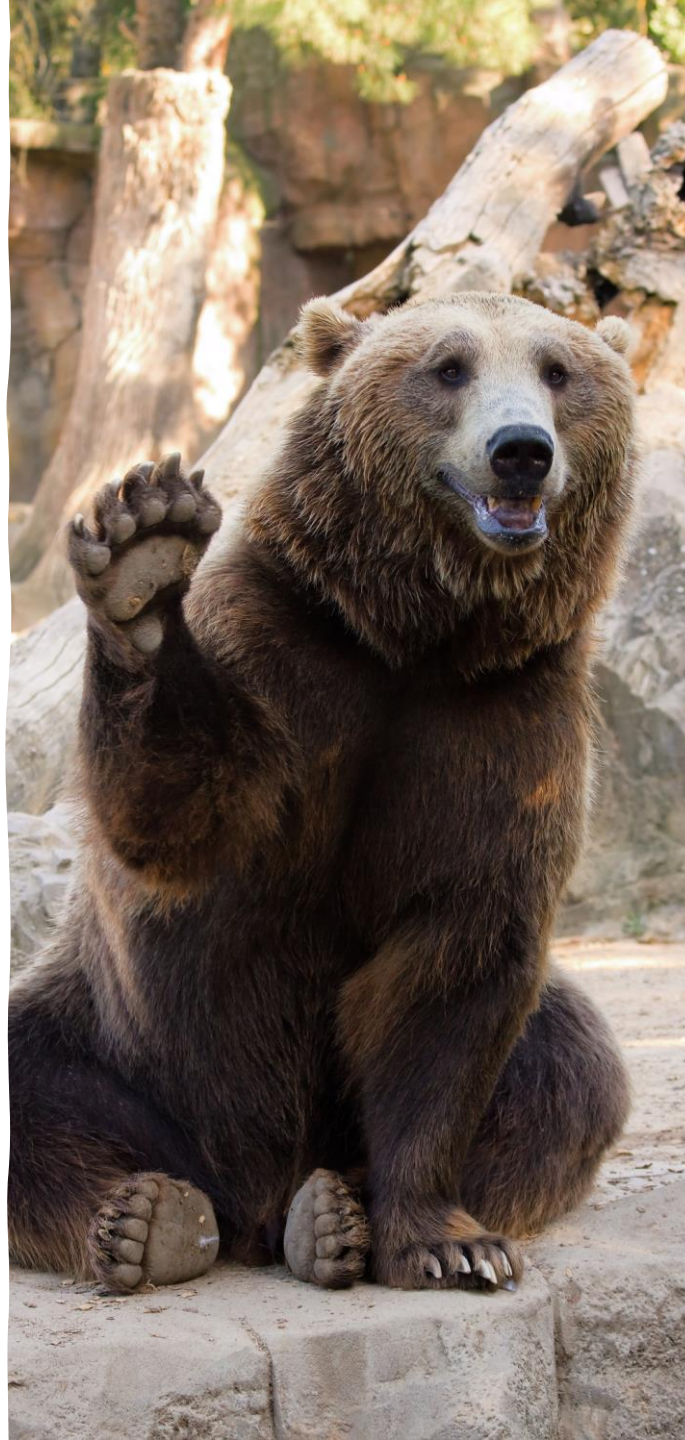


# Time to say Goodbye!

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# CYCLES IN THERAPY



- What have been the worst endings with a client, for you?
- What have been the best endings with a client, for you?



# Ending Therapy



# Ending Therapy

- If the depressed client doesn't feel better after 5 sessions, refer them on!!
- *“A therapist should assist where they can, but not leave footprints in their client's life”*
- Clean therapy happens when the therapist understands that they cannot help the client forever

