

a long shaking-out process, in which a great deal will hopefully be learnt (and I think this would make it worthwhile even if no network emerged at the end). Three working parties were set up, to look at administrative structure; at starting a newsletter; and at a possible public face for the network. Three meetings were also

agreed for the future: a London get-together on January 8th, a national meeting in Birmingham on March 11th, and a residential weekend on June 17th-18th. All these, and all the working parties, are open to anyone, and people who weren't at the founding conference are extremely welcome to get involved now.

The contact address for information on all activities is currently: ITN, 326 Burley Road, Leeds LS4 2NZ, phone 0532 755984. If you want to receive the discussion documents from the conference, please send £2.

Can One Session Really Be Enough?

John Rowan

People in search of therapy have been known to attend for one session and never come back. Usually they are lumped with people who leave therapy suddenly at later times, and classified as failures. But Robert Rosenbaum, working at a medical centre in California, decided to check up and see what their experience of therapy had actually meant to them.

First he looked at the literature, and found to his surprise that clients who had been for a single session showed a high degree of satisfaction with the therapy they had received, and nearly 80% of them reported that the problems which brought them to the mental health centre had been resolved.

So he did some research of his own. He introduced into the first session with all

his clients a statement that some people found one session enough. Then at the end of the session he asked them whether what they had done was enough for them, or whether they would like to come back for more. He found that 58% of the first sixty or so clients seen at the outpatient clinic chose not to come back for more sessions. When followed up, they did not differ on standard outcome measures from those who did continue. No less than 88% of the single-session clients rated the presenting problem as much improved or improved. An additional 65% of the single-session clients reported other areas of their life, beyond the presenting problem, had also improved in a sort of ripple effect.

Rosenbaum accounts for this by means

of an analogy with birth. Clients come in at different stages in the gestation process of changing. Some of them will require a certain amount of waiting and prepara-

tion before giving birth, but others will be virtually fully dilated. The therapist is a kind of midwife.

R. Rosenbaum , 'Single-session therapies: Intrinsic integration?' *Journal of Psychotherapy Integration* 4/3, pp229-252, 1994

Ethical Issues

No 12: Perceptions of Scapegoating

There are two ways in which you can become involved in S&S's Ethical Issues section. You can send us examples of issues which you would like aired, like Charles's story below (changing names and details as you feel appropriate to preserve confidentiality), and you can send us your thoughts about how the issues aired in people's stories in this and previous issues of the journal might be resolved. Please send your contributions to David Jones at the editorial address shown on the inside front cover.

Charles's Story

I am a trainee at a psychotherapy training institute, run by two people, a man and a woman. Since the beginning I have had problems with the man, Ted. I think he finds me difficult because I am already experienced as a counsellor, which he finds threatening, and there is also a class issue — I am middle class and 'privileged' by origin, and the institute is distinctly left-wing.

It all came to a head at the last meeting of term, when we had an open session, run by Ted, for any unfinished business the group of twelve trainees might have with each other. We started late (as al-

ways!) so had only a bare hour. Ted asked if anyone had anything they wanted to bring up, and only two of us responded, myself included.

Ted offered the other person, a woman, space to deal with her issue, which she took. He then seemed to have forgotten me, and started dealing with practical matters for the end of term. I reminded him that I had an issue, which was, significantly, a fear that I take up too much space in the group, and talk too much. Another trainee suggested I check it out with the group, and I started asking people one by one what their feelings were