

1: Why is the termination phase of case management | Assignment Essays

the last stage of a therapeutic relationship when attained goals are evaluated and outcomes achieved. During this stage practitioners also may help patients establish networks of support, other than the therapist-patient relationship, that may help in coping with future problems.

However, as Masters students, you will learn during your Practicum experience that it is relatively unlikely that you will have been able to work through all of the stages of counseling with your clients during the span of one semester, especially when you may only be at your site one or two days a week. Oftentimes, it can take the majority of your time at the site to establish a trusting connection with clients so that they are willing to open up to you about their issues. You may have resistant clients who are mandated to see you, or clients who volunteer to engage in the process with you but who bring so many concerns with them that it is difficult to decipher what needs to take precedence. Getting them to a point at which they are comfortable with you might bring you close to the end of the semester, at which point you are already thinking about having to end the relationship you have worked so hard to establish. Termination is the final stage of the counseling process but is not something that should be broached during your last or next to last session with a client. Doing so does not allow for the proper amount of time for counselor and client to process what termination means, how the client will handle the conclusion of the counseling relationship, and what follow-up contact or transitioning needs to happen for the client. Termination should be among the first topics that you and your client discuss. Kramer clearly articulates this when he writes: It is a stage of counseling that clients need to be prepared for and counselors need to address early on in the counseling process to avoid abandonment. Here are some helpful guidelines for effectively moving your clients toward termination: Remind clients of the approaching ending of the sessions with you. This should be done at least sessions prior to the final one. This provides you an opportunity to ask clients to talk about relationships that have ended in their past, how they have ended, and how that might affect the end of this counseling relationship. You can also ask clients what they would like to focus on during their remaining time with you. A question to ask prior to the final one, which may help to prepare clients for the reality of the end, is "If this were our last meeting, how would that be for you? This is a good way to wean your client of the relationship and foster in them a sense of confidence in their ability to handle things without seeing you on a weekly basis before the relationship abruptly ends. Review the progress that you and the client have made during your sessions. Very often, clients will forget the advances they have made, or neglect to give themselves credit for their accomplishments. Doing this with them can instill confidence and provide them with a positive perspective on what counseling helped them to do. Ask your clients what they learned, what they intend to do with what they have learned, what they found helpful about their sessions and how they felt about their participation in the process. Allow clients to talk about their feelings surrounding termination. They will likely have many emotions to work through and time should be spent acknowledging and processing them. Be aware of your own feelings surrounding the termination process. It is normal to feel many emotions when ending a relationship with your clients. Acknowledge your feelings, your ambivalence about termination, etc. Always keep in mind that your ultimate goal as a counselor is to "put yourself out of business. They will have the tools to help themselves. If possible, have an open-door policy. Once termination has ended, clients may want to return a few months or years later to refocus or to "check-in". This is often impossible in the training setting, but something to keep in mind for your professional career. Review the tools and skills that clients have acquired through the counseling process. These tools will be critical in helping clients be self-sufficient in handling problems that might have previously brought them to counseling. If there are additional resources that you feel your client would benefit from for continued personal growth, make appropriate referrals and make your client aware of them.

2: How We Say Goodbye | Society for the Advancement of Psychotherapy

The _____ phase is the final, integral phase of the nurse-patient relationship. termination _____ is discussed during the first interview and again during the working stage at appropriate times.

