follows the "sandwich biscuit" communication method of "affirmation - Appeal - thanks", such as: "thank you for your hard work for me to study all the year round. Please support me in the postgraduate entrance examination for World War II. I will definitely feed back to my family after work in the future.

Second, the mother model intervention: the assessment found that the mother has a long-term interactive mode of criticism and suppression. In the future, the mother of the Client will be referred to receive family education and guidance, focusing on adjusting her communication habits of "disastrous expression" (such as "life is over if she fails to pass the exam") and "comparative criticism" (such as "not as good as her sister"). (suspended for various reasons)

Third, behavior task arrangement: ask the clients to practice using the "four steps of Nonviolent Communication" (observation feeling need request) to have a structured dialogue with their mother once a week to reduce defense and conflict in family communication. [10]

**5.3.3 Personality integration and resource anchoring**

Through metaphor intervention and resource activation technology, it can promote the adaptive integration of clients' personality traits. For details, please refer to the consultation segment - advantages and disadvantages conversion and resource activation:

C: When I review at home during the holidays, sometimes I get up late. My mother always says, "a person who takes the postgraduate entrance examination doesn't get up at six o'clock". She thinks I'm not serious ... but in the year when I returned to the college entrance examination and lived on campus, I got better from seven o'clock every day.

T: Tell me, is there any difference when you live on campus?

C: The hostess can't swear. I'll do it at my own pace ... at that time, I used the "five minute starting method" and told myself to sit up for five minutes before getting up

T: (of cards) look, your "high sensitivity" has become an advantage here - you can always find a way to suit yourself sensitively. (pause) your mother's words are like an old alarm clock, but you've installed yourself with a new system that matches your rhythm.

C: Yes, when my parents were not around, I felt better when I went back to live on campus.

T: Are you aware of it? When you live on campus, you have actually found a way to live with sensitivity. Just like the steadiness of "monk Sha" can balance the delicacy of "Lin Daiyu" -- your achievements in the postgraduate entrance examination online are proof. (looking at the name of the Client, thinking deeply): it can be said that the heart is full of wins.

C: (laughs happily) teacher, I found today that the word "Ying" can also be understood as the word "win".

T: Wow, great! Every time you doubt yourself in the future, feel the deep meaning of the name - it has been waiting for you to see.

The Therapist uses the homophonic Association of "Ying" and "win" in the name of the client to establish a positive anchor (for example, "whenever I write my name, I remind myself that internal filling is winning"), and enhance self-identity. In addition, the homework "daily micro success record form" was assigned, requiring clients to record three small things, and strengthen the behavior output of real me through self-reward.

**5.3.4 Stage effect and mechanism analysis**

The intervention at this stage achieved the

following effects through family system adjustment and personality function rebalancing: The client proactively completed and submitted application materials to all institutions offering adjustment opportunities, demonstrating activated motivation for action. The client spontaneously stated: "Sensitivity is not a flaw, but my radar—now I use it to scan for resources instead of amplifying fear," indicating significantly enhanced cognitive flexibility.

Intervention mechanism: at this stage, the intervention model of "sub personality modification - family communication training - resource anchoring" combines individual psychological growth with family system adjustment, which not only solves the internal "perfect reality" dimensional imbalance, but also cuts off the continuous input of external family pressure, reflecting the integration advantage of systematic intervention in developmental psychological problems.

## 6. Effect Evaluation

### 6.1 Quantitative Indicators

After the intervention, the anxiety of the clients was significantly reduced, and the depression was also greatly improved; The score of "realistic self" dimension in the Big Six Personality assessment increased from 0 to 5. In addition, the sleep schedule was significantly improved, and the bedtime was advanced from 3 a.m. to 12 p.m. before the intervention; The effective learning time for the preparation of the re-examination is also stable at more than 4 hours per day.

### 6.2 Qualitative Feedback

In the feedback at the end stage, the Client said, "the previous repeated entanglements like Lin Daiyu have finally been transformed into decisive actions like Sun Wukong." especially in terms of interaction with his mother, after the Client tried to use the communication methods learned in the consultation, the mother's attitude has changed positively, which is specifically reflected in the reduction of the frequency of complaints and accusations, and the language mode has changed from the previous urging and criticism to asking more questions about "what needs my support?".

## 7. Discussion

### 7.1 Innovative Value of Big Six Personality Technology

The International Big Six Personality technology shows significant cultural adaptability and efficiency advantages in this case. First of all, in terms of cultural adaptability, the technology uses cultural archetypes familiar to Chinese audiences (such as "Lin Daiyu" corresponds to highly sensitive personality, "Sha Seng" corresponds to harmonious and flattering personality, "Sun Wukong" corresponds to realistic and action personality) to metaphor and reconstruct personality, quickly arousing the emotional resonance of clients and effectively reducing the psychological defense mechanism. This expression based on the psychological prototype of local culture not only enhances the clients' intuitive understanding of their own personality state, but also improves their motivation and acceptance of intervention.

Secondly, in terms of efficiency, the Big Six Personality card quickly identifies the dynamic imbalance between "highly sensitive me – perfect me – realistic me" through non-verbal and game based operation (clients only need 3 minutes to complete the card arrangement.), and accurately locates its core conflict of "emotion – criticism – action paralysis". Compared with the traditional scale assessment (such as SDS, SAS, etc.), it usually takes 1-2 consultations to complete the preliminary assessment. The Big Six Personality technology significantly shortens the assessment cycle and gains valuable time for subsequent intervention.

### 7.2 Synergy of Technology Integration

This case adopts the integrated intervention mode of "IBSP + CBT + SFBT + Hypnotherapy", which reflects the significant effect of multi-level technology collaboration. Cognitive behavioral therapy (CBT) is mainly responsible for dealing with irrational beliefs on the surface (such as "dispensing failure=life failure"), and correcting its distorted self-evaluation through cognitive reconstruction and behavioral experiments; The Big Six Personality technology goes deep into the level of personality dynamics, reveals the root causes of the conflict between "perfect self" and "real self", and helps clients understand the deep psychological mechanism of their own behavior patterns through cultural prototype narration; Hypnosis technology further strengthens the psychological channel of cognitive behavior transformation through

resource implantation (such as the transfer of "painting flow" to re-examination preparation), image reconstruction and Multi-sensory channel induction. The three forms a "cognition personality behavior" Trinity intervention closed loop, which realizes the systematic change from consciousness to subconsciousness, from assessment to transformation. [8]

### 7.3 Enlightenment on Psychological Counseling in Colleges and Universities

The successful practice of this case provides two important inspirations for college psychological counseling:

First, the Big Six Personality technology is particularly suitable for dealing with the common conflict issues of "family expectations – self-realization" among Chinese college students. Such problems often involve the contradiction between cultural scripts (such as "filial piety pressure" and "academic achievement orientation") and individual psychological needs. The cultural prototype language of Big Six Personality can more appropriately express this tension, and promote the clients to find a balance between cultural identity and self-acceptance.

Secondly, the instrumental and standardized card operation has greatly reduced the processing load of Therapists, and alleviated the realistic dilemma of the lack of teachers and high reception pressure faced by the psychological center in colleges and universities. Cards can be used as a primary screening tool, intervention medium and effect evaluation carrier to achieve "one tool for multiple purposes", improve consulting efficiency and enhance the sustainability of services.

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