

**CHRIST**(DEEMED TO BE UNIVERSITY)
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Notice for the PhD Viva Voce Examination

Ms Jasmine Joseph, Registration Number: 2270082, PhD Scholar at the School of Psychological Sciences, Education and Social Work, CHRIST (Deemed to be University) will defend her PhD thesis at the public viva-voce examination on Thursday, 18 December 2025 at 10.00 am in Room No. 044, Ground Floor, R&D Block, CHRIST (Deemed to be University), Bengaluru - 560029, Karnataka, India.

Title of the Thesis	:	Development and Validation of Training on Single Session Therapy: A Mixed-Methods Evaluation Study
Discipline	:	Psychology
External Examiner - I	:	Dr Keigo Asai Associate Professor Hokkaido University of Education North 13, West 8, Kita-ku, Sapporo Hokkaido 060-0813 Japan
External Examiner - II	:	Dr Balaji B R Associate Professor School of Legal Studies CMR University No: 5 Bhuvanagiri, OMBR Layout Bengaluru - 560043 Karnataka
Supervisor	:	Dr Santhosh K R Associate Professor School of Psychological Sciences, Education and Social Work CHRIST (Deemed to be University) Bengaluru - 560029 Karnataka

The members of the Research Advisory Committee of the Scholar, the faculty members of the Department and the School, interested experts and research scholars of all the branches of research are cordially invited to attend this open viva – voce examination.

Place: Bengaluru
Date: 12 December 2025

Registrar

ABSTRACT

Single Session Therapy (SST) presents a potential solution to the growing mental health burden and limited availability of support providers, particularly in India. This research developed and evaluated a web-based training program designed to equip Indian mental health support providers with the necessary skills and confidence to effectively deliver SST. The training program is designed to improve the belief, mindset, attitude, and self-efficacy of early career trainees and practising psychologists and social workers. The study employed a mixed-methods evaluation design, proceeding through phases of co-design, development, and validation of the training program, culminating in a pre-post randomized controlled trial (RCT) with a waitlisted control group to evaluate the program's efficacy. The study also included the development and validation of a Single Session Therapy Mindset Scale (SSTMS) for the mindset outcome variable. The other variables are measured using Beliefs and Attitudes Toward Therapy Questionnaire (BAT-Q) and Counseling Self-Estimate Inventory (COSE-TR). Qualitative data for RCT was gathered through open-ended survey questions. The RCT results demonstrate the feasibility of the training program and statistically suggest improvements in key outcome variables following the training. These quantitative findings were further augmented by the qualitative data, which provided rich contextual understanding of the participants' beliefs, mindset, attitudes, and self-efficacy towards SST. The developed training program and the SSTMS offer valuable resources for improving SST research, training and practice, particularly within the Indian context.

Keywords: *Single Session Therapy, mixed-methods evaluation design, Online Training, RCT*

Publications

1. **Joseph, J., & Rajan, S. K.** (2024). Evolution of Single-Session Therapy: A Bibliometric Analysis. *American Journal of Psychotherapy*, 77(2), 71–78. <https://doi.org/10.1176/appi.psychotherapy.20230054>
2. **Joseph, J., Rajan, S. K., Sudhesh, N. T., & Krishnan, U.** (2024). Web-based single session therapy training for mental health support providers: A mixed-methods evaluation study protocol. *Discover Mental Health*, 4(1), 68. <https://doi.org/10.1007/s44192-024-00122-0>