National Association of Social Workers. However, the way they end and how the social worker handles terminations can have ethical and legal implications. This article will address some of the more common issues that may arise during termination and ways to enhance client care while avoiding allegations of abandonment. It occurs when goals are reached, when the specified time for working has ended, or when the client is no longer interested in continuing. Termination often includes evaluating the progress toward goal achievement, working through resistance, denial, and flight into illness. The termination phase also includes discussions about how to anticipate and resolve future problems and how to find additional resources to call on as future needs indicate. A client may terminate at any time for any reason. However, there are many valid reasons that are discussed below as to why the therapist-client relationship may end the treatment before it is completed. Some of those reasons include: For example, the client requires a different level of treatment e. Therapist is unable or unwilling, for appropriate reasons, to continue to provide care e. Conflict of interest is identified after treatment begins. Client fails to make adequate progress toward treatment goals or fails to comply with treatment recommendations. Client fails to participate in therapy e. It is recommended that therapists have a final session with their clients to review the overall progress before ending therapy, but sometimes this cannot happen, e. It is suggested that therapists create a policy for their practice so that cases are routinely closed after a certain amount of time without any contact from a client, for example: You can return to therapy in the future if you decide to continue treatment. Non-payment of agreed upon fees: Before a social worker terminates for non-payment, the following criteria should be met: The financial contractual arrangements have been made clear to the client, preferably in writing. The client does not pose an imminent danger to self or others. The clinical and other consequences of the non-payment i. For instance, it is not recommended that a therapist end treatment with a client who is in crisis at the time termination is being considered. A social worker has a responsibility to see that clinical services are made available when a client is in crisis. Postponing termination is preferred, if possible, until steps are in place to handle the crisis. In a malpractice case based on abandonment, the client alleges that the therapist was providing treatment and then unilaterally terminated treatment improperly. The client must show that he was directly harmed by the abandonment and that the harm resulted in a compensable injury. The client must also show that the termination was not his fault, e. After beginning a therapeutic relationship with a client, a social worker must not terminate therapy abruptly without referring the client to another mental health practitioner. If the social worker does not properly terminate the client-therapist relationship, the social worker exposes himself to allegations of abandonment which could lead to a lawsuit, a complaint to the state licensing board, or a request for professional review by the NASW Ethics Committee. Social workers should withdraw services precipitously only under unusual circumstances, giving careful consideration to all factors in the situation and taking care to minimize possible adverse effects. Social workers should assist in making appropriate arrangements for continuation of services when necessary. Tips for Termination Prepare for termination from the beginning. Termination should be discussed early so both parties can have a number of sessions to discuss ending therapy. If continued treatment is needed, provide referrals to several mental health professionals, with addresses and phone numbers. Conduct the final session face -to-face, if possible. Avoid ending with a text, in an email or with a voicemail message. Make sure the client understands when, why and how therapy will be terminated. Document discussions about termination. Formalize the termination with a personalized termination letter not a form letter. What to include in a termination letter? It is good practice for a social worker to draft a termination of treatment letter to every client once treatment has ended, regardless of the reason, to formally end the therapeutic relationship. This provides clarity to the client, and it helps avoid any implication that the social worker has an ongoing therapeutic responsibility. The termination letter would be in the form of a business letter and include: For termination to be handled properly, discussions between the

social worker and client should occur in advance and be addressed in a thoughtful and sensitive manner. It is best that clients not feel that they have been abandoned, for the sake of the client as well as the social worker. If continued treatment is needed, the social worker must make an effort to assist the client in obtaining ongoing services to ensure that these needs are adequately addressed. Resources and References Barbara A.

3: THE TERMINATION PHASE: THERAPISTS'™ PERSPECTIVE ON THE THERAPEUTIC RELATION

Termination is the final phase of response to a roadway incident, after major rescue and remediation operations have been completed. Termination involves tasks like removing vehicles, cleaning up debris, picking up temporary traffic control devices, and other tasks to reopen the remaining closed lanes.

