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## A Broad Overview of Solution Focused Severe Trauma & Stress Recovery Work, with the Introduction of Two Additional SF Instruments to Promote Thriveness

John Henden  
john@johnhendenconsultancy.co.uk

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**ARTICLE****A Broad Overview of Solution Focused Severe Trauma & Stress Recovery Work, with the Introduction of Two Additional SF Instruments to Promote Thriveness**

John Henden

BA (Hons) RMN, DipCouns (Univ of Bristol), MBACP, FRSA  
Managing Director, John Henden Consultancy Ltd

**摘要**

本文展示了作者对于儿童时期遭受虐待和忽视的成年幸存者，以及成年期经历创伤的幸存者如何用焦点解决（SF）的方法进行工作；这一方法由伊冯·多兰（Yvonne Dolan）的严重创伤恢复工作发展而来(Dolan, 1998)。多兰对该方法的巨大贡献得到认可，详细论述了她的“受害者-幸存者-繁荣者”三阶段，重点强调“繁荣”阶段。同时简要介绍了其他当代从业者的工作。从作者 25 年以来对创伤幸存者的临床研究来看，很明显，案主需要全面了解繁荣是什么，以便更有效地朝着这个方向发展。大多数案例表明，会谈中的心理教育以及提供相关的知识材料对个案有帮助。本文引用了一些最近的神经科学研究，特别是针对神经可塑性的研究，以表明案主如何通过 SF 的方式来改善自身。“繁荣是什么样的”（图 1）和“繁荣发展问卷”（图 2）作为材料，进一步帮助案主更好地理解可能的发展方式以及如何更充分地繁荣发展。作者意图鼓励更多的从业人员，配备所提到的其他工具，来应对那些重要而有意义的工作。

John Henden

Email: [john@johnhendenconsultancy.co.uk](mailto:john@johnhendenconsultancy.co.uk)

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