

# SINGLE SESSION HUMANISTIC THERAPY

Exploring a style that emphasises embodied contact and awareness,  
rather than purely problem solving

Presented by Brian McMinn, UKCP & BACP registered psychotherapist



*"Transformation isn't a future event. It's a present day activity"* Jillian Michaels

Single session therapy may seem like a contradiction in terms when considered from a humanistic perspective, and sadly it seems to align to a modern culture that promotes fleeting and pseudo contact, as seen through social media. However, it is not widely known that over the last decade several studies indicate that the most common number of therapy sessions attended is just one! Of course, there may be many reasons for this, including dissatisfaction with the initial session, although this fact is interesting, nonetheless. How then, if we consider this concept of providing a single session, do we adapt it to a humanistic perspective, which values connection and process rather than an exercise in finding solutions? In this experiential workshop, I plan to explore the single session format from a humanistic perspective, and as gestalt therapist I will offer some gestalt ideas.

**Saturday 3<sup>rd</sup> August 2019, 1.00pm - 3.45pm**

**Venue: Toxteth Library**

**Windsor Street, Liverpool, L8 1XF (parking nearby)**

**Cost £50 (concessions for no/low waged)**

To book a place please email me: [b.d.mcminn@icloud.com](mailto:b.d.mcminn@icloud.com)

**Brian McMinn** MSc MA: I'm an accredited Gestalt therapist, working part-time for Liverpool University and in private practice. 25 years ago I trained in PCC and practised and taught this approach for several years before training in Gestalt Psychotherapy. In my role as a counsellor in the University I provide single session therapy sessions to students, and have developed the use of this format successfully into my private practice.