Clearly we know less about termination in longer term psychotherapy, although two of the studies concerned relatively longer-term psychotherapy. Given the strong attachment that can form over the course of long-term psychotherapy, it is possible that termination may be more complicated and difficult when compared to short-term psychotherapy. More research, however, will be needed to explore that possibility. The first suggests that clients and psychotherapists experience termination as a difficult process in which symptom relapse is probable. What does the research tell us about the affective experience of termination? When surveyed about their reactions to termination, clients most commonly identified a variety of feelings including: It is important for psychotherapists to be aware that these positive feelings are those most commonly identified, as psychotherapists may tend to expect clients to feel more negative emotional reactions to termination. It appears as though clients with loss as a predominant theme may experience termination both as a crisis and, when given appropriate clinical attention, an opportunity for development. In other words, psychotherapists can aid these clients in more fully experiencing and processing their reactions to ending so that these clients have a corrective termination experience. In terms of deciding when to mutually terminate, Roe et al. It may be that psychotherapists tend to underestimate how much clients feel that they have gained from psychotherapy. It seems as though clients may have a difficult time expressing dissatisfaction with psychotherapy and consequently, psychotherapists may not be aware of dissatisfaction as a factor in termination. Psychotherapist Reaction to Termination Compared to client reactions, much more empirical research has been conducted regarding psychotherapist reactions to and behaviors during termination. In general, during the final session, As a result, psychotherapists may want to be aware of their own feelings related to grief and loss as they impact the process of termination. Termination and trainees Finally, Zuckerman and Mitchell examined the impact of training on pre-doctoral psychology interns perspectives on forced termination due to the end of a rotation. This finding suggests that trainees may benefit from extra attention to termination issues and supervision that is focused on preparation for and the process of termination. Special attention in supervision to issues of termination when the client has not yet reached desired goals e. Conclusion Termination appears to be viewed as a positive transition by most clients, supporting the termination as development model suggested by Quintana For most clients, rather than eliciting unresolved losses, the research suggests that the final stage of psychotherapy is characterized by a sense of accomplishment, pride, calmness, and health for both psychotherapist and client. Little is known about the effect of other factors on termination such as theoretical orientation and termination from long-term psychotherapy as opposed to shorter-term psychotherapy. The bulk of the studies thus far have focused on termination in shorter-term psychotherapy and only two studies have specifically examined termination in longer-term work. It is possible that the attachment formed in longer-term psychotherapy may make termination in longer-term therapy more complex than in shorter-term therapy. Thus far, the research on longer-term psychotherapy has shown that clients display positive reactions to termination when they are satisfied with their progress Roe et al. Clearly additional research is needed regarding the process of termination. How we say goodbye: Research on psychotherapy termination. Counselor affective reactions to termination: Impact of counselor loss history and perceived client sensitivity to loss. Client and social worker reactions to termination. Reactions to termination of individual treatment. The termination of psychotherapy: What research tells us about the process of ending treatment. Applying what we know. Comparing therapist and client perspectives on reasons for psychotherapy termination. A psychodynamic model of processes and outcomes. Termination of individual counseling in a university counseling center. Toward an expanded and updated conceptualization of termination: Implications for short-term, individual psychotherapy. Termination in short-term counseling: Comparison of successful and unsuccessful cases. A quantitative and qualitative

inquiry. You Might Also Like:

4: Three Phases of Nurse-Client Relationship - RNpedia

Addressing the termination of treatment is an important phase of the therapeutic process. For termination to be handled properly, discussions between the social worker and client should occur in advance and be addressed in a thoughtful and sensitive manner.

