



# Single Session Therapy: Maximizing the Effect of the First (and Often Only) Therapeutic Encounter

By Moshe Talmon

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## Single Session Therapy: Maximizing the Effect of the First (and Often Only) Therapeutic Encounter By Moshe Talmon

How to use limited therapeutic time most efficiently

Research shows that many clients seeking therapeutic help attend for one session only--no matter what their therapist's orientation or approach. Moshe Talmon demonstrates how therapists can turn this single encounter into a positive therapeutic experience.

Based on a study of hundreds of single-session cases, this book offers a realistic, practical approach to using a single session to prompt substantial changes in patients' lives. The author describes how to make the most of patients' innate ability to heal themselves--presenting insights into bolstering the patient's existing strengths, restoring autonomy and confidence, and offering solutions that the patient can implement immediately.

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### **Editorial Review**

#### Review

"Talmon's presentation of single-session therapy is convincing. His style is exceptionally clear and refreshingly free of jargon.... Should be read and pondered by all outpatient therapists, funding agencies, and organizers of psychotherapeutic outpatient services." --from the foreword by Jerome D. Frank, professor emeritus of psychiatry, The Johns Hopkins University School of Medicine

#### From the Inside Flap

Single-Session Therapy shows that many clients seeking therapeutic help attend for one session only--no matter what their therapist's orientation or approach. It demonstrates how therapists can turn this single encounter into a positive therapeutic experience. This book offers a realistic, practical approach to using a single therapeutic session to prompt substantial changes in patients' lives. The authors describes how to make the most of patients' innate ability to heal themselves.

#### From the Back Cover

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### **Users Review**

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##### **Irene Allen:**

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