

2021

Solution-Focused Zone of Proximal Development: A Vygotskyan Contribution to Solution-Focused Therapy

Stephanie Freeman

PhD, Independent scholar, Helsinki University, stefijoana@gmail.com

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Recommended Citation

Freeman, Stephanie (2021) "Solution-Focused Zone of Proximal Development: A Vygotskyan Contribution to Solution-Focused Therapy," *Translated Abstracts*: Vol. 6: Iss. 1, Article 6.

Available at: <https://digitalscholarship.unlv.edu/journalsfpta/vol6/iss1/6>

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*ARTICLE***Solution-Focused Zone of Proximal Development: A Vygotskyan Contribution to Solution-Focused Therapy**

Stephanie Freeman

Independent Researcher, Helsinki

Abstract

本文是一篇理論性文章，探究焦點解決治療（SFT）的原則以及心理學家列夫·維果斯基（Lev Vygotsky）的學習與發展理論相結合的可能性。列夫·維果斯基的思想導引了「文化歷史活動理論」的發展。這些傳統觀點之間的相似性和互補性值得關注，而且，SFT 的特色被描述為一種折衷且不斷發展的方法，其理論和哲學基礎有些鬆散。因此，本文試圖透過「維果斯基與聊天-知情（Vygotskyan and CHAT-informed）」視角，重新定義 SFT 的哲學和理論的定位。由於 SFT 強調的重點似乎是對當事人技能的辨認和詳細描述，作者提供了一種新的 SFT 觀點，即社會建構主義的實用版本。基於維果茨基的「文化仲介」和「進側發展區」的概念，作者提出了一個新的概念：「焦點解決近側發展區」；該概念強調在 SFT 中，學習是一個經過優化設計、非個人主義的一個擴展過程，從而增強賦能了當事人的獨立性和創造力。

Stephanie Freeman

Email: stefijoana@gmail.com

Recommended citation:

Freeman, S. (2021). Solution-focused zone of proximal development: A Vygotskyan contribution to solution-focused therapy. *Journal of Solution Focused Practices*, 5(1).

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