

Analysis of a Self-Portrait of a College Student with Paranoid Personality

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Abstract: Self-portrait is an effective way to understand the true psychological state of students. Through the analysis of the student's self-portrait, it is possible to roughly understand and infer the student's current psychological tendency and existing problems, and then to guide or treat it. Then help students get out of psychological dilemma and form a healthy and upward psychology. This paper selects real cases, analyses a self-portrait of a college student with paranoid personality, and gives a judgment and diagnosis based on the self-portrait and other information, and proposes counselling and treatment ideas.

1. Introduction

1.1 Demographic Data

Interviewee, male, 20 years old, sophomore. He is the eldest grandson of the family, living in a rural area of a certain province. He was spoiled by his grandparents and parents since he was a child. He lived in the big family of his parents and grandparents when he was 0-3 years old. After his parents went out to work at the age of 3-5, he lived with his grandparents; 5 When he was old, his parents took him to the city alone to live with him. His parents had a bad relationship, and his mother had domestic violence against him. After the junior high school, the domestic violence eased. He was exposed to obscene pictures of playing cards at about 5 years old, exposed to obscene videos at about 13, and had circumcision in his freshman year.

The mental health survey of freshmen showed “obvious psychological problems”.

1.2 Subject Statement and Personal Statement

1.2.1 Subject Statement

The visitor's academic performance was very good since he was a child, and he appeared to be different from his classmates in junior high school. The teachers in junior high and high school gave him special care. High school was admitted to the second-ranked middle school in a certain city, and dropped out of high school because of weariness, Internet addiction and psychological

problems in the second year. After spending a day and a half in the psychological training camp, he saw the training camp instructors carrying out violent education. He didn't want to stay in the training camp. He lied to my parents that the instructor beat him, and the parents took him out of the training camp. After leaving the training camp, he met a girl online, which was considered online dating. The girl persuaded him to go back to school. After dropping out for a year, he returned to high school again, participated in independent enrollment, and was admitted to the current school. Excellent university academic performance, the first semester final exam, all subjects except one course are ranked first in the class.

1.2.2 Personal Statement

The dormitory is like an Internet cafe, and students should not waste time on the Internet. In order to prevent himself from falling into Internet addiction, he declined all Internet-related matters, did not participate in collective payment of dormitory Internet fees, and did not use multifunctional mobile phones. He is the only boy in the family. He has to take up the burden of the family in the future. Studying is the most important thing now. If he goes online without restraining himself, he will have serious self-blame.

He has a very strong sexual urge to say that his sexuality is unhealthy, and people who see exposed clothing on campus always think about these things. He said that when he was adolescent, his parents watched adult video and didn't put it away seriously, he found out. Now he masturbates frequently, got prostatitis and had surgery.

He has a strong idea of having a girlfriend, but because of my weird behavior during military training, I became famous at school and it was difficult to find a girlfriend.

1.3 Impression of Consultant

The visitor is not tall. The weather is relatively cold, he is wearing a little thin, wearing a white shirt, wearing sandals without socks.

After entering the consultation room, he began to talk incessantly, starting with a network problem, speaking at a faster rate, a little confused in expression, and a little confused in thinking. At the same time, he was a little shy, dodged his eyes, and didn't dare to look directly into the eyes of the consultant. He was a little nervous, but he should try his best to restrain himself, not want to hide, and look for a breakthrough to explain my problem.

2. Self-Portrait Analysis

The interviewee drew a self-portrait in 15 minutes (the work is as follows) and explained that it was both Venus and himself.

The interviewee wanted to emphasize the beauty of Venus/self when painting, hoping to show his most beautiful side, and the female breast curve made him think of sex. At the same time, he drew a shame skirt for the lower body of the self-portrait.



Fig.1 : Self-Portrait of the Interviewee

The self-portrait of the interviewee can be analyzed from the following aspects:

- 1) Venus is a goddess, but the portrait of the visitor is male, representing the issue of gender identity?
- 2) The portrait is a broken arm, representing some kind of incompleteness;
- 3) The proportions of the portrait are out of balance, and the lower part of the leg is very short, like half-kneeling, representing this kind of powerlessness?
- 4) The depiction of hair represents certain troubles? Incoherent strokes represent hesitation?
- 5) The eyes, ears, and nose of the self-portrait are all emphasized, so you should be cautious?
- 6) Is a big nose a symbol of sex?
- 7) Is a shadow on the chest and a fig leaf avoiding sex?
- 8) The absence of feet represents a sense of powerlessness in real life?

