

The science behind the single session

Everybody gets stuck at times – individuals, teams, companies, governments.

And at those times it can help hit the pause button – just long enough to assess the situation, reorient and move forward again.

This offering combines **five empirically supported approaches**:

- 1) The US Army's OPFOR process for mid-course correction in battle training
- 2) Due diligence in early-stage investments
- 3) Motivational Interviewing
- 4) Prochaska's Transtheoretical Model (TTM)
- 5) Effectiveness research on single-session therapy (SST) – though this is not therapy.

The US Army's OPFOR program trains officers in real-time battle training in resource-disadvantaged situations with stunning outcomes.

https://www.army.mil/article/211842/modernizing_the_armys_opfor_program_to_become_a_near_peer_sparring_partner and https://odin.tradoc.army.mil/TC/TC_7-100.2_Opposing_Force_Tactics#Adaptability

Motivational Interviewing has been successfully applied in a wide variety of behavior change paradigms including weight loss, addictions, marketing, and community-level social services. Ask me for references.

Over 30 years **SST** has been demonstrated to be cost-effective and to have lasting benefits for youth anxiety, general mental health counseling, gambling, etc. Ask me for references.

The **Transtheoretical Model** defines six steps from not intending to change, through preparing, taking action, and maintaining change. This allows us to “meet you where you are” in the process.