

Termination The Gentle Art of Letting Go


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Termination in Therapy: The Art of Gently Letting Clients Go

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Successfully ending the relationship between therapist and client – known as termination – is a crucial aspect of psychotherapy (Joyce, Piper, Ogrodniczuk, & Klein, 2007).



It may form part of a well-formed plan, indicating the next phase in the psychotherapy process, or it may occur hastily without careful consideration (Barnett, 2016).

Either way, it can be made easier by recognizing the boundary between the *working phase* and the *termination phase* and the shift toward the process of ending therapy (Joyce et al., 2007).

This article examines how to plan for termination and what questions and activities can help ensure we meet the client's needs.
