

# Single-Session Therapy: Its use in CBT and Other Therapeutic Approaches

## Presented by Professor Windy Dryden

The assumption that therapy should always be long term has been challenged repeatedly over the last twenty-five years. This workshop enables participants to learn how to work with clients for one session and achieve realistic but positive results. An integrated approach to SST utilising a number of CBT and other techniques and strategies will be presented.

### **Feedback from previous participants included:**

*Excellent. Windy is an engaging speaker & very informative. Fabulous! Insightful & thought provoking. Excellent – I feel more confident in my practice as a result of this workshop. The demonstrations were really helpful and brilliant. Challenging & refreshing. I will use these techniques in my practice. I've come away with a huge amount.*

The workshop will outline the basis of Single-Session Therapy and show, in particular, how it can provide help at the point of client need rather than at the point of service availability. The use of session transcripts and recordings for the client to take away and use will be discussed. **Real life (not role played) demonstrations of a single session approach with volunteers will be presented.** Issues covered include:

- The objectives of SST
- The do's and don'ts of SST
- Indications and contraindications for SST
- The components of SST
- Setting the stage for SST
- Creating a focus in SST
- Problem assessment and goal setting
- Using client strengths
- Doing the work with a future emphasis
- What happens after the session and evaluation
- Necessary therapist skills
- Live demonstrations of SST

**Windy Dryden** is Emeritus Professor of Psychotherapeutic Studies at Goldsmiths University, London. He has authored and edited more than 225 books including: 'Single Session Integrated CBT: Distinctive Features' (Routledge, 2017), 'Very Brief Cognitive-Behavioural Coaching' (Routledge, 2017) and 'Very Brief Therapeutic Conversations' (Routledge, 2018). His latest book is 'Single-Session Therapy: 100 Key Points and Techniques' (Routledge, 2018). He is internationally acclaimed for his work and undertakes live demonstrations of therapy and coaching all over the world.

**This workshop is suitable for health professionals including clinical and counselling psychologists, doctors, counsellors, social workers, mental health nurses as well as those working in third sector, educational and coaching settings. It will be of interest to practitioners of CBT and other approaches. It will contribute 6 hours of Continuous Professional Development (CPD)**

24<sup>th</sup> April 2020, 9.30 am – 4.30 pm  
Royal National Hotel  
38-51, Bedford Way, London  
WC1H 0DG

Prices including lunch & refreshments  
Until 24<sup>th</sup> March 2020 - £125 + VAT  
From 25<sup>th</sup> March 2020 - £140 + VAT  
For more information or to reserve a place visit :- [www.stantonltd.co.uk](http://www.stantonltd.co.uk) or [www.grayrock.co.uk](http://www.grayrock.co.uk)

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