



5th International Single Session Therapies Symposium

June 27th-29th, 2025. Chicago, IL.

*(Please note, if you are attending by Zoom (Friday/Saturday/Sunday), links have been sent! If you note any issues or missing presentations, please contact lsmh@northwestern.edu. Thank you! All times are listed in **Central Time (CT) - Chicago time**)*

Friday, June 27th: [More detail can be found here](#). At the Feinberg School of Medicine, Northwestern University: **please check-in at 625 N Michigan Avenue, 21st floor, in the Sunset conference room.**

This is in Downtown Chicago, a couple of blocks from the hotel venue for Saturday & Sunday. *You have already selected any workshops you would like to attend during registration; we have sent a reminder email with your choices.*

Wifi Network = "Guest-Northwestern"

There is no password, but your browser will open such that you can click "I agree with the policy" and browse!

<u>Time</u>	Room 1 <i>Simpson Querrey Auditorium, 303 E Superior St, 1st floor</i>	Room 2 <i>Daniel Hale Williams Auditorium, McGaw Pavilion, 240 E Huron, 2nd floor</i>
9 am - 3:15 pm	Check-In at 625 N Michigan Ave, 21st floor, Sunset conference room - please feel free to walk over yourself, or await one of our team members to walk over a group! <u>Please note</u> the workshop buildings are about a 10 minute walk away, and it may rain.	
10 am - 12 pm	A single session approach to supervision: Making the most of every session <ul style="list-style-type: none">Pam Rycroft	The Single Session in School Counseling <ul style="list-style-type: none">Deborah Healy, PsyD, LPGrazia Raineri Acosta, M.AJoseph Cox, MS, LPC
1 - 3 pm	No Bullshit Therapy: Single Session Therapy for people who don't like you, don't want to work with you, don't think they have a problem and hence don't want to change.	Single Session Therapy in 3 Acts <ul style="list-style-type: none">Monte Bobele, PhD

	<ul style="list-style-type: none"> • Jeff Young, PhD 	
3:30 - 5:30 pm	So, How Do You Design a Single-Session Intervention? A Guide to Developing SSIs from Existing Interventions <ul style="list-style-type: none"> • Dr. Atina Manvelian • Monika Neff Lind, PhD 	

For those presenting, please plan to stick to the following time limits, including questions, so we have enough time for transitions:

- Clinical or Implementation Demo: 20 minutes
- Individual Project: 20 minutes
- Panel: 30-35 minutes
- Symposium: 45-50 minutes
- Flash Talk: 3 minutes (w/ 1-2 minutes for questions + transition)

Please note:

- Slides should be [uploaded here](#) by Friday, June 13th.
- Posters are 36" (height) by 48" (width).
 - They will be displayed on easels, so please print on a thick backing or we will have a backing available for you.
 - To print & pickup, you may submit to FedEx Office at 505 N Michigan Ave, Chicago IL, 60611, or other nearby FedEx Office or UPS stores.

Saturday, June 28th: [More detail about keynotes can be found here](#). At the Hyatt Centric Chicago Magnificent Mile: 633 N St Clair St, Chicago, IL 60611. There is construction, but the entrance is located there, just north of the Capital Grille Restaurant. We are on the 3rd floor in the Lakeshore Ballroom.

- Coffee/breakfast/snacks for all!
- Attend whichever sessions you would like; no need to sign up

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Room 1	Room 2
<u>7:30 - 8:00 am:</u> Check-In and Breakfast	
<u>8:00 - 8:45 am:</u> Opening Talk - Dr. Jessica Schleider	
<u>8:45 - 9:30 am:</u> Keynote - Dr. Michael F. Hoyt Single Session Therapy: Past, Present, and Future	

9:30 - 10:15 am: Keynote - Dr. Cannistrà (Co-Founder of the Italian Center for Single Session Therapy)
How to Train a Single-Session Therapist: Guidelines, Tips, and Experiences for Building an SSI Training

