

Young Adult Counselling Services

Therapy is traditionally viewed as a series of meetings in which the therapist and client work together to resolve or improve the client's concerns. An alternative to multi-session therapy is "*Single-Session Therapy*", in which a client and therapist work hard in *one meeting* to find ways to improve things. In one clinic offering single sessions, 45% of participants reported that one session was sufficient, and 67% reported improvement in their presenting concerns.

Young adults often approach going to therapy with a strong motivation to change themselves or their circumstances, and they wish to have their consultation in a timely way. Our Social Work service is now offering 90 minute, Single Session Therapy sessions to young adults, ages 20 to 29, residing in Ajax or Pickering. We have appointment times each week that are reserved for this purpose.

To ensure that this consultation will be meaningful and useful to you, we need your help to prepare for this meeting. An Intake questionnaire is included on our web site, which must be completed and sent to us *before your counselling appointment can be reserved*. You will notice that the questionnaire asks you what is the single most important concern that you want to consult about. Single-Session Therapy works best if both the therapist and the client work hard together on a *single issue*, as it is not possible to find solutions to several concerns in 90 minutes.

If you find that one session was insufficient to address your concern, *we would be able to meet with you again*, but ask that you wait a few weeks before you schedule another session. This time period allows you to experiment with the ideas you took with you from your initial meeting. If you do schedule another session, it does not have to be with the therapist you already met. If you meet with a different therapist, they will have access to notes taken by the original therapist.

Interested? If so, here is what you do next:

1. Complete the Intake Questionnaire
 2. E-mail it to us: swintake@theyouthcentre.ca
 3. You will receive a phone call from our office with an offer of a meeting time and/or a referral to a service that best fits with your needs
- ❖ ***If you have any questions about the process of completing the Intake Questionnaire, please call The Youth Centre at (905) 428-1212 and speak with our reception staff.***

Thank you.

We look forward to hearing from you!