

Information about Single Session Chairwork (SSC)

What is chairwork?

Chairwork refers to a collection of experiential interventions which utilise space, movement between seats, and dialogue. Chairwork is used in a number of therapies including psychodrama, gestalt therapy, emotion focused therapy, schema therapy, compassion focused therapy, cognitive behavioural therapy, and many others.

What does chairwork entail?

Chairwork invites individuals to dialogue with the difficulties or issues they are struggling with in the here-and-now. This might involve speaking to, or speaking as, parts of self or other individuals as if they are held in another chair. This can be a powerful experience.

Is chairwork effective?

Research indicates that chairwork is an effective method, both as a 'stand-alone' intervention and as an element of ongoing therapy. Some of the issues that chairwork has been applied to include self-criticism, shame, anxiety, decision making, relationship difficulties, grief, dream interpretation, executive coaching, and many others.

What is single session chairwork (SSC)?

Single session chairwork (SSC) aims to provide individuals with a brief, focused experience of chairwork which is applied to a specific issue. The aim is help individuals take steps towards positive change, as well as generating some ideas or strategies to try out. It incorporates procedures which are designed to make the process of chairwork as comfortable and as effective as possible. SSC takes place during one appointment which lasts up to 90 minutes (although the whole 90 minutes might not be required).

Who is SSC suitable for?

SSC is suitable for individuals who are willing to focus on a specific issue, feel ready to actively address that issue, and believe that a single session might be useful. A willingness to work in a way which is focused, experimental, and intense is also important.

What issues can I bring to SSC?

This is entirely up to you. The focus of SSC can relate to personal or professional issues. SSC is best applied to a single issue which you want to address. This might relate to starting the process of tackling a specific problem, reaching a decision, developing insight into an issue, or becoming 'unstuck'. Generally speaking, SSC is not unsuitable for treating complex trauma, for individuals who are in crisis, or if you are looking for longer-term therapy or coaching. It is important to be aware that SSC is not an assessment but an active therapeutic intervention.

What does arranging an appointment involve?

Prior to your appointment, you will be asked to complete an Intake Form which will ask you about the issue you would like to explore and your goal(s) for the session. This is an important part of SSC, which will help you get the most out of your session and help your therapist prepare.

You will also be asked to sign and return a Terms and Conditions form. Your session will last up to 90 minutes and will take place over Zoom. Your session will be audio recorded and you will be provided with a copy of the recording. After your appointment, you will be asked to complete a detailed feedback form.

What will I need during the appointment?

A private space, a pen, a piece of paper, an extra chair, and an open mind.

What are the risks and advantages of SSC?

Risks: SSC is a newly developed way of working and so its effectiveness is not yet known. Chairwork can be evocative and emotionally demanding experience. Chairwork involves movement between seats, which may be hazardous for individuals who have difficulties with mobility.

Advantages: SSC is designed to be a brief, time-efficient intervention. Research indicates that chairwork can be effective intervention and it has been successfully applied to many issues. It is hoped that your appointment will go some way towards resolving the issue you bring.

Can I arrange another session after my appointment?

SSC is designed to be one-off meeting. Additional sessions might be available if you would like to meet again, but this will depend on your therapist's availability. There is likely to be a wait if you would like to arrange more sessions.

How can I arrange a session or ask a question about SSC?

Please complete an SSC Intake Form and SSC Terms and Conditions Form and return both to us. Alternatively, please email us: info@chairwork.co.uk.