



GLASGOW ANXIETY & DEPRESSION  
COUNSELLING SERVICE

## SINGLE SESSION THERAPY

### **What is Single Session Therapy?**

Single Session Therapy (SST) involves both the therapist and the client setting out with the purpose of helping the client in one session, knowing that more help is available. Therapy takes place one session at a time, and one appointment may be all that's needed. Some other points to note are:

- SST is offered to anyone needing immediate contact with a therapist.
- Help is provided quickly in response to help being sought.
- For many, one session is enough to provide help for their specific concern and help them become unstuck.
- There is always the option of moving onto longer term therapy should this be required.
- This approach is very client-centred and you will be encouraged to share with the therapist how they can best help you and what is specifically important to you.
- This approach is strengths-based in focus and you will be invited to identify your strengths and encouraged to explore how such can be best utilised to unstick the problem you are facing.
- After first session (which may be the only session you have – hence single session therapy), you will be encouraged to reflect on what they learned from this session, take action based on this learning, and see what happens before deciding whether or not you need further support
- If further support is required, then you contact your therapist to discuss and arrange future appointments.



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