Perhaps the second most difficult one, next to actually making the decision to try out psychotherapy in the first place and pour your heart out to a complete stranger albeit a professional. Ending any relationship for most of us is not something that comes easily, or is second nature. In fact, ending a relationship may be one of the most difficult things we do in our lives. Most psychotherapy relationships end mutually, however, which makes them a little bit easier to handle. No matter what reason the relationship may be ending – the natural end of a course of therapy for a specific mental disorder, you or your therapist moving, a change in insurance coverage – here are some tips to make the transition easier for you. While many therapists are good about explaining the termination process, some are not. Termination starts with a discussion about whether it might be a good time to end therapy. After the discussion, if both parties have agreed to end therapy, a date is chosen, usually many weeks out. In the sessions between the initial decision and the chosen end date, the therapist spends time discussing how the client is feeling about the end of psychotherapy. Goals of therapy are discussed, and the progress made on those goals. A final session ends the process. Bring It Up Early. Most experienced psychotherapists are trained to start the termination process early – far earlier than most clients are probably used to or even comfortable with. Some therapists may start talking about it as far out as 10 or 12 sessions from the end especially for longer-term therapy. This is a good thing. It gives you time to get comfortable with the idea, and it gives your mind time to get anxious – anxiety that can then be dealt with in your continuing psychotherapy sessions. Pick A Final Session Date. This is connected to bringing it up early: Your therapist should work with you on picking the date of your last session. Such a date also acts as a mutual goal the both of you will work toward in your remaining sessions. Ending a psychotherapy relationship is just as difficult as ending any relationship in your life. Anger And Anxiety Are Normal. Twitter them, or post them on your Facebook page. Whatever works for you, find a way to share these things with your therapist and if not your therapist, some other outlet that gives you a sense of relief. Sometimes the end of therapy brings up questions about the future. What if I relapse? Who do I call? Can I start therapy with you in the future if the need arises? Any books or support groups you recommend to help me with everyday coping? Can you give me a referral to another psychotherapist you recommend? Sometimes we get flustered or feel embarrassed to ask such questions at the end of therapy. Some people may not be ready to end therapy. You should talk to your therapist sooner rather than later if this is the case for you. The final session, as with most psychotherapy, is done face-to-face. Like ending any hopefully! It may involve a sort of encapsulating the months or years of therapy spent together, and ensuring the client is ready to move on in his or her life. Especially long-term or close therapeutic relationships may end with tears and a hug if both parties agree. Shorter-term, solution-focused therapy will often end more business-like, with a handshake and best wishes. Termination Is Not The End. Although the word suggests an ending, termination really is the start of a new beginning for you. You are once again on your own in the world without the comfortable and safe weekly check-in with your therapist. And while that initially may be a little scary or sad, it marks another stage or transition in your life that you can embrace if you choose. As the old saying goes, all good things must come to an end, and that includes psychotherapy too. Rest assured, however, that if you need to return to therapy in the future, a good therapist will be waiting for you. You Might Also Enjoy:

5: TERMINATING GROUP COUNSELING - School of Education - Syracuse University

The termination phase of treatment is recognized as a significant aspect of the therapy process and yet remains vastly understudied in psychotherapy literature. In the present study, therapists.

Even though many individuals spend their working years dreaming of the carefree retirement lifestyle they want to enjoy, the actual process of retiring is often emotional and unexpectedly challenging. Atchley of the American Institute of Financial Gerontology researched the psychological experience of retirement and identified 6 sequential phases a retiring individual might experience as he transitions out of the working world. You have to keep in mind that not all individuals experience all the phases. Nonetheless, awareness of these phases can help a retiree, as well as his friends and family, manage the transition effectively.

Pre-retirement In the pre-retirement phase, a retiring individual begins to shift her perspective, focusing less on the requirements of her role in the workplace and more on her long-term retirement plan. Discussions with friends, family, and coworkers about "life after work" become more frequent, as the person begins to conceive of a life and lifestyle outside her usual work routine. For business owners, this is usually the phase they start to design and implement their succession plans. This first stage can begin up to 15 years before the actual retirement event.

Retirement The actual retirement is the second phase -- and can include a range of activity levels. A second type of individual might experience no change in activity; this person probably had a full schedule of activities outside his work -- and once retired, still enjoys those activities and easily finds new activities to stay as active as he was while working. A third type of individual might experience a marked decrease in activity after leaving his job, often because his working life was extremely hectic -- and he just wants to do very little for awhile. This can change with time. Regardless of their activity levels, most individuals experience a sense of contentment in phase two, which is sometimes called the "honeymoon" period.

Disenchantment For some individuals, phase two is followed by a sense of loss, uncertainty, and lack of purpose. Additionally, individuals who retire at 65 might still have decades of good health ahead of them. Without a clear sense of long-term purpose, the retiree can experience ennui, frustration, or a sense of meaninglessness in her life.

Reorientation After the retirement and disenchantment phases, the retiree typically starts to experience phase four: During this time, he begins to emotionally stabilize from both the highs and lows of the retirement experience and evaluate what is working and not working in his retirement lifestyle.

