

Vienas sesijas intervences pamatprincipi psiholoģiskajā palīdzībā

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Vienas sesijas intervence veselības aprūpes vidē

Īsas intervences var kalpot **izvērtēšanai** par simptomu izpausmēm agrīnā stadijā, tādējādi palīdzot novērst hronisku stāvokļu rašanos un uzlabotu ārstēšanās rezultātus. (*Bass & Mayou, 2002, citēts no Schroeder, et al., 2020*), to izmantošana var **palielināt piekļuvi** pakalpojumam, (*Barreto, & Gaynor, 2019*) un **samazināt finansiālo slogu** veselības aprūpes sistēmai. (*Silverman, M. J., 2015*)

Vienas sesijas intervence

(Single session therapy, Talmon, M., 1990, 2012)

Sākotnēji noteikta patstāvīga, neatkarīga klātienes tikšanās starp pacientu/klientu un terapeitu, *(Slive, A., & Bobele, M., 2012)* iekļaujot noteiktus **terapijas vadīšanas principus**, kas ļauj integrēt dažādas teorētiskās pieejas un terapijas metodes. *(Campbell, 2012; Slive & Bobele, 2012)*

Apzināšanās, ka šī tikšanās reize var būt arī pēdējā *(Bloom, 1981, 2001; Talmon, 1990)*, kas saistīts ar ārstēšanās pārtraukšanu. *(Taylor, Wright & Cole, 2010)*



Pētījumi

Lielākā daļa vienas sesijas dalībnieki parasti norāda uz **augstu apmierinātību** un **pozitīviem rezultātiem** pēc vienas sesijas apmeklēšanas (*Slive, & Bobele, 2019, Boyhan, 1996; Brooks et al., 2016; Hoyt & Talmon, 2014; Hymmen, Stalker, & Cait, 2013; O'Neill, 2015; Rodda et al., 2015*) saistībā ar:

- **attiecību grūtībām** (*Ewen, V., 2018,*),
- **trauksmi** (*Kivity, & Huppert, 2016 , Ewen, V., 2018*),
- **paaugstinātu stresa līmeni** (*Harper-Jaques & Foucault, 2014*),
Harper-Jaques & Leahey, 2011; Stalker et al., 2012)
- **emocionālām grūtībām** (*Miles, et al., 2016 ,Ewen, V., 2018*),
- **garastāvokļa traucējumiem** (*Cannistra, F.,2020, Hymmen, Stalker & Cait, 2013*),
- **miega traucējumiem** (*Ellis, G., J., 2015*).

Vienas sesijas intervences pamatprincipi

(Talmon, M., 1990 citēts no Silverman, M.J., 2015, Dryden, W., 2019, 2020)



Ar ko p/k “aiziet”?



CERĪBA



IZPRATNE PAR
RESURSIEM



IZPRATNE KĀ
RESURSUS
PIELIETOT



JAUNS
SKATĪJUMS



NĀKOŠIE SOĻI



UZKLAUSĪTS



POZITĪVA
PIEREDZE



RĪGAS STRADIŅA
UNIVERSITĀTE

(Campbell, A., 2012 citēts no Hoyt M.F., Young, J., 2020).

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PALDIES PAR UZMANĪBU!