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Steve de Shazer's Theory Development

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ARTICLE

Steve de Shazer's Theory Development

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Abstract

本文追溯了Steve de Shazer自1969年到2005年（逝世前）的理论思想（theoretical thinking）发展过程。在回顾了他对“理论（theory）”的定义之后，我们将他的理论思想发展分为四个阶段，并且将他在过世前一直坚持的每个原则（axioms）提炼出来。在本文中，我们将这些原则是如何作为理解焦点解决短期治疗（SFBT）的基础，予以说明，如此一来，将能贡献于区分SFBT以及其他谈话式心理治疗的独特性。在本文的论述过程中，我们持续引用de Shazer的各篇文章和6本书的内容，以能贴近他著作里的观点。最后，我们总结了我们认为 de Shazer SFBT理论中六个历久不衰的原则；这六个原大大地展现了：多年来 de Shazer是如何发展其理论的显著特征、留给我们检视心理治疗互动的新视角，以及，承诺扩大他理论遗产的其中一个研究实例。

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