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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

تدوین یک زبان مشترک: چگونه درمان فشرده راهحل محور اصول فعلی تغییر و عوامل مشترک را نشان می‌دهد.

عوامل مشترک و مکانیزم‌های تغییر در بسیاری از رشته‌ها و زمینه‌ها بررسی شده‌اند. این مطالعه عوامل مشترک برای درمان فشرده به کار می‌گیرد. هفت موضوع با عوامل مشترک شناسایی (Brief) راهحل محور را از طریق تحلیل محتوای اصلاح شده‌ی شیوه‌ی فشرده شده برای درمان فشرده راهحل محور به کار گرفته شد. این مطالعه با توجه به نحوه‌ی گسترش این روش، عوامل مشترک درمان فشرده راهحل محور مبتنی بر شواهد را بررسی می‌کند و پیشنهادهای برای اجرا و به کارگیری عوامل مشترک ارائه می‌دهد.

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