



Single Session Therapy: An Impactful Approach for Short- and Long-Term Family Work

Date: November 6, 2024

Time: 9:00 am to 12:00 pm and 1:00 pm to 4:00 pm

CEU: 6 hours

Location: UBC Robson Square, 800 Robson Street, Vancouver

Registration Fee: \$180*

[Click here to register](#)

*Morning refreshments and lunch will be provided

Description:

In this workshop, participants will explore the theory and practice of a transtheoretical Single Session Therapy (SST) approach, designed to enhance mental health practitioners' ability to work efficiently in both short- and long-term contexts. The SST model is recognized for its accessibility and affordability, addressing barriers like long wait times, by offering immediate, impactful support to those suffering with behavioural and emotional struggles. Mental health practitioners can integrate SST concepts into their own theoretical frameworks to optimize each session with their clients, making it a versatile tool across different practice settings.

When working with families, practitioners sometimes feel challenged in co-creating effective strategies to reduce levels of distress and meet needs promptly. This SST approach equips professionals with the skills to be more effective and responsive, making it ideal for those in community, for-profit, non-profit services, and private practice.

Dr. Sesma-Vazquez will demonstrate how she applies SST within a social constructionist-oriented family systems framework. Participants will have the opportunity to reflect on these practices and explore how to incorporate them into their own work.

Key takeaways include:

- Examining the benefits of using the One-Session-At-A-Time framework to increase client engagement and outcomes.
- Immersing in strategies for integrating solution-focused and systemic theories into practice.
- Practicing and critically reflecting on ways to create meaningful and impactful sessions, particularly when working with multiple family members.

The workshop will combine lectures, interactive exercises, discussions, and practical components to ensure a comprehensive learning experience.

Facilitator:



Monica Sesma-Vazquez, PhD, RSW, RMFT-SM (She/Her/Ella)

Biography:

Dr. Monica Sesma-Vazquez is a social constructionist-oriented social worker, family therapist, educator, and researcher. She is a Mexican Mestiza who lives in the traditional territories of the Niitsitapi (Blackfoot Confederacy) and Treaty 7 region in Southern Alberta, Canada. Monica is an Assistant Professor and the Academic Coordinator of the Post-Masters program in Couple and Family Therapy Program at the Faculty of Social Work, University of Calgary. Dr. Sesma-Vazquez works at Eastside Community Mental Health Services and the Calgary Family Therapy Centre as a family therapist and supervisor. She is the Research Coordinator of the Calgary Family Therapy Centre. She is currently a Board Member of the Canadian Association for Couples and Family Therapy and the Family Process Institute. Her current clinical and research interests focus on relational and systemic work with undeserved communities. Dr. Sesma-Vazquez's research focuses on children and their families and on immigrants, refugees, and newcomers' issues. She has been practicing and training on Single Session Therapy for more than 20 years in Mexico, the United States, and Canada.



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