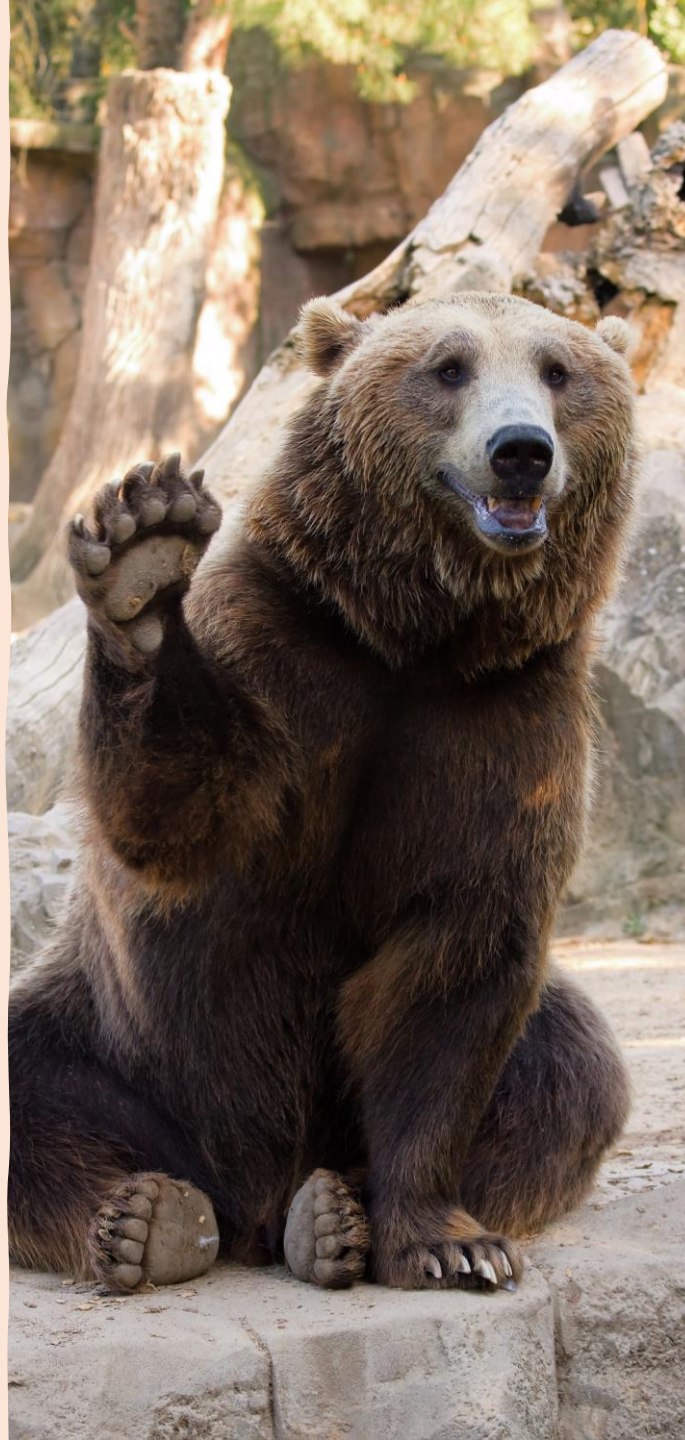


Time to
say
Goodbye!



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



Ending Therapy



<https://youtu.be/7sv6emlOJeI?si=bbcwi5KKldld49zh>

Ending with a client who has been working deeply with their child self is fraught with challenges!

Well, I just won't do it then....

Too late, I'm afraid!



