

**Our commitment
to you is:**

Compassion
Acceptance
Respect
Excellence in service

Where you can find our services

Perth

134 Palmerston Street Perth WA 6000
P: 9328 7355 perth@palmerston.org.au

Palmerston Farm TC

Contact through Palmerston Perth

Fremantle

Level 3, 22 Queen Street Fremantle WA 6160
P: 9430 5966 fremantle@palmerston.org.au

Rockingham

Unit 2, 31 Council Avenue Rockingham WA 6168
P: 9550 9200 rockingham@palmerston.org.au

Mandurah

22 Tuckey Street Mandurah WA 6210
P: 9581 4010 mandurah@palmerston.org.au

Thornlie

312 Spencer Road Thornlie WA 6108
P: 9267 2400 thornlie@palmerston.org.au

Albany

Unit 3, 90 Frederick Street Albany WA 6330
P: 9892 2100 albany@palmerston.org.au

Katanning

19 Daping Street Katanning WA 6317
P: 9821 8306 katanning@palmerston.org.au

Denmark

Unit 7, 39 Strickland Street Denmark WA 6333
P: 9848 1491 albany@palmerston.org.au

palmerston.org.au

Palmerston Association is a leading and respected not for profit organisation supporting people with alcohol and other drug (AOD) issues in Western Australia.

Our services are free, confidential and everyone is welcome.

Single Session Therapy

Single session therapy has shown itself to be really valuable as a process based around just one appointment with a counsellor. This approach can be helpful for families as well as individuals.

What's the difference between single session therapy and attending counselling sessions?

Single session therapy is a planned intervention which helps people to address their issues in a single visit. It is particularly useful when there is a specific matter or problem that needs to be explored. Even though it is described as a 'single session', the process has three important steps:

- a basic questionnaire seeking information on your concern(s)
- a 90 minute face to face session
- a follow up phone call approximately two weeks later to see how you are feeling and whether you need further support

A standard counselling session is 60 minutes. Many people actually achieve the changes they want to make in their lives after seeing someone on only one occasion and getting help to put things into perspective.

Can I bring along my partner or a member of my family?

Yes, if you feel this will help you.

How long do I have to wait for a single session?

One of the advantages of single session therapy is that there is a shorter waiting period than for standard counselling sessions. Usually you will have an appointment within two weeks of contacting our service.

What if I change my mind and would prefer to have the shorter, more frequent counselling sessions?

Then you are very welcome to continue to have normal counselling or group sessions to support your goals.

Do I need a referral?

No, you are welcome to book your appointment when you are ready.

Where is this offered?

Single session therapy is offered at all our branches.