10:15 - 11 am: *Break*

11 - 11:45 am: Keynote - Jay Chaudhary:
From Scarcity to Abundance: SSIs in Public Behavioral Health Systems

11:45 - 12:30 pm: Keynote Panel - Arnold Slive, PhD, Jeff Young, Nancy McElheran, and Peter Cornish:
Brainstorming Panel Discussion: How to Expand Availability of Single-Session Psychotherapy in the United States

12:30 -1:15 pm: *Break*

1:15 - 2:45 pm: Poster Session (30) [Zoom link](#) + [folder of posters shared](#)

- Democratic SST Increasing Access to Mental Health Care in Low Density and Socio Culturally Disadvantaged Areas
 - Ester Fantoni
- Making Walk-in Family Therapy local- Translating accessible family therapy for mental health and wellbeing services
 - Nicholas Barrington
- Exploring Scalable Workplace Mental Health Interventions
 - Helen van Empel
- Youth Focus Group Feedback About a Social Media Single Session Intervention
 - Jane Harness
- A Randomized Controlled Trial of a Single-session Behavioral Activation Intervention for Underserved, Depressed Youth (*shared in virtual folder + small copy available to see in-person*)
 - Zohaib Jessani
- Leveraging Online, Self-Help Single Session Interventions to expand access to help for adolescents in the UK with depressive symptoms-LGBTQ+ youth, ethnic minority youth and parents of adolescents
 - Maria Loades
- Parent Intervention to Address Avoidance Behaviors in Neurodiverse Children-A Single-Session Intervention
 - Yufan Wang
- The Role of Care Navigation in Supporting Single Session Interventions
 - Milly Cowling
- Promoting College Student Wellness Through a Digital Single-Session Intervention and Wearable Technology
 - Johanna Esther Hidalgo
- A Pilot Study of Help for Overcoming Problem Eating (HOPE)-A Single Session Intervention for College Students with Binge-Spectrum Eating Disorders
 - Sonakshi Negi
- A Meta Analysis and Systematic Review of Single-Session Interventions for Eating Disorders
 - Sonakshi Negi

- What do you want to achieve in your chat today- Examining real-world evidence into preferences for what adults want and need from solution-focused digital single-session interventions.
 - Milly Cowling
- Rural University Single Session Life Skills Training to Prevent and Address Substance Use-A Suite of SST for Personal Self-Management, Social Skills, and Harm Reduction
 - Mary Moussa Rogers
- Single Session Therapy Supporting Social-Emotional Learning (SST-SEL) Families and Educators in Israel (*shared in virtual folder + small copy available to see in-person*)
 - Svetlana Prokasheva
- A Novel, Single-Session Intervention for Sexual Assault-Related Psychopathology among College Students
 - Jenna Bagley
- Benefits of the Behavioral Health App, Soluna, for Young People-A Repeated Cross-sectional Survey Study during Implementation
 - Milly Cowling
- A systematic review and meta-analysis of digital (online) single-session interventions (D-SSIs) for self-injurious thoughts and behaviours (SITBs) and depression in young people
 - Amaani Hatoum
- A randomized controlled feasibility trial of a single-session metacognitive training intervention for reducing eating disorder risk factors
 - Matthew Thompson
- A Scoping Review of Single-Session Therapy Research in Japan
 - Keigo Asai
- Adverse Effects in Single Session Meditation Interventions - Insights from a Randomized Trial
 - Zishan Jiwani
- Single-Session and Brief Behavioral Interventions in the Context of Cancer-A Scoping Review
 - Devika Ruth Jutagir
- Where Do Differences in Single-Session Intervention Effectiveness Emerge- A Multilevel Analysis of a Body Neutrality Intervention Delivered to Sexual and Gender Minority Youth
 - Mia Murata
- Designing and Piloting a Shift and Persist Single Session Intervention for Racial-Ethnic Minority Adolescents-A Prospective Protocol
 - Kiera Coulter
- Developing A Self-Advocacy Focused Single-Session Intervention for Youth with Disabilities
 - Tyra Bergstrom
- VR-FUTURES-Virtual Reality For Understanding Trauma and Utilizing Regulation when Experiencing Stress
 - Colleen Harley
- Accessibility of Depression Treatment in Adolescent Populations-Examining the Potential Impact of State Parental Consent Policies and Adolescent Perspectives
 - Amanda Smock
- Moderators of a Growth Mindset Intervention for Autistic Adolescents-The Role of Age and Internalizing
 - China Parenteau

