



Single Session COUNSELLING

Single Session Counselling has shown itself to be remarkably valuable as a clinical model that aims to maximise the effectiveness of 'one-off' counselling sessions.

Why should I choose Single Session Counselling rather than attend a series of counselling sessions?

Sometimes people just need the time and space to express their opinions, permission to feel their feelings and some professional help to put things in perspective.

Researchers have found that many people actually achieve the changes they want to make after seeing a counsellor on only one occasion.

How long are the single sessions compared to other counselling services?

Single Session Counselling lasts for about 90 minutes compared with the standard counselling sessions of 60 minutes.

Is there a long waiting list to enrol for Single Session?

One of the advantages of Single Session Counselling is that there is a far shorter waiting period than for standard counselling sessions. Usually you will have an appointment within two weeks of contacting our office.

Can I bring along my partner or a member of my family?

We encourage you to attend with a partner or family member, if you feel it would be beneficial for you.

What if I change my mind and would prefer to have the shorter, more frequent counselling sessions?

We acknowledge that some clients will need, or prefer, to have ongoing sessions. If following the single session, ongoing counselling is required, clients are welcome to do so, although this may mean going onto a waiting list.

Why choose Palmerston Association?

Palmerston has over 25 years experience in counselling and support, and with six offices around the State we are easily accessible.



Palmerston Centre, Perth 9328 7355

SOUTH METRO COMMUNITY DRUG SERVICE

Fremantle 9430 5966

Rockingham 9529 2500

Mandurah 9581 4010

GREAT SOUTHERN COMMUNITY DRUG SERVICE TEAM

Albany 9842 8008

Denmark 9848 2813