

Single-Session Therapy



*Maximizing the Effect of the First
(and Often Only) Therapeutic Encounter*

Moshe Talmon

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Single Session Therapy Maximizing The Effect Of The First And Often Only Therapeutic Encounter

Windy Dryden



Single Session Therapy Maximizing The Effect Of The First And Often Only Therapeutic Encounter:

Single Session Therapy Moshe Talmon,1990 How to use limited therapeutic time most efficiently Research shows that many clients seeking therapeutic help attend for one session only no matter what their therapist's orientation or approach Moshe Talmon demonstrates how therapists can turn this single encounter into a positive therapeutic experience Based on a study of hundreds of single session cases this book offers a realistic practical approach to using a single session to prompt substantial changes in patients' lives The author describes how to make the most of patients' innate ability to heal themselves presenting insights into bolstering the patient's existing strengths restoring autonomy and confidence and offering solutions that the patient can implement immediately Single Session Therapy Michael F. Hoyt,2024-07-09 Single Session Therapy A Clinical Introduction to Principles and Practices explores the best ways to use a Single Session Therapy SST mindset to better achieve therapeutic goals This text presents comprehensive ideas and methods on how to make a single session of therapy efficient and effective with individuals couples and families including those of various cultural backgrounds It emphasizes productive mindsets and includes the following topics concepts and methods multi-theoretical approaches training various clinical problems and multicultural populations the latest research findings access and implementation Numerous clinical examples from different expert SST practitioners are presented and discussed throughout This book is an essential reference for professionals involved in brief therapy practice research and teaching Single-Session Therapy by Walk-In or Appointment Michael F. Hoyt, Monte Bobele, Arnold Slive, Jeff Young, Moshe Talmon,2018-05-11 Single Session Therapy by Walk in or Appointment is based on the idea that one session is often all a client will need and choose to attend The option of a single session responds to the growing need for greater accessibility and responsiveness of mental health services With considerable data supporting both the demand for and the effectiveness of walk in and by appointment single sessions the field is expanding rapidly This book includes many clinical examples and cultural nuances as well as discussions of recent research training and supervision and implementation and administrative arrangements This is an essential title for clinicians program developers and policy makers interested in providing the effective client responsive economic option of one at a time single session therapy on a walk in or by appointment basis Help Yourself with Single-Session Therapy Windy Dryden,2020-12-21 Help Yourself with Single Session Therapy provides an outlook on how you can help yourself with your emotional problems by using insights from single session therapy Single session therapy draws upon the skills and strengths of both the therapist and the client The book will encourage you to develop your own solutions to your problems Broken down into fourteen accessible chapters it will help you to identify the problem before guiding you to provide your own goals and solutions The importance of how to maintain change is also a key part of the process Help Yourself will be useful for all those who wish to help themselves with their emotional problems and for those who wish to support them It will also be relevant for counsellors psychotherapists and students in these disciplines who are interested in the application of very

