

## OAAT/Single Session Therapy Skills Workbook

### Ingredient #1: Rapid & Positive Alliance/Joining

**Description:** Clinicians should establish a collaborative, therapeutic relationship with clients as early as possible. We want to remove obstacles to forming a therapeutic alliance. Moving administrative tasks to a later point in the session facilitates this. Joining first enables us to learn about our clients' jobs, families, education, and other facets of their lives that help us connect with them and help demonstrate to them we are interested in them as people. It also helps us learn their "language," useful metaphors, and resources available to them.

#### Examples:

**Personal:**

Where are you from?  
How did you hear about us?  
Who do you live with?

**Relationships:**

Who is your go-to when you need to talk?  
What is helpful about them?  
What sorts of things are important to you in relationships?  
What do you like most about the people you have in your life?

**Readiness for change:**

Whose idea was to visit us today?  
What was going on when you decided to make arrangements to visit us today?

**Work:**

What do you do for work?  
Where did you learn how to do that job?  
What are you good at doing?

**Mental health history:**

What sorts of experience do you have talking to people like me?  
How were they helpful?

**Social:**

What do you enjoy doing?  
What sorts of things do you wish you had more time for?

#### Create your own examples:

**Feedback:**

How well did you apply this Ingredient? What are some examples of questions you asked? How were you able to get creative with the client(s)?

Excellent

Very good

Satisfactory

Needs Improvement

Not Observed

**Ingredient #2: Clear Definition of Responsibilities & Activities**

**Description:** Clinician describes how a walk-in, or call-in, session works, and uses non-professional language to explain duties. The clinician introduces the idea that for most people, one session is enough. Familiarized the client with the policies of the organization when necessary.

**Examples:**

Most people find one session to be sufficient for now, some would like to walk-in or call-in again, and some would like to schedule an appointment.

**Example of training facility:**

This is a place where people learn how to do therapy.

**Example of informed consent:**

We're going to work really hard on whatever brought you in today. Some people find that when they leave here they're feeling a little better or even a bit worse. That can sometimes be the case when talking to folks like us. Also, this is the kind of place where we might talk about abuse that happened or may be happening, if there's children involved or people who can't take care of themselves, then we have to make sure that we involve the right people to help with the situation.

**Example of subpoenas -**

Official order from a court or a judge: We understand that it's mandatory for you to come today. What do you think the judge needs to see for them to leave you alone?

What ideas do you have about what the judge wants from you and coming to see us?

-----**Different examples**-----

Be creative; customize these to include details from the client's life:

Most clients find that one session is enough to get them going in the right direction. We're going to work really hard together during the next hour on whatever brought you in today.

Before we began to talk today, you had to fill some paperwork out about how we'll work. What questions do you have about that?

**Create your own examples:****Feedback:**

**How well did you apply this Ingredient? What are some examples of questions you asked? How were you able to get creative with the client(s)?**

Excellent

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**Ingredient #3: Emphasis On Strengths, Producing Hope, & Expectations Of Change**

**Description:** Clinician uses the client's language to establish hope and expectancy and orient to SST mindset. Clinicians convey hope and belief in a client's capacity, and attempt to shift the client's attention towards a more hopeful and positive way of being.

**Examples:**

If you woke up tomorrow and your best hopes had become a reality, what would be the first thing you would notice?

If the problem kept diminishing, how would you know?

What do you hope you will be able to do when you leave the session today?

**Create your own examples:****Feedback:**

**How well did you apply this Ingredient? What are some examples of questions you asked? How were you able to get creative with the client(s)?**

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**Ingredient #4: Pre-Session Change**

**Description:** Clinicians inquire about the days, weeks, or even months that may have passed between the referral and the first meeting with the clinician. An exploration of any changes that have occurred between the client making a referral or having an assessment is useful for a number of reasons. It sets the framework of fluidity; nothing is static.

**Examples:**

What has gotten better since you made the decision to come in today?

What have you noticed improve since you decided to meet today?

What have others noticed improve since we last met?

**Create your own examples:****Feedback:**

**How well did you apply this Ingredient? What are some examples of questions you asked? How were you able to get creative with the client(s)?**

Excellent

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**Ingredient #5: Problem/Goal Definition: Goal Focused**

**Description:** Clinician collaborates with clients to establish small goals. If the client provides multiple issues, plant the idea that small changes lead to big changes. Invite the client to explain what the focus of the session should be and co-create attainable treatment goals.

