

How Does It Work?

Individual Single-sessions last two hours to provide a suitable time to explore the key issue identified as the focus of the therapy.

Because it is straight to the point, you can dive into what is bothering you and work on practical solutions.

Couples/Relationship single sessions are typically 2 hours long.

The invitation is to prepare for the session by considering the specific issues you both have agreed to bring to the meeting with a Couples/Relationship specialist.

Of course, you can return for more single sessions in the future if you wish, or you may decide to opt for one of our other longer-term therapies. There is no pressure to do so-the choice is yours.

At Footsteps Counselling, single-session therapies are available in person for those local to LS13, or online, providing added convenience to this approach to therapy. It is effective and super convenient.

Who Can Benefit the Most from Individual Single-Session Therapy?

- Individuals who require a flexible solution for people with limited time or busy schedules who cannot commit to traditional regular sessions
- Need help with a specific issue, like work stress, relationship problems, or a tough decision

- Are dealing with a temporary challenge, like a recent breakup or a conflict with a friend or family member
- Want quick strategies to handle anxiety, stress, or life transitions
- Are unsure about long-term therapy but want to try a session first
- Have mild to moderate mental health concerns that don't require deep, ongoing therapy

Ideal Issues for SST in Relationships

- Managing a recent disagreement or misunderstanding.
- Deciding on a short-term plan for a relationship challenge
- Gaining insight into a particular issue (e.g., communication style, conflict triggers).
- Learning a specific skill (e.g., active listening, boundary-setting).
- Making a joint decision about an upcoming change (e.g., moving, career shifts, and family planning).