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中图分类号:749.94 文献标识码:A 文章编号:1671-5926(2005)24-0130-02
收稿日期:2005-06-20 修回日期:2005-06-24 (05/XH/YL)

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: ; < 8 To analyze and expatiate how to choose more suitable psychotherapy
to deal with the psychological problem of children and adolescents.

< = > ? @ A B Individual psychotherapy is the interview between the psy-
chotherapist and child or adolescent, and family therapy is the interview
between psychotherapist and the whole family. In the paper, the literatures
were searched and the clinical experience of the authors was summarized,
and how to choose individual psychotherapy or family therapy was analyzed
from different viewpoints.

9 = B C D > B 8 The choice of individual psychotherapy or family therapy was
influenced by different aspects, including the psychological characters of
the children and adolescents themselves, the specialty of the different
therapeutic methods, the degree of parental participation, eclectic manner,
and the ability of the psychotherapists.

7 @ E 7 D C B ; @ E 8 In order to deal with the psychological problems of child
and adolescent, different factors should be considered to decide how to
choose better treatment methods. The therapist should be able to view the
problem from different aspects, and the flexible choice of correct thera-
peutic method is good for the solution of the problems existing in children
and adolescents. Even though some kind of therapy is chosen, which is not
meant that it is not changeable, it can be changed if necessary, our main
purpose is to promote the development of child and adolescent.

Y i C L , C u i G , W a n g Y H . W h i c h i s b e t t e r f o r p s y c h o l o g i c a l p r o b l e m o f c h i l d r e n a n d
a d o l e s c e n t s , f a m i l y t h e r a p y o r i n d i v i d u a l p s y c h o t h e r a p y . *Z h o n g g u o L i n c h u a n g k a n g -
f u* 2005, 9(24):130-1(China)

易春丽 崔革 王悦华. 儿童青少年心理问题是选择家庭治疗还是个体治疗. *中国
临床康复*, 2005, 9(24):130-1 (www.zgckf.com)

摘要

目的:分析并阐述针对儿童青少年心理问题如何采用较为适宜的心理
治疗方式。

方法:个体治疗是通过治疗师和儿童青少年单独的会面来完成心理治
疗的过程的,而家庭治疗是通过治疗师与整个家庭会面来达到治疗的
目的。本文通过文献的检索以及本文作者的临床经验,从不同的角度分
析了如何选择个体治疗或家庭治疗。

结果:儿童青少年本身的特点、治疗的特点、父母的参与程度、折衷方式
以及治疗师本身这些特点都会影响个体治疗或者是家庭治疗。

结论:针对儿童和青少年的心理治疗,选择何种方式是需要综合考虑
的。治疗师要能够从多角度来看待问题,灵活运用正确的心理治疗方法
有利于儿童青少年问题的解决。即使先选定了某种个体或者家庭的治
疗方式,也不是一成不变的。如果需要也可以变换治疗方式,一切是以
更有利于儿童和青少年发展出发。

关键词 家庭疗法 精神卫生 青少年

F 引言

儿童和青少年心理问题已经不断引起各个方面的重视¹,但
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