

2021

Steve de Shazer's Theory Development

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Recommended Citation

Korman, Harry; De Jong, Peter; and Jordan, Sara Smock (2021) "Steve de Shazer's Theory Development," *Translated Abstracts*: Vol. 1 : Iss. 1 , Article 1.

Available at: <https://digitalscholarship.unlv.edu/journalsfpta/vol1/iss1/1>

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ARTICLE

Steve de Shazer's Theory Development

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摘要

本文追溯了史蒂夫·德·沙泽（Steve de Shazer）从 1969 年到 2005 年的理论思想的发展。在回顾了他对“理论”的定义之后，我们将他的理论发展分为四个阶段，以他一直持有的理念为基础进行提炼。对于每种理念，我们都指出它如何是理解 SFBT，以及区分 SFBT 与其他流派治疗方法的基础。我们以德·沙泽（de Shazer）的文章和著作为其思想来源，总结了她的 SFBT 理论的 6 个经久不衰的理念，多年来他如何发展其理论的显著特征以及他留给我们观察治疗互动的新视角，并以一个研究实例作为其理论遗产的扩充。

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Recommended citation 文献来源

Korman, H., De Jong, P., & Jordan, S. S. (2020). Steve de Shazer's theory development. *Journal of Solution Focused Practices*, 4(2).

Full-text English article available at: <https://digitalscholarship.unlv.edu/journalsfp/vol4/iss2/5>