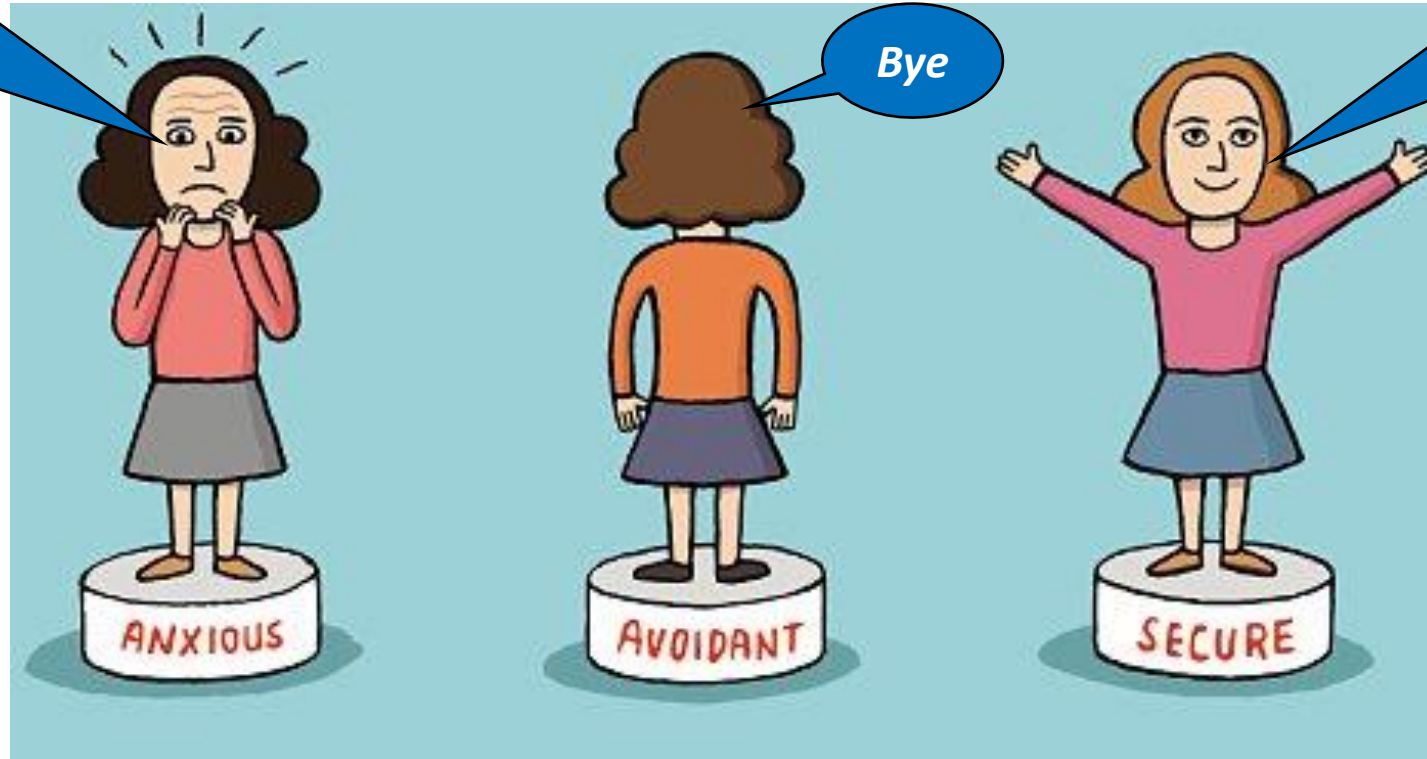


- Draw the client's attention back to their original goals – if none were defined, how do you know when you're ready to finish?
- Make it clear that one day the client won't need to see you any more: what will that look like?
- The end should be there from the beginning, making it clear that therapy will be finite




*When you are confused by a client's behaviour... think Attachment!*

*You can't abandon me... I'm not ready...*



*I'm sad, but it's been great*

**The therapy content may be finished but the Attachment process may be unfinished**

- 
- Discuss finishing together – *How will we know when it's the right time? (risky...)*
  - Ensure basic emotional needs are met outside the therapy room (*When the client first starts therapy, ask who their support group is going to be*)
  - Is there an open-door policy in place – *Can I come back if I need to? How do I do that?*
  - Celebrate successes and growth



**Intensive therapy phase**

**Once a week to once a fortnight**

**Maintenance – come every month *if you need to***

**Final ending**

## CONTRACTING FOR ENDINGS

- How have we contracted for what happens to creative work we may have kept safe for the client, if therapy ends?
- What happens if we are looking to retire, get too ill to work, or die before the client?
- Who takes care of your clinical will?
- What happens to creative work your client has left with you?



## Creative Endings



- **Create a farewell gift for someone at the conference**
- **Say goodbye**
- **Stay in touch!**



# Working Creatively with the Inner Child

- Theoretical & practical
- Art work
- Visualisation
- Nesting dolls
- Working with cards

Includes lunch & 5.5 hour CPD certificate



MOOR HALL,  
SAT JUNE 24