3. Evaluation and Diagnosis

3.1 Evaluation

The sand table game method can analyze the interviewee's subconscious mind and get a deeper understanding of his thoughts. From the analysis of the self-portrait, it can be seen that the interviewees still have many disagreements and avoidance. During the communication, it was found that because the visitor had set a corresponding psychological development goal for himself, the

great psychological pressure caused anxiety and regression. The main reason for this anxiety is the desire for oneself and the desire to achieve goals.

3.2 Diagnosis

Respondents have basically normal social functions, complete self-knowledge, consistent informed intentions, no symptoms of delusions or hallucinations, and no harm to others. Mental illness and anxiety neurosis can be ruled out.

Respondents are more sensitive, suspicious, impulsive, easy to talk, show strong academic talents, and show a more obvious paranoid mental state, which can be diagnosed as: paranoid personality disorder.

3.3 Consultation Goals

Help interviewees recognize their imperfections, accept the fact that they have paranoid personality disorder; get rid of the current psychological dilemma; find the direction of growth.

4. Consultation and Treatment Ideas

Paranoid personality disorder is not a psychiatric disease, and generally it can have a good effect through psychological counseling. From the interviewee's self-portrait, it is clear that his anxiety comes from the pressure of his own goals. It is necessary to grasp the speed of growth, grasp the rhythm, and not be anxious.

4.1 Establish a Good Relationship

The key and difficult point of psychological consultation and treatment of paranoid personality disorder is whether to establish a good consultation relationship. Paranoid personality disorder mostly has interpersonal problems, distrusting and suspicious of others. Therefore, this requires the consultant to show enough patience, show his professionalism and sincerity, and let the interviewee accept himself as much as possible, so as to establish a good consulting relationship.

4.2 Make Good Use of Cognitive Therapy

The scientific application of cognitive therapy can help respondents change their own bad cognitions. Through the use of cognitive therapy techniques such as "check evidence" and "role-playing" to help interviewees re-establish correct cognition, such as problems with their own gender identity, identifying with their imperfect facts, and believing that their classmates did not target him, etc. , made him realize that not everyone rejects him, hates him, or laughs at him, it's just the wrong consciousness generated by his own bad cognition, and triggers some of his own weird behaviors.

At the same time, through technologies such as "looking at things from the balcony" and "time machine" to guide the interviewees to try to analyze problems from multiple angles, reduce their overly sensitive and cautious state, prevent the feeling of powerlessness in interpersonal communication, and use kind thoughts to think about others' words and deeds. It is recommended that when the interviewee has paranoid thoughts, take a deep breath, control and self-control and calm down, and then think and analyze from the perspective of a third party.

In addition, to help the interviewee to accept reality more calmly, because life will not change his laws because of who else, we must have the ability to accept reality, be able to face it calmly and continue to work hard.

4.3 Use Behavior Therapy Well

Behavioral therapy is to carry out behavioral learning according to a certain process to help respondents correct their own psychological or behavioral obstacles. Respondents should be encouraged to actively participate in various activities organized by the school, strive to integrate into dormitory life, actively communicate with classmates and friends, eliminate their unconfidence and insecurities, and improve their social interaction and social adaptability. At the same time, we must believe that the vast majority of people around us are sincere and friendly, and we must overcome our paranoia and psychological barriers in the process of communication. Finding friends who are closer to one's character and temper in the relationship makes it easy to build and strengthen friendships.

In addition, some desensitization therapy can be considered. For example, with regard to the issue of "sex", interviewees should realize that it is normal to have sexual impulses during adolescence and that masturbation is not a heinous bad thing. Circumcision is also a common operation. The counselor can start from this point, explain and explain these problems, make them aware of these issues, and treat them with the correct attitude, instead of deliberately avoiding but unavoidable, which causes psychological anxiety.

4.4 Make Good Use of Dialectical and Integrated Psychotherapy

Paranoid personality disorder is not a serious mental illness, but its treatment is quite difficult, because they have only two categories of "yes or no" in understanding and solving problems, either good or bad, either white or black, and their thinking is relatively rigid. Therefore, in the consultation process, it is necessary to clarify the causes of personality disorders, comprehensively use behavioral therapy, cognitive therapy and other methods at the same time, in order to better play a therapeutic role together.

5. Discussion

After several psychological consultations with the interviewee, it is clear that he has made a lot of progress and is more confident. Although there is still anxious situation, it is more because of the high demands on himself and the fear of missing chances or opportunities. But the interviewees themselves also said that when they encounter problems and don't know how to choose, just like standing at a crossroads, they can stand here and take a look, try their best to think about it, and think about the goals they want to achieve, then make judgments and choices. It can be seen that the client's paranoid personality disorder has been improved.

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