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

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

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Abstract

本文是一篇理论性文章，探究焦点解决治疗（SFT）的原则以及心理学家列夫·维果斯基（Lev Vygotsky）的学习与发展理论相结合的可能性。列夫·维果斯基的思想导引了“文化历史活动理论”的发展。这些传统观点之间的相似性和互补性值得关注，而且，SFT的特色被描述为一种折衷且不断发展的方法，其理论和哲学基础有些松散。因此，本文试图通过“维果斯基者与聊天-知情（Vygotskyan and CHAT-informed）”视角，重新定义SFT的哲学和理论的定位。由于SFT强调的重点似乎是对当事人技能的辨认和详细描述，作者提供了一种新的SFT观点，即社会建构主义的实用版本。基于维果茨基的“文化中介”和“进侧发展区”的概念，作者提出了一个新的概念：“焦点解决近侧发展区”；该概念强调在SFT中，学习是一个经过优化设计、非个人主义的一个扩展过程，从而增强赋能了当事人的独立性和创造力。

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