

termination of therapy letter sample

Termination of therapy letter sample is a crucial document that marks the conclusion of a therapeutic relationship between a mental health professional and a client. Whether the decision to terminate is mutual, due to progress, or because of other circumstances such as relocation or financial constraints, it is essential that the termination letter is clear, professional, and supportive. Properly drafting a termination of therapy letter not only provides closure but also ensures the client feels supported and understands the next steps. In this comprehensive guide, we will explore the importance of a termination letter, provide sample templates, and offer tips on how to craft effective and empathetic termination notices.

Understanding the Importance of a Termination of Therapy Letter

Why Is a Formal Termination Letter Necessary?

A formal termination letter serves several vital functions in the therapeutic process:

- Provides clarity and documentation: It officially communicates the end of therapy, reducing misunderstandings.
- Ensures ethical practice: Ethical guidelines from organizations like the American Psychological Association (APA) emphasize clear communication when ending treatment.
- Supports client well-being: A well-crafted letter offers reassurance and guidance for continued growth outside therapy.
- Serves as legal documentation: In case of future disputes or inquiries, the letter serves as a record of the termination.

When Should You Send a Termination Letter?

While verbal discussions are often held during the final session, a written letter is recommended in the following scenarios:

- The client has completed their goals.
- The client has decided to discontinue therapy.
- The therapist is closing their practice or relocating.
- The client has missed multiple sessions without rescheduling.
- Ethical or legal obligations require documentation.

How to Write an Effective Termination of Therapy Letter

Creating a professional and compassionate termination letter involves careful consideration of tone, content, and structure. Here are key components to include:

1. Opening and Purpose Statement

Begin with a warm opening that states the purpose of the letter clearly:

- Example: "I am writing to formally conclude our therapeutic sessions, effective [date], as we have reached the goals set at the start of our work together."

2. Summary of Progress and Achievements

Highlight the client's progress and accomplishments:

- Mention specific goals achieved.
- Acknowledge the effort and commitment of the client.
- Reinforce positive changes.

3. Reason for Termination

Explain the reason for ending therapy:

- It could be mutual agreement, completion of treatment, or other circumstances.
- Be respectful and avoid sounding dismissive or abrupt.

4. Recommendations and Next Steps

Offer guidance for maintaining progress:

- Suggest ongoing self-care practices.
- Recommend follow-up sessions if appropriate.
- Provide resources such as support groups, community services, or reading materials.

5. Contact Information and Availability

Clarify your availability post-termination:

- Indicate if you are available for emergencies.
- Provide contact details for future emergencies or referrals.

6. Closing Statement

End with a supportive and encouraging note:

- Express confidence in the client's continued growth.
- Offer good wishes.

Sample Termination of Therapy Letter

Below is a sample template to guide mental health professionals in drafting their own termination letters. Remember to personalize it based on individual circumstances.

...

[Your Name]
[Your Credentials]
[Your Practice Name]
[Address]
[City, State, ZIP]
[Phone Number]
[Email Address]
[Date]

[Client's Name]
[Client's Address]
[City, State, ZIP]

Dear [Client's Name],

I am writing to formally notify you that our therapeutic sessions will conclude effective [date]. Over the course of our work together, you have made significant progress in managing your [specific issues, e.g., anxiety, depression], and I commend your dedication and effort.

Throughout our sessions, we have explored various strategies to help you achieve your goals, including [list specific techniques or goals]. I am pleased to see how far you've come and the positive changes you have implemented in your daily life.

The decision to end therapy is a collaborative one, and I believe you are now well-equipped to continue your journey independently. Moving forward, I encourage you to maintain the self-care practices we've discussed and to reach out if you feel the need for additional support in the future.

If you ever wish to resume therapy or require referrals to other mental health professionals, please do not hesitate to contact me. I am available for emergencies or urgent concerns at [provide contact details].

Please remember that the progress you've made is a testament to your strength and resilience. I am confident you will continue to thrive and build on these achievements.

Thank you for trusting me as your therapist. I wish you all the best in your continued growth and well-being.

Warm regards,

[Your Name]
[Your Credentials]
[Your Practice Name]
^^^

Tips for Writing a Compassionate and Professional Termination Letter

To ensure your termination letter is both effective and empathetic, consider the following tips:

- Use a respectful tone: Maintain professionalism while expressing support.
- Be clear and concise: Avoid ambiguous language; clearly state the end date and reasons.
- Personalize the message: Tailor the letter to the client's journey and achievements.
- Avoid abrupt endings: Provide sufficient notice and support for transition.
- Include resources: Offer referrals, support groups, or reading materials to assist ongoing growth.
- Proofread carefully: Ensure the letter is free of errors and sensitive language.

Legal and Ethical Considerations

When terminating therapy, professionals should adhere to ethical standards and legal requirements:

- Informed consent: Ensure the client is aware of the termination process.
- Documentation: Keep copies of the termination letter and related records.
- Referrals: Offer appropriate referrals if ongoing support is necessary.
- Cultural sensitivity: Be mindful of cultural factors influencing the client's response to termination.
- Confidentiality: Maintain confidentiality in all communications.

Conclusion

A well-written termination of therapy letter sample is an invaluable tool for closing a therapeutic relationship with compassion, clarity, and professionalism. It not only provides formal documentation but also reinforces the client's progress and encourages continued growth. By following the outlined structure, personalizing the message, and adhering to ethical standards, mental health professionals can ensure a respectful and supportive transition for their clients. Remember, the goal of the termination letter is to leave the client feeling empowered, understood, and prepared to continue their journey independently.

