



palmerston.org.au



Single Session Therapy

Compassion
Acceptance
Respect
Excellence
Service

Visit our website for branch locations or call/email:

Albany

P: (08) 9892 2100 albany@palmerston.org.au

Armadale

P: (08) 9399 5344 armadale@palmerston.org.au

Denmark

P: (08) 9848 1491 albany@palmerston.org.au

Fremantle

P: (08) 9430 5966 fremantle@palmerston.org.au

Katanning

P: (08) 9821 8306 katanning@palmerston.org.au

Mandurah

P: (08) 9581 4010 mandurah@palmerston.org.au

Perth

P: (08) 9328 7355 perth@palmerston.org.au

Residential Rehab

Contact through the Perth office

Rockingham

P: (08) 9550 9200 rockingham@palmerston.org.au

Thornlie

P: (08) 9267 2400 thornlie@palmerston.org.au

Corporate Services

P: (08) 6389 6600 mail@palmerston.org.au

We acknowledge Aboriginal people as the traditional custodians of this land upon which we walk together. We recognise that Palmerston services are located on Nyoongar country.



Palmerston is a leading and trusted service improving the lives of people affected by alcohol and other drugs. We put people at the heart of our thinking.

We are committed to working with Aboriginal people in culturally secure ways.

We are committed to working with people from culturally and linguistically diverse communities.

Our services are free, confidential and everyone is welcome.

Single Session Therapy

Single session therapy has shown itself to be a really valuable 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.

Many people can make the changes they want to make after seeing someone on only one occasion.

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.

