

TERMINATION AND PRE-TERMINATION COUNSELING

PRE-TERMINATION COUNSELING

Counselors should provide pre-termination counseling and suggest alternative service providers. This may not be possible in all cases, such as if or when a client abruptly stops attending therapy.

Pre-termination counseling could include explaining to the client the benefits of new services or alternative counselors and why the current treatment is no longer helpful. Counselors often have to address the client's feelings of separation by emphasizing the transfer is not a personal rejection, and identifying practical issues in transferring the client. Strive to involve the client in the termination or transfer plan—empower them to feel confident and competent; help the client understand that the transition is a constructive step toward achieving their goals.

TERMINATION AND REFERRAL

Termination/referral is a time to evaluate the work that has (or has not) been accomplished. Celebrate the progress and talk about the goals that have not been reached. Treatment plans are vitally important; they are the roadmap, as well as the gauge, to monitor progress and weigh the appropriateness or necessity for terminating the clinical relationship or making a referral.