**Examples:**

What kinds of things would be important for us to talk about today?

When you were on your way over here today, what were you hoping would be different as a result of talking to us today?

What would be the first thing that (insert primary representational system) that you were headed in the right direction

You mentioned, (list topics of conversation), if you were to leave here today and notice things getting better, what would we need to talk about today to make that happen?

**Create your own examples:****Feedback:**

**How well did you apply this Ingredient? What are some examples of questions you asked? How were you able to get creative with the client(s)?**

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**Ingredient #6: Agreed Upon Next Steps** (Emphasis on strengths, competencies, expectations of change producing hope)

**Description:** After the goal has been identified and the purpose of the session has been established, the therapist moves towards identifying implementable steps.

**Examples:**

If you were to just begin to make that first step toward your goal, what would you do?

If you were to move from a 5 to a 5.5 on that scale, what would let you know that you had moved?

Who would notice if you were doing (x, y, or z)?

What would you be doing if you were more (x, y, or z)?

Why would it be important for you to be able to do (x, y, or z)?

When would be the best time to start (x, y, or z)?

Where can you (primary representation system) yourself do (x, y, or z)?

How do you see this plan making a difference later today?

**Note:** Accomplished by who, what, why, when, where and how questions

**Create your own examples:**

**Feedback:**

**How well did you apply this Ingredient? What are some examples of questions you asked? How were you able to get creative with the client(s)?**

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**Ingredient #7: Session Checkpoint**

**Description:** Clinician inquires about what has been most helpful about the session thus far.

**Examples:**

What has been helpful about our conversation so far?

What was it about (e.g., “just talking”) that made you feel like it was what you needed?

What will you be able to do differently later today as a result of coming in?

What was something that stood out to you during our time together that you will take and start doing later today or tomorrow?

**Note:** therapist reviews plan with client

**Create your own examples:****Feedback:**

**How well did you apply this Ingredient? What are some examples of questions you asked? How were you able to get creative with the client(s)?**

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**Ingredient #8: Consider Taking a Break**

**Description:** Consider taking a time-out. A break or pause during a session allows time to think, consult, focus, prepare, punctuate.

**Examples:**

(At the beginning of the session) Somewhere towards the end of the session we might take a break.

This is a good time to take our break, what do you think?

I would like to take some time to gather my thoughts.

**Create Your Own Examples:****Feedback:**

**How well did you apply this Ingredient? What are some examples of questions you asked? How were you able to get creative with the client(s)?**

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### **Ingredient #9: Focus On The Here-And-Now (And Next) Orientation**

**Description:** feedback should be provided that enhances the client’s understanding of solutions they can implement and their strengths. Tasks or homework tasks may be developed that will continue the therapeutic work on their own. Clinician highlights resources that the client may not have noticed and thereby may point the way toward solutions. Commend the clients based on the strengths and resources they described or you’ve observed. Clinicians avoid using diagnostic, pathological, problem-oriented language.

#### **Examples:**

I noticed throughout our conversation just how (e.g., strong) you have been through all this (give examples of how they have been strong).

You mentioned that you might try (e.g., going for a walk) later, what time were you thinking about going?

Where do you think you’ll go for a walk?

Who do you think you’ll go for a walk with?

**Note:** Gathering detailed information and examples about client’s resources and homework tasks is recommended to give more meaningful feedback.

#### **Create Your Own Examples:**

#### **Feedback:**

**How well did you apply this Ingredient? What are some examples of questions you asked? How were you able to get creative with the client(s)?**

Excellent

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Not Observed

**Ingredient #10: The Closing: Time Sensitivity/Intermittency**

**Description:** Therapist closes out the session with options to return.

**Examples:**

If you feel the need to come talk to us again, you are always welcome to give us a call.

If you end up wanting to come talk with us again, you can call tomorrow morning to set something up.

Some people find it helpful to schedule another appointment, while others choose to give us a call when they feel it's needed.

Just like you walked/called in today, you can always come back and see us.

**Create Your Own Examples:****Feedback:**

**How well did you apply this Ingredient? What are some examples of questions you asked? How were you able to get creative with the client(s)?**

Excellent

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