

## **BRIEF Single-Session Consultation Script**

Adapted in September, 2023 by Lauren Haack, PhD (capp.ucsf.edu) to fit a 20-30 minute timeframe from the Expanded Action Plan For Clinician Use during SSC Session by Jessica Schleider, PhD; March 2020

⇒ **Intro to the person you are working with (e.g., youth, parent/caregiver, or teacher):**

⇒ Many people seeking support for concerns they've been having find that just one consultation session can help quite a bit. I'm willing to work hard today to help you get a better handle on things, or at least to jump-start movement in a positive direction. Does that sound like something you'd like to do?

⇒ **Reason for seeking services:**

⇒ What brings you in today? (And why today/now, as opposed to last month, next month?)

⇒ What part of your difficulties would be most important for us to talk about today?

⇒ *If helpful:* How would someone close to you [be specific, if possible!] describe this problem?

⇒ In what ways have you tried to address or cope with this problem in the past? Of the things, what has been helpful, and what hasn't?

Top reason for seeking services: \_\_\_\_\_

⇒ **Hopes for this consultation:**

⇒ What are your best hopes for our meeting today?

⇒ *If helpful:* What needs to happen in this meeting for you to feel like it our session was worthwhile/for you to think to yourself, "I'm glad I went to my consultation today"?

⇒ *If helpful:* How would [friend] know that today's consultation was useful for you? What would they notice that is different?

Top hope for today's consultation: \_\_\_\_\_

⇒ **Miracle question:**

⇒ Suppose that while you are sleeping tonight, a miracle occurs: The problem [*use their words*] that brought you here today *completely disappears*. Since the miracle happens when you're asleep, you don't know it's occurred right away. When you wake up, what is the first thing you notice that will let you know that this miracle has happened, and your problem is completely gone?

▪ What else? What would others notice?

▪ What will you do, think, and feel differently?

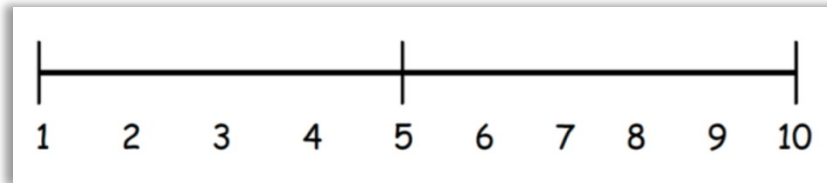
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⇒ **Miracle question Scale:**

⇒ “Imagine a scale from 0 - 10 where ten indicates everything you described in the Miracle Day is happening now and zero indicates none of that is happening. What number would indicate where you are at now?”



⇒ “What is happening that indicates you are at X and not lower?”

⇒ Is this good enough?”

- If “**Yes**” - “That’s fantastic! What can you continue to do to keep things at this number?”
- If “**No**” - “Suppose things improved slightly for you, to X+1, in the coming week. What would be happening at this higher number that would tell you there has been a slight improvement? What would you be doing differently? What would it take for these things you’ve described to happen?”

⇒ **Action Plan:**

⇒ **1 concrete, specific action** that the individual can take to make the **smallest possible change** to bring them closer to the a ‘10’ on their scale

- *Where possible, use skills, actions, or strategies that they have already mentioned using*

**One step to getting one point closer to a 10:**

1. \_\_\_\_\_  
a. **WHEN** can I do this? \_\_\_\_\_  
b. **WHERE** can I do this? \_\_\_\_\_

⇒ **2 people they can reach out to** who they trust, and who make them feel good, who can help them take these actions

- If applicable: Two **additional resources** they can consider in the next month or so
- **Hotlines for suicide or crisis:**
  - Response: 631.751.7500, National Suicide Prevention: 1800.273.TALK
  - 988

Two **people** who can help me take these steps:

1. \_\_\_\_\_ 2. \_\_\_\_\_

⇒ Their **main inner obstacle** to following-through with their plan (something *within them* that might get in the way – not something external/that they can't control!)

Following action plans can be challenging for anyone. What is it **within you** that might hold you back from taking your three steps? This could be an emotion, a belief, a bad habit, or anything else **within you**.

Take a moment to think if you need it!

So—what is your main **inner obstacle**?

\_\_\_\_\_

Now: What can you do to overcome your inner obstacle? What would be **one** effective *action* you can take or *thought* you can think to overcome your obstacle?

Name your **action** or **thought** to overcome your inner obstacle:

\_\_\_\_\_

⇒ An **“if/then” plan** to address this obstacle: “If I experience/think/feel [obstacle], then I will

So, your plan is:

If \_\_\_\_\_,  
then I will \_\_\_\_\_.

⇒ **Two reasons that you believe they can change!**

⇒ (e.g., “The fact that you had a good day yesterday, and were able to speak up for yourself, tells me that you already have the potential to meet your goals”; “I observed today how motivated you are to find better ways to support yourself and your progress, so I absolutely believe you are capable to these changes”). **Write these in the *second person*, as a personal note to the individual, at the bottom of the page.**

- **Wrapping up**

⇒ Remind them that **today’s meeting is not therapy—it’s a consultation**—Today was simply a way to hopefully **jump-start some progress**. **Thank them** for their time, openness, and willingness.

⇒ **Make a photocopy of their change plan and Single-Session Consultation worksheet for them to take with them -or- offer to email them a digital copy if they would like -or- they can also take a picture of the plan with their phones**); you may want to keep the original in their file.

<b>For a video demonstration of a mock SSC, see:</b>	<b>To try an online self-guided SSC yourself (called Project SUPPORT), see:</b>
<a href="https://drive.google.com/drive/folders/1DkmCVHqI_Lo3Za72SOxOWP6CDuXmujj4">https://drive.google.com/drive/folders/1DkmCVHqI_Lo3Za72SOxOWP6CDuXmujj4</a>	<a href="https://ucsf.co1.qualtrics.com/jfe/form/SV_9S1PP7saB490iYC">https://ucsf.co1.qualtrics.com/jfe/form/SV_9S1PP7saB490iYC</a>