<ul style="list-style-type: none"> • Brief Interventions for Pediatric Stress Symptoms as Gateway to Trauma-Focused Services <ul style="list-style-type: none"> ◦ Zoe Fischer • Pilot Outcomes of a Trauma-Focused Brief Intervention Model in an Outpatient Pediatric Healthcare Setting <ul style="list-style-type: none"> ◦ George Reillo Jr [with video supplement from Elizabeth Clark] 	
<u>2:45 - 3:00 pm: Break</u>	
<u>3:00 - 3:30 pm: Addressing Gaps in Eating Disorder Treatment for Youth Through Digital Single-Session Interventions: Project EMPOWER-ED (Panel)</u> <ul style="list-style-type: none"> • Jenna Sung • Ariela Kaiser • Arielle Smith • Lauren Swift 	<u>3:00 - 3:30 pm: A Single Session Narrative Therapy Intervention to Increase Timely Access to Therapy in an Urban HIV Clinic (Individual Presentation)</u> <ul style="list-style-type: none"> • Lydia Chwastiak • Ina Emmanel • Danielle Chang
<u>3:30 - 4:30 pm: Flash Talks (8)</u> <ul style="list-style-type: none"> • Development and Pilot Testing of a Culturally-Adapted Dialectical Behavioral Therapy Single Session Intervention for Black Women <ul style="list-style-type: none"> ◦ Ramya Ramadurai • A Pilot Randomized Controlled Trial of a Single-Session Intervention to Reduce Training Psychologists' Burnout <ul style="list-style-type: none"> ◦ Laura Jans • Expanding Access to Youth Mental Health Support through Digital Single Session Interventions <ul style="list-style-type: none"> ◦ Julia Belt • Project EMPOWER: A Randomized Controlled Trial of Web-Based Single Session Intervention for Child Anxiety Among Financially Insecure Parents <ul style="list-style-type: none"> ◦ Jenna Sung • Implementation of Single Session Interventions in Integrated Behavioral Health: Increasing Access to Evidence-based Care <ul style="list-style-type: none"> ◦ Anna I. Roche • Project Sleep: A brief, online single session intervention targeting sleep to improve mental health in young people <ul style="list-style-type: none"> ◦ Jessica Hamilton • A Single Session Consultation Pilot in Outpatient Behavioral Health Clinics 	<u>3:30 - 4:00 pm: Walk-in Counseling in a Low-Barrier Primary Care Clinic: A Single Session Narrative Therapy Approach (Individual Project)</u> <ul style="list-style-type: none"> • Lydia Chwastiak • Ina Emmanel • Danielle Chang

