



Counseling

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Termination of Counseling Relationship

Outline:

- Function of Termination
- Timing of Termination
- Issues of Termination
- Resistance to Termination
- Premature Termination

Termination...

Ending...

Is loss always associated with negative outcomes?

Association with self-understanding and new discoveries?

Termination of Counseling Relationship

Stage Characteristics:

- Traditionally, termination conceptualized using a “*termination as loss model*” (Quintana, 1993, p. 426).
 - *a corrective termination experience*
- Termination serves as *a catalyst for growth*, crystallizing the process of psychotherapy and one’s personal growth (see Gelso & Woodhouse, 2002, for a review).

Termination of Counseling Relationship

Stage Characteristics:

- There may be some *sadness and anxiety* over the reality of separation.
 - Termination is also theorized to trigger a reexperiencing of past losses and unresolved grief
 - Psychotherapist's grief reactions have been found to be positively related with psychotherapist's feelings of anxiety and depression during termination (Boyer & Hoffman, 1993).
 - Transference/Counter-transference*

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Function of Termination

- End of therapy; an ***empowering motivator***
- Means of ***maintaining changes***
- Reminder that that client is ***matured***
- ***Deal with their feelings*** and thoughts ***about separation*** and termination.
- ***Complete any unfinished business***, either issues they have brought into the session or issues that pertain to the therapist

Termination of Counseling Relationship

Issues of Termination

- **Termination of Counseling Relationship**

- How to decide the timing of termination

- Maholick and Turner (1979) :

- ✓ Initial problems reduced/eliminated
 - ✓ Stress-producing feelings eliminated
 - ✓ Assessment of coping ability
 - ✓ Client relates to others better
 - ✓ Productive planning and working
 - ✓ Client enjoy life better

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Timing of Termination

- Should be planned; a mutually agreed on contract
- ✓ **Pragmatic considerations:**
 - Contract goals?
 - Specific progress in problem areas?
 - Was counseling helpful?
 - A move, prolonged illness?

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Issues of Termination

- **Termination of Counseling Relationship**
 - An agreement of exact time
 - Decrease in intensity of work
 - Discussing the impact of termination
 - How to cope without the support of the counseling

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Things to Consider During Termination:

- ***Make decisions and plans concerning ways they can generalize*** what they have learned to everyday situations.
- Identify ***ways of reinforcing themselves*** so that they will continue to grow.
- Explore ***ways of constructively meeting any setbacks*** after termination
- Evaluate and express the ***impact of the therapy***
- There may be ***talk about follow-up meetings*** or some ***plan for accountability*** so that clients will be encouraged ***to carry out their plans for change.***

Different Reasons Of Termination

Premature Termination:

- Occurs during the phases of Building a Counselling Relationship or Working in a Counselling

Client-initiated.

- Clients terminate counselling before their presenting problems have been properly understood by the therapist, or before their personal goals have been achieved.

Counsellor-initiated

– *Moving etc.*