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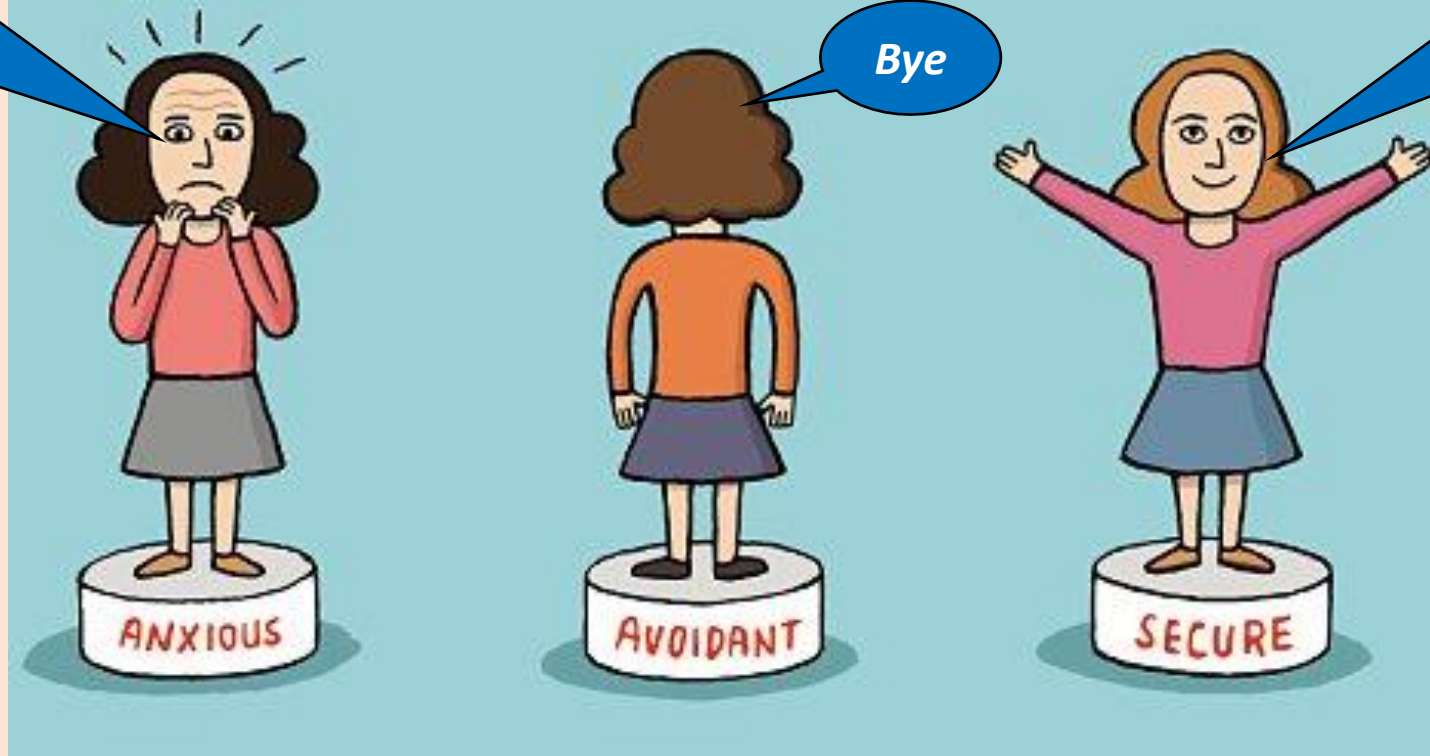
Too late, I'm afraid!

Don't send me away!!



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**

Disorganised Attachment



My big grown up, executive, professional adult knows the score, knows how this works, knows that of course this can't go on forever, has clear boundary expectations, understands the dance of reciprocity, fracture and repair, attachment, grief... This part feels like I should take control of the situation and manage it.

But the rest of the adult self, teenage, kids et al feels chaotic... Disordered... desperate, clingy, *"Please don't leave me just yet, I'm not ready,... but if you're going to leave, please just do it! ... Get it over with, the waiting in between is unbearable!"*... Let's just move on...pretend it never happened.

My much younger parts would miss you. You are the only person in all the world that has seen that they exist. You've seen them. You scooped us up. You are kind. They seek you out, long to hear from you and lean in close. Need you. There is fear that if we end, they may want to talk to you, or tell you something about me but can't anymore. They want you to like them forever...

Oh, I can hear crying...

If I wait and lean into the crying, I think maybe there is some big sad... anger and confusion... cos we didn't know what we did, but we're sad that we did it. We are sorry. You said we can tell you anything and now, if it's ending, we can't. You had made it safe and now it isn't.

The Teens are tricky. *"Of course you've had enough, we knew you would!! It was only a matter of time! I was about to end it anyway, we are fine now!"* I sense their anger towards you as a way of self-protection from feeling rejected. Given up on. *"You made us feel safe, made us unload and now you don't care."*

I think a while back I would have heard an inner 'fuck off then!' but we don't feel that now... I hear more sadness than anger that we'd leant into you, wooed by your compassion. We liked it while it lasted.

Angry that we believed it would last, angry that we shared too much dark stuff, angry for being vulnerable, for trusting... Protective of the little ones, scooping them up with a *"we don't need anyone else anyway"*.

Anger at the little ones for being demanding and messing it up.


Deeply sad cos we felt like we were getting somewhere and growing, and you didn't help us finish...I wish we'd never started. We were beginning to think nothing fazed you about our stories, we felt heard... We should have kept silent.

I am always waiting with bated breath for you to say, 'we need to wind this up now'. I am looking for that moment when I sense it, see it, feel it, so that I can save you the trouble of having the awkward conversation and I can step in a save you and end it first myself.

My box has been unlocked and it can't be squished down shut any more. But I've failed. I didn't get it, I didn't grow quick enough and now it's too late. I was never good at learning, and this proves it. I don't know why I can't just pull it together and move on! I still need you... I'm sorry, I will get better I promise, I'll show you I can do better, I am growing. I'm sorry, I know I've blown it but if you can give me one more chance, I won't mess it up and you'll be pleased with me and then everyone will be happy.



It may not be possible to end as well as you'd like to, with everything sorted...

- 
- 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