

Single Session Therapy

Presented by: Jeff Young, The Bouverie Centre

DATE: Thursday 19th April 2018

TIME: 9:30am—12:30pm

VENUE: Grampians Community Health,
8-22 Patrick Street, Stawell, 3380

COST: \$165

Participants **MUST** register, please visit: www.trybooking.com/UTNU

Single Session Therapy (SST) describes a model of service delivery that acknowledges the likelihood that many clients will access a service only once or twice. This approach assists workers to make the most of each encounter with clients by treating each contact as though it may be the last, while laying the foundation for ongoing work, if required.

On completion of this workshop participants will be able to:

- Describe the history, philosophy, and practice principles of the SST approach
- Explain what SST is, and what it is not
- Describe various applications of SST ideas
- Identify particular skills associated with SST
- Develop a plan for implementing SST in their service setting

Dr Jeff Young (PhD) is the Director of The Bouverie Centre. He is a clinical psychologist and family therapist and has worked, published and presented in the area of Mental Health for over 28 years. Jeff has an interest in responsive and contextually compassionate health services. He has contributed to the development of Single Session Therapy and reflecting teams, understanding blame and conceptualizing change in chronic conditions.

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