

2021

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

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Recommended Citation

Kort, Beverley; Froerer, Adam; and Walker, Cecil (2021) "Creating a Common Language: How Solution Focused Brief Therapy Reflects Current Principles of Change and Common Factors," *Translated Abstracts*: Vol. 7 : Iss. 1 , Article 10.

Available at: <https://digitalscholarship.unlv.edu/journalsfpta/vol7/iss1/10>

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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

Les facteurs communs et les mécanismes de changement ont été étudiés dans de nombreuses disciplines et dans de nombreux domaines. Cette étude applique les facteurs communs à la thérapie brève orientée vers les solutions (SFBT) par le biais d'une analyse de contenu modifiée du manuel de pratique BRIEFER. Sept thèmes de facteurs communs sont identifiés et appliqués à la SFBT. L'étude se termine par une considération de la façon dont cette approche des facteurs communs élargit la preuve de l'efficacité de la SFBT et fait des suggestions pour la mise en œuvre et l'application de cette approche des facteurs communs.

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Recommended citation:

Kort, B., Froerer, A., & Walker, C. (2021). Creating a common language: How solution focused brief therapy reflects current principles of change and common factors. *Journal of Solution Focused Practices*, 5(1).

Full-text English article available at: <https://digitalscholarship.unlv.edu/journalsfp/vol5/iss1/5>