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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

许多专业训练和领域一直在研究关于改变（change）的共同因素和机制。本研究藉由“‘较短期’实践手册（Briefer Practice Manual）”修订内容进行分析，并应用共同因素取向的方法于焦点解决短期治疗（SFBT）上。研究发现可应用于SFBT的七个共同因素。对于共同因素取向如何能拓宽 SFBT 实证研究基础，本研究做出相关结论；同时，本研究亦并对共同因素取向的实施和应用，提出建议。

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