

Therapy Termination Worksheet

Read the therapy termination guide below.

Step 1. Prepare your client for termination from the first session.

This is achieved by informing your client that therapy is time-limited and might have a certain number of sessions.

Setting specific, measurable, achievable, realistic, and time-bound treatment goals will also help you prepare your client for termination. The last goal should mark the finishing line or termination point.

Step 2. Gauge your client's readiness for termination

Apart from setting and achieving goals, look out for signs that indicate your patient is ready for termination. They include a reduction in symptoms of the presenting problem, the client is sufficiently able to handle problems on their own and, therefore, does not need therapy and remaining problems are better treated by other professionals.

Also discuss with your patient about termination and gauge their response to it. This is done towards the last sessions.

Step 3: take stock of the gains made during therapy.

This is achieved in two ways;

1. Your review as a therapist. Look out for positive changes that you notice in the last sessions compared to when the patient walked into therapy. Share these points with your clients to affirm their progress.
2. The patient's review. Ask your patient to review any positive changes, accomplishments, and improvements that have taken place in their lives during therapy.

Step 4. Creating a mental health plan

To prevent the risk of a relapse, help your client create a mental health plan by exploring;

1. the activities or situations, emotions, things, places, or people that might activate their problem (triggers).

2. Clues that the presenting problem is about to return (warning signs). These can be physical such as shortness of breath and psychological such as mood swings.
3. Self-care activities. These are deliberate actions aimed at maintaining good mental health. They include sufficient sleep, balanced diets, emotional awareness through journaling, exercise and physical activities, and positive socializing.