

# HOW DOES SINGLE SESSION THERAPY HELP?

*Yuvana Wellness*  
Psychotherapy, Psychometrics and Training

Exploring the light within

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DAYS

1

EXPERIENCING EMOTIONAL DISTURBANCES

CONTACT YUVANA WELLNESS

2-3

INITIAL PRE-SESSION PHONE CALL (BASIC  
INFO AND PROBLEM WILL BE DISCUSSED)

5-6

SINGLE SESSION THERAPY (2-3 DAYS AFTER  
PHONE CALL)

7+

AFTER SESSION REFLECT, DIGEST, ACT ON  
THE LEARNING AND LET TIME PASS-  
DECIDE IF YOU NEED ANOTHER SESSION

35

FOLLOW-UP AFTER 1 MONTH BY YOUR  
THERAPIST

- *The therapist will help identify past attempts to solve the problem, to build upon what was helpful and cast aside what was not*
- *Encourage to identify inner strengths and resiliency factors while addressing the problem*
- *Identify external resources such as supportive people in your environment*
- *Work with you to identify the best available solution and rehearse the solution*
- *Draw action plan to implement the solution*

*More help is available whenever needed*

Help at the point of NEED  
not availability