

SINGLE SESSION THERAPY

IN PEDIATRIC HEALTH



Pediatric patients with **neurological conditions** often require **lifelong management of symptoms & behaviours**. This results in:

Emotional burden

Stress

Reduced quality of life

WE USED

SINGLE SESSION THERAPY (SST)

which refers to a **single session intervention** that is self-contained & based on brief, narrative, & strength-based approaches.



WE ASSESSED THE EFFECTIVENESS OF SST

for **pediatric patients with neurological disorders & their families**.



WE COLLECTED DATA FROM

135 PATIENTS, PARENTS, & SIBLINGS

Quantitative data was collected via **five standardized questionnaires**.

Qualitative data was collected via **semi-structured interviews**.



AFTER SST...

ANXIETY decreased in children

DISTRESS & ANXIETY decreased in adults

PARTICIPANTS DESCRIBED SST AS...

A missing piece in ongoing clinical care

Illuminating existing strengths & resilience

Having a lasting impact beyond the single session



SST IS SUPPORTED AS A TREATMENT that **emphasizes existing strengths, supporting therapeutic alliance, & cultivating hope**.

TO LEARN MORE, PLEASE VISIT [OUR WEBSITE](#)
READ MORE ABOUT OUR STUDY [HERE](#)