

## Abstract

It is a common practice to adapt western models in developing theory and methodology of psychology and counselling for Chinese. However, cultural factors indubitably contribute to human behaviour and psychological constructs. The style of Chinese in coping with and adapting to psychological problems is different from the one of westerners. Therefore, western models cannot be employed directly and it is essential to develop a counselling model for Chinese with local attributes.

In Chinese thousand years of culture, there has been aggregated spiritual wisdom in plenty, that is considered to be valuable asset for us to develop and enrich the study of counselling. In which, Lao-Tze of Taoism was with very special understandings of the vexations in life and the valuable methods of relief were provided. Therefore, in the present study, the philosophy of Lao-Tze has been employed as a base in an attempt to construct a counselling model for Chinese.

The main concepts of the philosophy of Lao-Tze are: following the natural sequence without any manipulation, being contented and restricting desires, extracting all cognitive impediments and not being interfered by the improper desires, being strong is being soft, gentle and flexible, being inferior and not combating with others. Vexations in life mainly originate from the confused value system and the practice of concentrating on details rather than the main objectives. Finally the goal of life loses. On the other hand, after the nineteen century, people has been more seriously annoyed by the vexation of existence. However, the thought of Lao-Tze inspires us in encountering this problem as long as in the philosophical issue of settling one' life.

The counselling model with the base of the philosophy of Lao-Tze emphasises that human nature is kind and with free will. Moreover, people can achieve high-level goals and value. The objectives of the counselling model include inducing self-understanding, removing the interference provoked by cleverness of scheming and desires, constructing the rational and harmonious relationship with the nature, the others and the self, and subsequently achieving the final goal of life.

Similar to the westerns counselling models, empathy, genuineness, warm and unconditional positive regards are main factors of the counselling relationship of the present model. In the counselling process, besides of applying the techniques of reflection and clarification, as the personality of trait of Chinese is with an inclination of "collectiveness", information given is also recommended in order to enhance the clients to consider a personal issues in various aspects and thus insight would be more easily provoked.

The present study is still in a preliminary status. Limitations and suggestions for further study are provided for reference.