<ul style="list-style-type: none"> ○ Jason Lang ● Transforming Service Pathways with Single Session Therapy (SST) ○ Scot Cooper 	
<u>4:30 - 5:30 pm:</u> One Session, Many Possibilities: The Case for Single-Session Interventions in Eating Disorders Treatment (Symposium) <ul style="list-style-type: none"> ● Arielle Smith ● Genevieve P. Nowicki ● Ariela Kaiser ● Blair Burnette ● Nicholas Jacobson ● Cecilia Tucker 	<u>4:00 - 5:30 pm:</u> Trauma-Focused Single Session Interventions for Youth: An Emerging Integral Frontier (Symposium, Hybrid) <ul style="list-style-type: none"> ● Hena Thakur ● Joseph R. Cohen ● Katie Berry ● Maly Solan ● Ian Sotomayor ● Cristina Carreño Glaria (Virtual) ● Marcos Matías Moyano (Virtual)
<u>5:30 - 6 pm:</u> Practice Developments and Practitioner Competencies for Single Session Therapy <ul style="list-style-type: none"> ● Monica Sesma-Vazquez 	<u>5:30 - 6 pm:</u> Development and Validation of Online Training on Single Session Therapy: A Mixed-Methods Evaluation Study <ul style="list-style-type: none"> ● Jasmine Joseph
<u>6 -7 pm:</u> Reception (mingle station with lots of food & cash bar!) <i>In the St Claire Ballroom</i>	

Sunday, June 29th: [More detail about keynotes can be found here.](#) At the Hyatt Centric Chicago Magnificent Mile: 633 N St Clair St, Chicago, IL 60611. There is construction, but the entrance is located there, just north of the Capital Grille Restaurant. We will be on the 3rd floor in the Lakeshore Ballroom.

- Coffee/breakfast/snacks for all!
- Attend whichever sessions you would like; no need to sign up

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Room 1	Room 2
<u>7:30 - 8:15 am:</u> Check-In and Breakfast	
<u>8:15-8:30:</u> Day #2 Opening Talk - Dr. Jessica Schleider	
<u>8:30 - 8:45 am:</u> Dr. AnnMarie Churchill (Stepped Care Solutions) - <i>Virtual</i> Hope for Mental health Systems; Promising results from SST/OAAT implementations	
<u>8:45 - 9:30 am:</u> Keynote - Dr. Rob Morris (CEO, Koko) Designing for Scale: Bringing Digital Single-Session Interventions to Millions Worldwide	
<u>9:30 - 10:15 am:</u> Keynote - Theresa Nguyen, LCSW (Mental Health America)	

Filling System of Care Gaps Through Digital Education, Skill Building, and Linkage to Care	
<u>10:15 - 10:45 am:</u> Mega Study Presentation - Dr. Benji Kaveladze	
<u>10:45 - 11:30 am:</u> Child Mind Institute (CMI) 10 Minute Challenge Winners <ul style="list-style-type: none"> • Stephanie Leung (Mission San Jose High School) • Selena Cuevas & Andrew Alvarez (UC Berkeley) • Iris Khan (CSU San Bernardino) - <i>Video Shared Asynchronously</i> 	
<u>11:30 - 12 pm:</u> Let It All Out-Exploring Soluna, A Digital Mental Health Intervention for Young People to Share, Heal, and Thrive (Demo) <ul style="list-style-type: none"> • Robin Cohen (Demo via Zoom share) • Milly Cowling 	
<u>12 - 12:45 pm:</u> <i>Break</i>	
<u>12:45 - 1:15 pm:</u> Scaling Out: A Programme of Participatory Research improve access to early help for adolescent mental health using online self-help single session interventions in the UK (Individual Project) <ul style="list-style-type: none"> • Maria Loades 	
<u>1:15 - 2:15 pm:</u> One-at-a-Time, Single-Session Approach to Care within Digital Population-Level Mental Health Portal: Impact and Lessons Learned from Wellness Together Canada (Symposium, Virtual) <ul style="list-style-type: none"> • Maggie Inrig • AnnMarie Churchill 	
<u>2:15 - 2:45 pm:</u> <i>Break</i>	
<u>2:45 - 3:30 pm:</u> Flash Talks (4) <ul style="list-style-type: none"> • Experiential Avoidance Reduction Using a Brief Role-Play Intervention <ul style="list-style-type: none"> ◦ Dominoe Jones • The Next Frontier: Community Partnered Methods for Designing a Dissemination Toolkit for Single Session Interventions for Adolescent Mental Health in Montana <ul style="list-style-type: none"> ◦ Alyssa Gorkin • Suicide prevention in one session: What does personalization mean for young adults within an automated text-based digital suicide prevention system <ul style="list-style-type: none"> ◦ Zhiying (Crystal) Quan • Expanding the Reach of Psychological Services using Goldilocks Principles of SST <ul style="list-style-type: none"> ◦ Alexandra Robinson ◦ Kiah Shriner 	<u>2:45 - 3:15 pm:</u> Every action matters: Building scalable mental health services across the globe. (Clinical Demonstration) <ul style="list-style-type: none"> • Suzanne Fuzzard