Routine During the routine phase, an individual becomes truly acclimated to her non-working lifestyle and identity. She knows how she wants to spend her time, and has put systems and resources in place accordingly. Ideally, all retirees should experience many years of this phase, as it is one marked by stability and contentment.

Termination of Retirement The final phase marks the end of the retirement process. For some, the end of retirement might occur when they take on new roles in their lives, such as the role of a grandparent or role of a caregiver to a sick spouse. For others, retirement ends when they need to focus on their own health. Another way retirement can end is if the individual decides to rejoin the workforce in some capacity, either for financial or personal benefit.

6: Termination: Ending the Therapeutic Relationship-Avoiding Abandonment | www.enganchecubano.com

Termination Is Not The End. Although the word suggests an ending, termination really is the start of a new beginning for you. You are once again on your own in the world without the comfortable.

Prev Article Next Article Nurse-Client Relationship The nurse and the client work together to assist client to grow and solve his problems. This relationship exists for the benefit of the client so that it is important that at every interaction, the nurse uses self therapeutically. Three Phases of Nurse-Client Relationship: Orientation Stage Establishing therapeutic environment. The roles, goals, rules and limitations of the relationship are defined, nurse gains trust of the client, and the mode of communication are acceptable for both nurse and patient is set. Acceptance is the foundation of all therapeutic relationship Acceptance of others requires acceptance of self first. Rapport is built by demonstrating acceptance and non-judgmental attitude. Acceptance of patient means encouraging the patient verbally and non-verbally to express both positive and negative feelings even if these are divergent from accepted norms and general viewpoint. Trust of patient is gained by being consistent. Assessment of the client is made by obtaining data from primary and secondary sources. The patient set the pace of the relationship. This stage progresses well when the nurses show empathy provide support to client and temporary structure until the client can control his own feelings and behavior. To provide structure is to intervene when the client loses control of his own feelings and behaviors by medications, offering self, restrain, seclusion and by assisting client to observe a consistent daily schedule. Perception of reality, coping mechanisms and support systems are identified. The nurse assists the patient to develop coping skills, positive self concept and independence in order to change the behavior of the client to one that is adaptive and appropriate. The nurse uses the techniques of communication and assumes different roles to help the client. The focus of this stage is the growth that has occurred in the client and the nurse helps the patient to become independent and responsible in making his own decisions. The relationship and the growth or change that has occurred in both the nurse and the patient is summarized. Client may become anxious and react with increased dependence, hostility and withdrawal, these are normal reactions and are signs of separation anxiety, these feelings and behavior should be discussed with the client. The nurse should be firm in maintaining professionalism until the end of the relationship. She should not promise the client that the relationship will be continued. The time parameters should be made early in the relationship and meetings are set further and further apart near the end to foster independence of the patient and prepare the latter gradually for the separation. The nurse should not give her address or telephone numbers to the patient. Referral for continuing health care and support after discharge provides additional resources for the client and the family. The goal of the therapeutic relationship have been met when the patient has developed emotional stability, cope positively, recognized sources or causes of anxiety, demonstrates ability to handle anxiety and independence, and is able to perform self-care. Preparation of the termination phase begins at the orientation phase, when the duration and length of the nurse-client relationship was established.

7: Project Termination

Termination Phase Provide opportunity for the client to discuss thoughts and feelings about termination and loss Discuss the client's previous experience with separations and loss.

8: The Project Life Cycle: The Termination Phase

Two steps forward, one step back, so to speak, may be experienced or expected during the termination phase. Either way, termination speaks powerfully to the impact two people have in one another's lives.

9: Termination: 10 Tips When Ending Psychotherapy

THE TERMINATION PHASE. pdf

Preparation of the termination phase begins at the orientation phase, when the duration and length of the nurse-client relationship was established. It is normal for the client to experience separation anxiety such as sleeplessness, anorexia, physical symptoms, withdrawal and hostility.

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