

## Sample Termination Letter

RE: J. D Termination

Dear J,

I have taken the time to reflect on our work together and have determined that I am not the best fit to work with your diagnosis or needs.

When you had brief psychotic episodes, there was the ability to resume your original treatment goals. Over the past year, your psychotic episodes have become more frequent requiring a different level and type of care which I am not able to provide.

I believe it is in your best interest to receive treatment from a provider who specializes in Bi-polar with psychosis. A provider with this skill set may be more effective in helping you manage your symptoms and episodes.

Below are referrals for providers who have the abovementioned skill set. They may also be able to give you a second opinion or manage your medication. You can also call your insurance company to ask for referrals. Please reach out to them right away. I would be more than happy to consult with your new provider about our work and your history at any time.