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Creating a Common Language: How Solution Focused Brief Therapy Reflects Current Principles of Change and Common Factors

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ARTICLE

Creating a Common Language: How Solution Focused Brief Therapy Reflects Current Principles of Change and Common Factors

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Abstract

許多專業訓練和領域一直在研究關於改變 (change) 的共同因素和機制。本研究藉由 「『較短期』實踐手冊 (BRIEFER Practice Manual)」 修訂內容進行分析，並應用共同因素取向的方法於焦點解決短期治療 (SFBT) 上。研究發現可應用於SFBT的七個共同因素。對於共同因素取向如何能拓寬 SFBT 實證研究基礎，本研究做出相關結論；同時，本研究亦並對共同因素取向的實施和應用，提出建議。

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