brief therapy to self help *Single-Session Therapy and Its Future* Windy Dryden,2020-11-09 Single Session Therapy and Its Future provides an introduction to the major principles of single session therapy and what currently constitutes good practice in the field The book is a timely reflection on where SST is at and where it might be heading It is comprised of interviews with well known leaders and experts in this field outlining what they think will happen hope will happen and fear might happen as the future of SST unfolds The book further notes the growth and development of SST in many different contexts internationally in the past 30 years The book will be of interest to practitioners with little knowledge experience of the SST mindset or mode of service delivery as well as seasoned SST practitioners It will also appeal to practitioners working with many client groups around the world *Single-Session Therapy (SST)* Windy Dryden,2023-08-29 Even in one session a therapist can make a difference The second edition of Single Session Therapy enables therapists to work with clients for one session and achieve possible and realistic results This book presents the 100 main features of the approach providing an accessible succinct overview Based on the author s extensive work demonstrating the effectiveness of Single Session Therapy SST this concise and practical book covers topics such as The goals of SST Characteristics of good SST clients Responding effectively to the client s very first contact Creating and maintaining a working focus Making an emotional impact Updated with refocused key points and references this second edition will also include new information about therapists misconceptions of SST the single session mindset and the working alliance Both concise and practical the book will be invaluable to psychotherapists and counsellors in training and practice **Single-Session Therapy** Windy Dryden,2021-12-20 In Single Session Therapy Responses to Frequently Asked Questions Windy Dryden takes the questions raised by participants from his workshops and training events on SST and provides answers in a fresh and accessible format The book focuses on 50 FAQs and is divided into five parts Part 1 The Nature of Single Session Therapy Part 2 The Foundations of Single Session Therapy Practice Part 3 The Practice of SST Part 4 Critical Questions about SST Part 5 Miscellaneous Questions Aimed at counsellors and psychotherapists of all orientations in training and practice Single Session Therapy Responses to Frequently Asked Questions is a concise and readable source of therapeutic knowledge **Single Session Therapies** Flavio Cannistrà,Michael F. Hoyt,2024-12-30 This volume presents the latest information from international leaders as well as emerging experts on how to make Single Session Therapy SST efficient and effective Key topics involve productive mindsets and multi theoretical clinical methods with different problems and populations including individuals families adolescents children and couples as well as walk in and by appointment access digital services implementation and training the structure and aesthetics of a single session and connections to sports coaching It is an essential book for practicing professionals such as psychologists social workers psychiatrists counselors case workers and behavioral healthcare specialists as well as graduate students and healthcare administrators and policymakers **How to Think and Intervene Like a Single-Session Therapist** Windy Dryden,2024-06-18 Therapists new to Single Session

Therapy SST will often struggle to bring the SST mindset to the work and will in turn struggle to help their clients get the most out of the time that they choose to spend together How to Think and Intervene Like a Single Session Therapist provides the trainee with an opportunity to discover how experienced therapists think and how their thoughts influence their interventions within the single session context Presenting SST in a way that both interests conventional therapists and shows the potential of this way of delivering therapy services Windy Dryden details the multiple levels of thinking and intervening that go into single session practice He covers the orientation thinking experienced SST therapists have about the work when they are not doing it the pre session thinking they engage in while actively preparing to do the work and the in session thinking they engage in while doing the work The book outlines the theory behind SST and the ways those ideas form its practice using clinical vignettes and case scenarios to demonstrate how single session therapists can make the best use of the limited time with their clients The book additionally presents an ongoing dialogue between an SST therapist and a conventional therapist to highlight the thinking of the former and how the criticisms of SST by the latter can be responded to This highly practical guide will be essential reading for any therapist who is new to or has recently been introduced to the practice of SST

Music therapy in mental health for illness management and recovery Michael J. Silverman, 2015-05-21 Many music therapists work in adult mental health settings after qualifying For many it will be a challenging and even daunting prospect Yet until now there has been no psychiatric music therapy text providing advice on illness management and recovery This essential book fills the gap in the literature providing the necessary breadth and depth to inform readers of the psychotherapeutic research base and show how music therapy can effectively and efficiently function within a clinical scenario The book takes an illness management and recovery approach to music therapy specific to contemporary group based practice It is also valuable for administrators of music therapy providing innovative theory based approaches to psychiatric music therapy developing and describing new ways to conceptualize psychiatric music therapy treatment educating music therapists stimulating research and employment and influencing legislative policies An important aim of the book is to stimulate both critical thought and lifelong learning concerning issues ideas and concepts related to mental illness and music therapy Critical thinking and lifelong learning have been and will likely continue to be essential aspirations in higher education Moreover contemporary views concerning evidence based practice rely heavily upon the clinician's ability to think critically seek a breadth of contradicting and confirmatory evidence implement meta cognition to monitor thoughts throughout processes and synthesize and evaluate knowledge to make informed clinical decisions relevant and applicable to idiosyncratic contextual parameters For both students and clinicians in music therapy this is an indispensable text to help them learn develop and hone their skills in music therapy

Single Session Therapy Maximizing The Effect Of The First And Often Only Therapeutic Encounter Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Single Session Therapy Maximizing The Effect Of The First And Often Only Therapeutic Encounter**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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