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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

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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 Thrivehood**

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**Abstract**

本文旨在介绍作者自Yvonne Dolan的重度创伤恢复工作 (Dolan, 1998) 中, 发展起来的焦点解决实务, 其服务对象是儿童时期受到虐待或忽视的成年幸存者, 以及成人创伤幸存者。Dolan这种工作方式的重大贡献, 已获得高度认可。在一个创伤恢复过程中乃有 “受害者-幸存者-繁荣者” 三个阶段, Dolan予以描述, 且特别强调繁荣者阶段。本文还简要介绍了其他当代实务者的实务工作。根据作者与创伤幸存者工作的25年经验, 越发清晰的发现, 当事人需要更为全面地了解什么是繁荣者的意义, 以能更有效地朝着这个方向迈进。在进行心理教育时, 加入一些口语说明的信息以及书面文字数据的形式, 于大多数情况下已被证实是有帮助的。本文也引用了一些新近神经科学研究, 特别是针对神经可塑性的相关研究, 来证明当事人如何通过这种专业的焦点解决应用方案, 而有所改善。关于“繁荣者的样貌”(图1) 和“繁荣者发展问卷”(图2) 的讲义, 是较为高阶的数据, 其将可以帮助当事人更加完整地了解到: 未来可能的发展方向以及如何更为充分发展的方法。此外, 作者也希望透过本文鼓励更多的实务者能使用上述这些外加的工具, 成为实务装备, 以能应对这重要且有意义工作中的诸多挑战。

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