<p><u>3:30 - 4:30 pm</u>: From Principles to Practice: Defining Core Components of the One-at-a-Time Approach (Symposium, Hybrid)</p> <ul style="list-style-type: none"> • Arnie Slive (In-Person) • Sarah Harte (In-Person) • Alesya Courtmage (Virtual) 	<p><u>3:15 - 3:45 pm</u>: Integrating Solution-Focused Single-Session Therapy (SST) Principles into Intake Assessments: A Strength-Based, Practical Approach to Short-Term Client Needs (Clinical Demonstration)</p> <ul style="list-style-type: none"> • Joe Cox • Susana Crisneros • Grazia Acosta
<p><u>4:30 - 4:45 pm</u>: <i>Break</i></p>	<p><u>3:45 - 4:30 pm</u>: Trauma, Family, and Single-Session: A delphi discussion (Panel)</p> <ul style="list-style-type: none"> • Nicholas Barrington • Jeff Young • Pam Rycroft
<p><u>4:45 - 5:30 pm</u>: Cutting edge empirical approaches to implementation of clinician-delivered Single Session Interventions (Panel)</p> <ul style="list-style-type: none"> • Kean J. Hsu • Jennifer Howes • Erica Szkody • Ian Sotomayor • Robyn Mehlenbeck 	<p><u>4:30 - 5 pm</u>: While We Wait-A Service Design Blueprint using a Digital Single Session Intervention to meet the Psychological Needs of Adolescents during the Wait Time (Individual Project)</p> <ul style="list-style-type: none"> • Bridianne O'Dea
	<p><u>5 - 5:30 pm</u>: Eastside Community Mental Health Services: A Hub Model of Services to the Community (Clinical Demonstration)</p> <ul style="list-style-type: none"> • Janet Stewart • Nancy McElheran
<p><u>5:30 - 6 pm</u>: Enhancing Couples Therapy Outcomes Through Individual Single-Session Interventions (Individual Project)</p> <ul style="list-style-type: none"> • Maurizio Iengo 	<p><u>5:30 - 6 pm</u>: Enter a New Reality-VR-FUTURES Teaches Emotion Regulation Skills to Youth Through Innovative VR (Demonstration)</p> <ul style="list-style-type: none"> • Elias Knable

Asynchronous Presentations (click the hyperlink) *(videos shared with all attendees/other presenters)*

- A Perfect Match: SST and Primary Care Behavioral Health (Keynote)
 - David Bauman, PsyD
 - Bridget Beachy, PsyD
- The Relationship Check-Up: A Valentine's Day Single Session Therapy for Couples
 - John K. Miller, PhD, LMFT
- Breaking Free-A Scalable Single Session Therapy Method for Emotional Dependency
 - Valeria Campinoti
- Effectiveness of a Single Session Intervention Delivered by a Chatbot for People on the Waitlist for Eating Disorder Treatment-A Randomized Controlled Trial
 - Professor Gemma Sharp
- Creating and disseminating YouTube Health videos: Insights into youth preferences for mental health content on social media
 - Katherine Grill
- Efficacy and Mechanisms of Change in Narrative Single-Session Therapy
 - Laura Vilela Souza
- CMI 10 Minute Challenge Graduate Winner
 - Iris Khan
- SST Turning Points, One-Liners, Mistakes, Advice, and Myths
 - Helen van Empel