

Single Session Intervention CBT

Intensive CBT assessment & intervention

©The Decider

www.thedecider.org.uk



1

SSI-CBT

SINGLE SESSION INTENSIVE CBT

- 60-90 minute assessment & intervention session
- 30 minute follow up 3 weeks later
- Windy Dryden (SSI/SST), Isobel Clarke (spiky diagram), Lazarus (MMT treatment plan)



2

Part 1 - Assessment

30 – 45 minutes

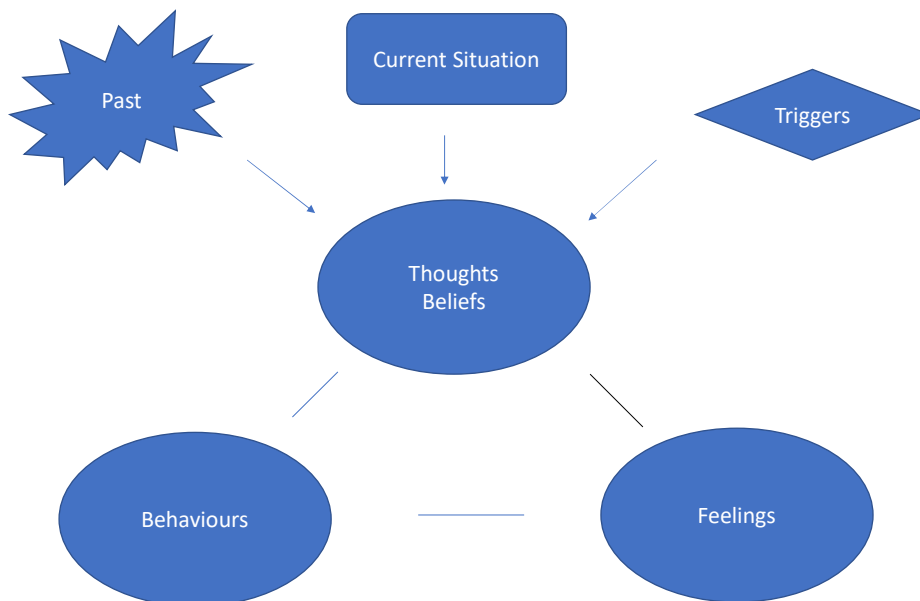
Standard CBT assessment

- Current problem
- Understanding the past
- What helps
- Maintaining factors
- Formulation
- Making the links

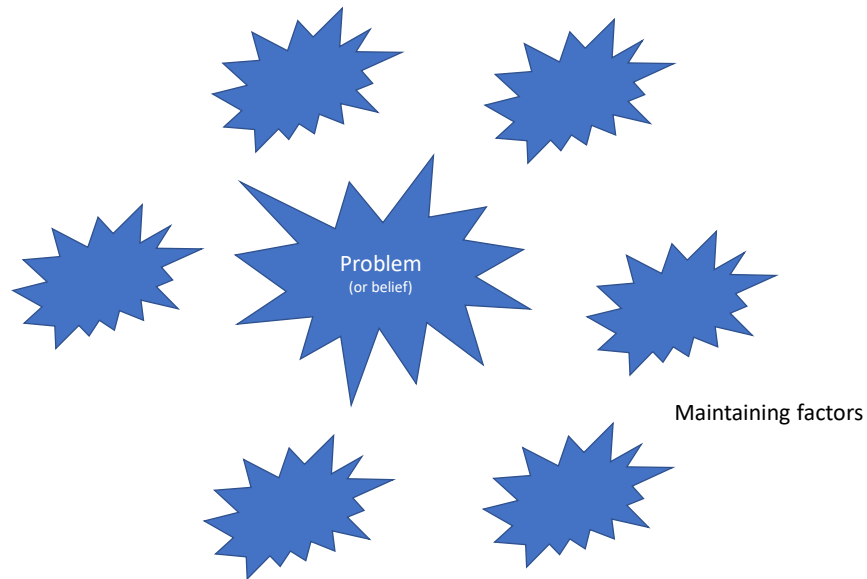


3

Formulation



4



Part 2 - Intervention

- Discussion
 - CBT, Vicious cycle, Psycho-education, Thoughts, Meanings, Attention, Defusing etc.
 - Don't believe everything you think!
- Breaking the cycle
 - Thinking / Doing differently
- Skills
 - Always teach STOPP Skill + relevant skills



Email – after SSI

- Summary of skills discussed
- Links to skills webpages/videos
- Book or handouts?
- Information re workshops/groups
- Local mental health resources/services
- STOPP app
- Online web app e.g. thedecider.org.uk/sp (32) or thedecider.org.uk/ls (12)
- Plan & follow up



7

Brief Follow Up

- Progress, changes made, skills used, obstacles etc.
- Commitment to therapy – right time?
- Discuss options
 - Workshops
 - Online CCBT (e.g. Silvercloud) or The Decider Skills for self help course
 - Short course of therapy
 - Signpost to other services
- Discuss with team best fit for client
 - History, presentation etc



8