

CSUF CAPS Presents:  
**Single Session Therapy**

*Maximizing the Effect of the  
Therapeutic Encounter*

**Single session therapy (SST) is:**

- A one time, 90-minute with a CAPS counselor to tackle in-the-moment concerns
- A perfect way to find out the next best steps that fit your needs
- Focused, intensive, and to the point



**Call CAPS to schedule an  
appointment (657) 278-3040**

[fullerton.edu/caps/services/appointments](https://fullerton.edu/caps/services/appointments)