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Integrated psychotherapy for anxiety and depression among Chinese students abroad

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Aim: The aim of this thesis is to study the therapeutic effect of integrated biopsychosocial model psychotherapy on anxiety and depression in Chinese students abroad.

Method: The method is to take the integrated biopsychosocial model psychotherapy. To treat four countries 50 Chinese students suffering adjustment disorder abroad, including studying abroad in the United States, Canada, Australia and New Zealand, We take the theory of humanistic-existential therapy as the background, the psychoanalytic theory as the searchlight and the cognitive-behavior therapy as the concrete means to solve the problem.

Results: The results show that Chinese students suffer badly adjustment disorder because of facing different culture, which is mainly manifested as insomnia, psychological problems which showed psychological fragility, poor psychological elasticity, a strong sense of shame and guilt, and the absolute requirement that they can only succeed and not fail. In terms of culture, compared with foreign individualistic culture, Chinese students in the background of collectivist culture often have poor independence and initiative which make their academic achievement and interpersonal relationship terrible. In addition, there is no full understanding of lifestyle and study mode abroad when Chinese students are to study abroad. On the contrary, there are lots of ideas lacking realistic basis. Finally, we find out some Chinese students also suffer adjustment disorder when they returned home after graduation.

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