CREATING CALM

Dr. Elaine Hutchinson

When One Conversation Might Be Enough

Single Session Therapy

A focused therapeutic conversation when one conversation might be enough.

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At Creating Calm, I believe that support should be shaped around the person rather than expecting the person to fit a particular model of support. Different people need different things at different times in their lives. Sometimes that means longer-term therapy. Sometimes it means parent support, supervision or assessment. Sometimes it means one thoughtful conversation at the right time.

Single Session Therapy is one way of offering that support.

Why this way of working?

Many people assume that therapy has to involve regular appointments over weeks or months. Whilst that is the right approach for some situations, it isn't the only way that meaningful therapeutic work can happen.

A single conversation can provide the time and space to think differently about something that has become difficult to untangle on your own. It can help us understand ourselves, our relationships or the situation we are navigating more clearly, allowing us to make more considered decisions about what comes next.

Approaching a session in this way doesn't mean we expect everything to be resolved within an hour. It simply means we give each conversation our full attention, without assuming another appointment will be needed.

Sometimes one conversation might be enough. Sometimes it becomes the beginning of something else. Both are equally valid.

Our conversation

We'll begin with whatever feels most important to you.

You don't need to prepare a detailed history or arrive knowing exactly what you want to say. Many people come with a question they have been carrying for some time. Others arrive with a general sense that something doesn't feel quite right but are unsure where to begin. Both are perfectly okay.

Working alongside you, I'll listen carefully, ask thoughtful questions and help us explore what feels most significant. Rather than looking for quick answers or immediate solutions, we'll spend time developing a deeper understanding of your experiences and considering what they might be telling us.

Often, understanding something more fully changes the way we experience it. From there, it becomes easier to consider what comes next.

As with all therapeutic work, our conversation is confidential within the usual professional and safeguarding responsibilities.

Who is this for?

Single Session Therapy is available for adults aged 18 and over.

People choose this approach for many different reasons. You may be thinking through a difficult decision, navigating a change in your life, finding a relationship challenging, feeling overwhelmed by parenting, wanting to better understand anxiety or loss, or simply wanting the opportunity to think something through with someone who will listen without judgement.

I also offer Single Session Therapy for young people where a focused therapeutic conversation feels appropriate.

If the session is for someone under 18, a parent or carer should first arrange a free initial conversation. This allows us to think together about whether Single Session Therapy is the most appropriate approach before making an appointment. In line with professional and safeguarding responsibilities, written consent from everyone who holds parental responsibility must be received before a young person's session can be confirmed.

If, during our initial discussion or our session together, it becomes clear that another form of support would be more appropriate, we'll consider that together. The aim is always to find the support that best meets your needs.

A final reflection

My hope is not that you leave with every answer, but that you leave with a deeper understanding of yourself, your relationships or the situation you are navigating.

Sometimes that understanding is enough to help us think differently about what comes next. At other times, it helps us recognise that another form of support would be more helpful. Either way, the aim is the same: to ensure that the support you receive feels right for you, at the time you need it.

Before you decide

Choosing the right kind of support isn't always straightforward, and there is no expectation that Single Session Therapy is the right answer for everyone.

If this approach feels right for you, appointments can be booked directly through my online booking page.

- 60-minute appointment
- £100 per session
- Available in my Studio in Wells or online via Zoom

Book online:
creatingcalm.setmore.com

You don't need to arrange an initial conversation before booking.

However, if you have questions or would like to think through whether this is the most appropriate approach for you, you are very welcome to book a free initial conversation first. It isn't a requirement—simply an opportunity to help you decide.

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