

# 単一セッション精神療法：啐啄同時の現象学

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## Single-session psychotherapy: Phenomenology of the critical turning point toward recovery

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### Abstract

**Background** : Occasionally, just one or two sessions of psychotherapy can be conducive to a sudden turn for the better in patients with depression or anxiety. This includes not only early and mild cases of illness, but also refractory and prolonged cases of illness.

**Purpose** : To clarify the nature and evidence of single-session psychotherapy (SST).

**Methods** : Narrative non-systematic review concerning SST.

**Results and Discussion** : As psychiatric disorders often achieve spontaneous remission, we can extrapolate that even a single session of psychotherapy is enough, in some cases, for patients to relieve their distress. The quality of research on the effectiveness of SST has generally been low, however, with few conclusive findings on indications and contraindications for SST. Though there is no standard methodology for SST, SST is underpinned by cognitive behavioral therapy (CBT), solution-focused brief therapy (SFBT), and narrative approach.

**Conclusion** : While SST is generally recommended to patients with relatively mild cases of illness with short duration of distress, long-lasting intractable mental illnesses is rarely resolved by very brief psychotherapy, which is analogous to the process of incubation and hatching by long brief therapy including SST.

### Key words

trajectory of illness, epiphany, decisive encounter, brief therapy

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