

# SINGLE SESSION FAMILY CONSULTATION

A key component of the 'From Individual to Families' framework, Single Session Family Consultation (SSFC) combines the principles and practices of family consultation with single session thinking.

SSFC offers timely, accessible support to all family members while retaining a strong client-practitioner relationship. In keeping with single session thinking, it enables practitioners to make the most of each encounter with families.



SELF-PACED  
ONLINE



CPD HOURS



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## WHAT WILL YOU LEARN?

On completion of Single Session Family Consultation, you will have an understanding of:

- Understand the Single Session Thinking and Family Consultation frameworks that underpin SSFC
- Convene, conduct and undertake follow-up as part of SSFC
- Address challenging situations in sessions with families
- Identify how you can incorporate SSFC into your practice

## COURSE MODULES

**Module 1:** Describes the rationale and practice principles underpinning SSFC

**Module 2:** Unpacks the conceptual and practical contributions of Single Session Thinking and Family Consultation to the model

**Module 3:** Describes and demonstrates the key stages of SSFC

**Module 4:** Addresses key challenges including translating SSFC training into practice

**Module 5:** Provides references and tools to aid and support practice

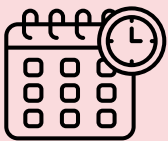
## RELEVANT AUDIENCE

Professionals, including counsellors, therapists, case managers, team leaders and managers who are interested in practical tips for working with "hard to engage" clients.

# SINGLE SESSION FAMILY CONSULTATION IN PRACTICE

This half-day workshop is the practice companion to The Bouverie Centre's Single Session Family Consultation (SSFC) self-paced online course that aims to bridge the gap between 'knowing' and 'doing.' It provides you with an opportunity to consolidate your knowledge of SSFC and enhance the application of these ideas in your clinical practice.

Put into practice the skills at the convening, conducting and follow-up stages of SSFC in a supportive small group context. Particular attention is paid to the feedback process so that your learning is maximised.



**HALF-DAY  
WORKSHOP**



**IN-PERSON  
OR ONLINE**



**CPD HOURS**



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## WHAT WILL YOU LEARN?

By attending this workshop, you will:

- Build on your existing knowledge of SSFC as a practical, doable model of family engagement and inclusion
- Have a unique opportunity to practice skills of SSFC in a supportive small group setting where you will receive relevant and helpful feedback
- Become 'practice ready' in the use of SSFC
- Be able to work through the issues of how to get started in making SSFC part of your current practice

## PRIOR LEARNING

Completion of The Bouverie Centre's [Single Session Family Consultation](#) self-paced online suite in the last 12 months.

## WHO SHOULD ATTEND

SSFC in Practice is relevant for those who want a clear and straightforward practice model for engaging and including families in their work, but who are not family therapists. It is particularly suitable for those working in individually oriented services for adults and young people (such as mental health and alcohol and drug services) where working with families is not the primary focus.

## WORKSHOP STYLE

This is an implementation-focused workshop led by a subject expert who is also a clinician. There will be small group practice activities and case discussions, along with the exploration of ideas to help make SSFC part of your practice repertoire. You will have the opportunity to ask questions about any aspect of SSFC and its applications and receive advice about how to start using SSFC within your work role and setting.

# SSFC: INFORMATION SHARING WITH FAMILIES

Turn complex mental health information into a shared understanding

SSFC Sharing information with families is a core part of effective mental health care – yet uncertainty about how to explain complex issues clearly, manage differing perspectives, and respond to common questions while maintaining relational safety is a concern of practitioners.

This online learning module builds on Single Session Family Consultation (SSFC) to strengthen your capacity to deliver clear, tailored, and family-inclusive psychoeducation.



**SELF-PACED  
ONLINE**



**CPD HOURS**



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## WHAT WILL YOU LEARN?

On completion of SSFC: Information Sharing with Families, you will have an understanding of:

- Explain the purpose and value of psycho-education within a Single-Session Family Consultation (SSFC) for clients and families using clear, plain language
- Plan and convene a client centred, tailored psychoeducational SSFC that attends to culture, development, literacy, and relational safety
- Facilitate effective three-way conversations that normalise different perspectives, centre the client's preferences, and support multi-engagement
- Respond confidently to commonly asked family questions about mental health, treatment, medication, confidentiality, and support options
- Apply practical strategies for agenda setting, containment, information sharing, and follow-up to support shared understanding and future planning

## COURSE MODULES

**Module 1:** SSFC Information Sharing with Families

## RELEVANT AUDIENCE

This module is for professionals working within the SSFC practice framework who want to further develop their skills and expertise in delivering family-inclusive psychoeducation whilst working directly with clients and their families.

# SSFC: YOUTH SERVICES

## Support young people's communication with their families

Working effectively with young people often involves engaging families, caregivers, and chosen family in complex, time-limited youth service contexts. Practitioners can be uncertain about how to propose family involvement, manage confidentiality, respond to heightened emotion, and maintain safety

This module builds confidence and skills in family-inclusive practice with young people by providing practical, evidence-informed strategies not typically found in standard youth service training.



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ONLINE**



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### WHAT WILL YOU LEARN?

On completion of SSFC: Youth Services, you will have an understanding of:

- Describe how Single Session Family Consultation (SSFC) can be adapted for youth service contexts
- Apply SSFC principles to the convening, conducting, and follow-up stages when working with young people, families, and chosen family members
- Demonstrate effective ways of proposing SSFC to young people and family members, including negotiating confidentiality and participation
- Identify and respond to common challenges in youth-focused SSFC, including high emotion, conflict, safety concerns, and family violence considerations
- Develop and use youth-appropriate psychoeducation strategies within SSFC to address families' prioritised needs and build shared understanding
- Plan safe and feasible SSFC sessions across different service settings

### COURSE MODULES

**Module 1:** SSFC Youth Services

### RELEVANT AUDIENCE

This module was Developed by Youth Support + Advocacy Service (YSAS) and the Bouverie Centre, for direct practitioners— including youth workers, counsellors, social workers, family support workers, community development workers, practitioners in outreach, residential, and day program settings and allied health professionals

# SSFC: COLLABORATIVE CONVERSATIONS

## Turning family stories into pathways for change

SSFC: Collaborative Conversations emphasises the self of the worker and supports participants to explore how their own history, role, emotions, and regulation can shape, influence, and strengthen collaborative family conversations. This module aims to develop practitioners confidence and effectiveness in family-inclusive work and directly addressing family challenges by helping participants understand how they influence the work, build trust, and provide structured support for safety and change.



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### WHAT WILL YOU LEARN?

On completion of SSFC: Collaborative Conversations, you will have an understanding of:

- Identify and apply strategies to build and maintain trust with consumers and family members
- Evaluate patterns of interaction and difficult dynamics within family conversations
- Apply principles of emotional regulation to notice anxiety, stuckness, and strong emotions in themselves and others, using these experiences as information rather than barriers to effective practice
- Generate questions and reflections that invite families to share stories, values, and past experiences of connection, resilience, and repair
- Develop realistic optimism and hope for change by linking family strengths, stories, and small shifts in interaction to shared goals for improved family wellbeing.

### COURSE MODULES

**Module 1:** SSFC: Collaborative Conversations

### RELEVANT AUDIENCE

This module is for professionals working within the SSFC practice framework who want to further develop their skills and expertise in facilitating collaborative conversations whilst working directly with consumers and their families.