



Further reading

Windy Dryden: *The Single-Session Counselling Primer* (2020)

Windy Dryden: *Single Session Therapy: 100 Key Points and Techniques* (2018)

Windy Dryden: *Single Session Therapy: Distinctive Features* (2019)

Moshe Talmon: *Single Session Therapy* (1990)

Michael Hoyt et al: *Single Session Therapy* (2018)

Steve de Shazer: *Keys to Solution in Brief Therapy* (1985)

David Wallin: *Attachment in Psychotherapy* (2015)



Reflective questions

1. According to the research referenced in the workshop, what percentage of clients say they are content with a single session of therapy? What implications does this have for your practice?
2. List an example, from the workshop, where the therapist is able to help with meaningful therapeutic change within the context of single session? Can you think of an example from within your own practice (or within your supervision group/ among discussion with peers/ or from recent reading)?
3. Recall one of the five implications for therapists, from the workshop, which have particular relevance for you and think through how you might be able to apply that in your current client work.