

Single Session Map

START HERE

CHECKING IN AND CLOSURE

Schedule follow up phone call or session
"What are your take aways form our session?"
"Any last questions/concerns?"

HEARING CLIENTS' FEEDBACK

"Do any of those reflections land for you?"
"Is anything I've said not sitting well with you?"

REFLECTION

Share your thoughts openly
"Would it be all right if I shared some thoughts I had while listening to your family?"

BREAK

Either an actual break or a punctuation in the session
"Would anyone like a glass of water?"

CONTEXT SETTING, CONNECTING, CONTRACTING

Engagement, & what we already know
"If this could be as helpful as possible?"
(For each family member)

FINDING A FOCUS

Establish family priorities
"Which is the most important issue to focus on today?"
"What would feel like one step toward change?"

STAYING ON TRACK; CHECKING IN

Check in regularly with each family member
"Is this where we need to be heading today?"

INVESTIGATING ATTEMPTED SOLUTIONS AND CLIENT RESOURCES

"Of everything you've tried, what came closest to working?"
"I can hear how much you value connection."

Adapted from: [Translating Single Session Thinking into Practice](#)

Rycroft, Pam ; Young, Jeff | 1 | Hoyt, Michael F.

Single Session Thinking and Practice in Global, Cultural, and Familial Contexts, 2021, p.42-53