



SINGLE-SESSION INTERVENTION: ONE PROBLEM, ONE MEETING

What you need to know

A single-session intervention is based on the principle that adequate help can be provided in just one meeting. The professional and the person consulting become partners who work together to solve a problem. With the help they receive, the person consulting will be better able to manage their issues

Why consult for just a single session?

- Get access to active listening
- Clarify a problem or an issue
- Solve a problem
- Get advice
- Get information

What types of problems can I consult for?

- Stress/anxiety
- Depressive symptoms
- Personal, family, marital or work problems
- Behavioural issues
- Relational problems

What happens during a single session?

The single session is a complete intervention in itself, with a beginning, middle and end, that takes place in just one hour. There is no follow-up appointment afterwards. However, the person consulting can come back as needed.

During the session, the most pressing problem is identified. The professional and the person consulting then try to view the problem from different angles. They then discuss different solutions. Finally, the person consulting leaves with a plan and concrete ways to help them solve their problems, which they are encouraged to implement before consulting again.

Remember

Research shows that a single-session intervention works well and is enough for many people. For others, it doesn't solve their problems; these people will be referred to other services.

**Obviously, one meeting won't change your life.
But it can improve it... one problem at a time!**

Our mission

To maintain, improve, and restore the health and well-being of the Québec population by making accessible an array of integrated and quality health and social services, while contributing to the social and economic development of Québec.

Our vision

Accessible and efficient health care and services that adapt to the needs of Québécois.

Our goals

The CISSS de la Montérégie-Ouest achieves its goals through its innovative approaches and stands apart through:

- its exemplary offer of care and integrated services based on interdisciplinarity, accessibility, and adaptability to the needs of its population;
- its willingness to question and improve its professional, clinical, and administrative practices;
- its appreciation of its personnel and the implementation of human resource management practices;
- its strong relationships with its partners.

Our values

Our actions are guided by five equal and interconnected values: compassion, collaboration, commitment, confidence and consistency.



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Centre intégré
de santé
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de la Montérégie-Ouest

