

2024-2025 ROVINSKY FAMILY LECTURESHIP SERIES

Wednesday, January 15th, 2025 | 12:00 – 1:00 pm EST | Live Webinar

PRACTICING FROM A SINGLE SESSION THERAPY MINDSET

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PROGRAM DESCRIPTION:

Single-Session Therapy is conceptualized as a model of psychotherapy delivery based on the evidence that the average number of therapy sessions received is one, the majority of individuals who attend a single session find their experience to be sufficient, and that it is difficult to accurately predict who will attend one session or multiple (Young, 2020; Young & Dryden, 2019). Clinicians operating from a Single Session Therapy (SST) mindset approach each session with a 'one-at-a-time' perspective where each visit has the potential to be its own complete therapeutic encounter. This has substantial implications for the delivery of behavioral health services in a variety of settings (e.g., integrated behavioral health, private practice, community mental health), particularly within the context of the current and projected shortage of mental health providers (National Center for Health Workforce Analysis, 2023; Phillips, 2023) and current waitlists that are predicted to get longer (Stringer, 2023). Through a SST mindset, clinicians across therapeutic models may be able to more effectively address long waitlists and serve more clients experiencing unique mental health challenges. This presentation will cover the basic tenets and concepts of SST, guidelines for practicing psychotherapy from a SST perspective, and unique considerations for providing SST from a Cognitive-Behavioral Therapy perspective.

EDUCATIONAL OBJECTIVES

Based on the presentation, the participants will be able to:

- Describe the basic assumptions and guidelines of practicing from a Single Session Therapy mindset
- Explain the differences between traditional psychotherapeutic practices and those from a Single Session Therapy mindset
- Discuss the benefits and challenges associated with practicing from a Single Session Therapy mindset
- Compare their own clinical practice to clinical practice from a Single Session Therapy Mindset

SUGGESTED READINGS

Hoyt, M. F., Young, J., & Rycroft, P. (2020). Single session thinking 2020. *Australian & New Zealand Journal of Family Therapy*, 41, 218-230. <https://doi.org/10.1002/anzf.1427>

Kim, J., Ryu, N., & Chibanda, D. (2023). Effectiveness of single-session therapy for adult common mental disorders: A systematic review. *BMC Psychology*, Article 11, 373. <https://doi.org/10.1186/s40359-023-01410-0>

Young, J. (2020). Putting single session thinking to work: Conceptual, practical, training, and implementation ideas. *Australian and New Zealand Journal of Family Therapy*, 41, 231-248. <https://doi.org/10.1002/anzf.1426>

ABOUT THE PRESENTER

Dr. Nic Schmoyer-Edmiston is an Assistant Professor in the Counseling Department at PCOM. He received his Ph.D. in Education - Counseling from Old Dominion University in 2024 and his M.S. in Mental Health Counseling from PCOM in 2021. He is a Nationally Certified Counselor (NCC) and a Licensed Associate Professional Counselor (LAPC) in Pennsylvania. Dr. Schmoyer-Edmiston's clinical experiences include working as a clinical mental health counselor in community based mental health, primary care, and general hospital settings. Additionally, he has experience practicing as a Behavioral Health Consultant (BHC) in a Primary Care Behavioral Health (PCBH) program in a regional healthcare association. As a clinician, educator, and researcher, his interests and expertise lie within integrated primary care, integrated behavioral health education and training (e.g., supervision), medical trauma, and behavioral medicine. Dr. Schmoyer-Edmiston is a member of various counseling and interdisciplinary professional organizations, including the Collaborative Family Healthcare Association (CFHA), Association for Counselor Education and Supervision (ACES), American Mental Health Counselors Association (AMHCA), and Pennsylvania Counseling Association (PCA).



CRITERIA FOR EARNING CE

Full attendance is required to receive CE credit for each session. No partial credits are available. All participants must sign an attestation regarding attendance and indicate the type of CE credit they require through a link which will be provided following the session. At the conclusion of each session participants will be provided an additional link to complete an evaluation survey; we request that you take a few minutes to anonymously provide feedback. Co-sponsored by Philadelphia College of Osteopathic Medicine.



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Target Audience: Doctoral Level Psychologists and Other Mental Health Professionals
Level of Instruction: Intermediate
Number of CE Credits Offered: 1 CE credit
Cost: \$15

