

Download Second Order Change In Psychotherapy The Golden Thread That Unifies

Drs. Fraser and Solovey identify that framework as second-order change in psychotherapy, or the "golden thread" that runs through the labyrinth of all effective therapies. To better elucidate this, first-order change refers to solutions that do not change the problem but that create stability, while second-order change transforms the first-order solutions, resulting in a resolution of the problem.

As laid out in the work *Second-Order Change in Psychotherapy: The Golden Thread That Unifies Effective Therapies* (Fraser & Solovey, 2007), this general process of change model is one metamodel ...

Second-order change in psychotherapy; the golden thread that unifies effective treatments.

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Second-order Change in Psychotherapy: The Golden Thread that Unifies Effective Treatments J. Scott Fraser , Andrew D. Solovey American Psychological Association , 2007 - Psychology - 320 pages

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