

Ref. No: FOI1202
Date: 12/09/2024
Subject: Single Session Intervention (SSIs)

REQUEST & RESPONSE

A **Single Session Intervention (SSIs)** is a planned one-time intervention that is designed to provide individuals with immediate support and guidance for a specific issue or problem. That is, it is therapeutic in intent, and delivered as a standalone intervention, without presuming follow up or repeat use. It includes ‘single session therapy’, provided by a therapist from any therapeutic modality, and also self-help interventions designed intentionally to be used just once. Note that a one-off assessment (without providing guidance or therapeutic support) is not considered to be a single session intervention.

Our FOI request consists of 4 questions, pertaining to the financial year 2023-24:

1. Please mark X in the appropriate box:

	Yes	No
Did any services within your trust provide SSIs to Children and Young People (CYP)?		
	X	

2. If yes, which services and what SSIs did they offer? (please give as much detail as possible about these, including whether these are individual/group, aimed at a specific type of disorder or age group, what therapeutic modality/model these are based on)

Sessions offered for children aged 8-18 with type one diabetes-
One off sessions as part of diabetes MDT clinic, with a solution-focused approach
‘Top up’ sessions for YPs who have previously received intervention and are seeking a re-referral to psychology
One off sessions during planned or unplanned inpatient admissions, with solution focused approach.

3. Who delivered these interventions? (please mark X for all that apply)

Practitioner Psychologists (incl. Clinical Psychologists, Forensic Psychologists, Counselling Psychologists, etc)	X
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Assistant Psychologists	
Trainee Psychologists/Clinical Associate Psychologists	X
Consultant Psychiatrists	
Trainee Psychiatrists/Registrars	
Support Workers	
Mental Health Nurses	
Mental Health Practitioners (including Education Mental Health Practitioners, Child Wellbeing Practitioners)	
Family therapists	
Occupational therapists	
Social Workers	
Psychoanalytic Psychotherapists	
Other (please explain)	

4. At what point(s) in the care pathway are SSIs are offered to CYP/families?
(Please mark X to all that apply)

Whilst waiting	X
As an additional source of help to users offered other therapeutic provision like medication or psychological therapy	X
As a first step to accessing help	X
As a crisis intervention	X
Other (please explain)	