Frequently Asked Questions

What should be included in a termination of therapy letter sample?

A comprehensive termination of therapy letter should include the reason for termination, a summary of progress, any recommendations for future care, appreciation for the client's efforts, and contact information for follow-up if needed.

How can I ensure my termination letter is professional and empathetic?

Use a respectful and supportive tone, acknowledge the client's efforts, clearly communicate the reasons for termination, and offer encouragement for their continued progress to maintain professionalism and empathy.

Is it necessary to provide a termination of therapy letter sample for all cases?

While not always mandatory, providing a termination letter helps ensure clear communication, formalizes the end of therapy, and offers the client documentation of their progress and next steps, especially in formal or insurance-related scenarios.

Can I customize a termination of therapy letter sample for different clients?

Yes, it's recommended to personalize the letter to reflect each client's unique situation, progress, and reasons for termination to make the message more meaningful and appropriate.

Where can I find a reliable termination of therapy letter sample?

Reliable sources include licensed mental health association websites, professional therapy organizations, or templates provided by healthcare institutions. It's important to adapt these samples to your specific context and client needs.

Additional Resources

Termination of Therapy Letter Sample: A Comprehensive Guide

When it comes to concluding a therapeutic relationship, the termination of therapy letter plays a pivotal role. It serves not only as a formal notification but also as an essential tool to ensure a smooth transition for the client, reinforce progress, and provide closure. Properly crafted termination letters can foster ongoing positive rapport, clarify next steps, and address any lingering concerns. This article explores the nuances of writing effective termination of therapy letters, including sample templates, best practices, legal considerations, and emotional sensitivity.

Understanding the Importance of a Termination of Therapy Letter

A termination letter is more than just a formal courtesy; it is a professional document that:

- Provides Closure: Clearly signals the conclusion of the therapeutic relationship.
- Reinforces Progress: Summarizes achievements and growth during therapy.
- Prevents Misunderstandings: Clarifies the reasons for termination, reducing potential confusion or feelings of abandonment.
- Guides Future Steps: Offers resources, referrals, or recommendations for continued support if needed.
- Ensures Documentation: Serves as part of the client's record, demonstrating adherence to ethical

and professional standards.

When Should a Therapist Write a Termination Letter?

Termination letters are appropriate in various situations, including:

- Client Achieves Goals: When therapy objectives have been met satisfactorily.
- Client Drops Out: If the client discontinues therapy prematurely or without notice.
- Therapist-Client Compatibility Issues: When the therapeutic relationship is not effective or appropriate.
- External Factors: Such as relocation, changes in the therapist's practice, or financial constraints.
- Mutual Agreement: When both parties decide to end therapy collaboratively.
- Ethical or Legal Reasons: For example, if boundaries are violated or ethical concerns arise.

It's essential that therapists assess whether a formal letter is warranted or if a verbal, more personalized conversation suffices. In many cases, a combination of verbal discussion followed by a written summary is ideal.

Key Elements of an Effective Termination of Therapy Letter

A well-crafted termination letter should include several core components:

1. Clear Opening Statement

- Directly state the intent to conclude therapy.
- Use compassionate language to acknowledge the client's journey.

2. Summary of Progress

- Highlight key achievements, skills acquired, and milestones reached.
- Reinforce the client's strengths and resilience.

3. Reasons for Termination

- Explain, in a respectful manner, the rationale for ending therapy.
- Ensure transparency without assigning blame.

4. Recommendations and Resources

- Suggest next steps, such as continued self-care, support groups, or alternative therapies.
- Provide referrals if appropriate.

5. Invitation for Future Contact

- Offer an open door for future sessions if relevant.
- Clarify conditions under which re-engagement might occur.

6. Closing Statements

- Express appreciation for the client's effort and trust.
- Convey support and encouragement.

7. Contact Information

- Include contact details if the client needs assistance later.

Sample Termination of Therapy Letter

Below is a comprehensive sample to illustrate these elements:

[Your Name]
[Your Credentials]
[Practice Name]
[Address]
[City, State, ZIP]
[Email]
[Phone Number]

[Date]

[Client Name]
[Client Address]
[City, State, ZIP]

Dear [Client Name],

I am writing to formally conclude our therapy sessions. Over the course of our work together, you have made significant strides in understanding yourself better and developing effective coping strategies. It has been a privilege to accompany you on this journey, and I commend your dedication

and resilience.

Summary of Our Work and Achievements

Throughout our sessions, we have explored various aspects of your emotional well-being, including managing anxiety, improving self-esteem, and developing healthier relationships. You have demonstrated remarkable growth, including:

- Recognizing and challenging negative thought patterns.
- Building a stronger sense of self-awareness.
- Implementing practical tools to handle stress and emotional triggers.
- Cultivating more fulfilling interpersonal connections.

These accomplishments are a testament to your commitment and hard work.

Reasons for Ending Therapy

Based on our recent discussions and your expressed readiness, I believe you have achieved many of the goals we set initially. While therapy can always be a resource, I understand that you feel equipped to continue applying the skills independently. Therefore, I propose that we conclude our sessions at this time.

Recommendations Moving Forward

Although our formal work is coming to an end, I encourage you to continue practicing the techniques we've discussed. Should you find yourself facing new challenges or needing support, I recommend considering:

- Joining support groups related to your interests or concerns.
- Engaging in mindfulness or relaxation practices regularly.
- Scheduling follow-up sessions if you feel the need for additional support in the future.

Referral Options

If you are interested, I can provide referrals to other mental health professionals or community resources that may be helpful. Please let me know if you'd like assistance with this.

Open Door Policy

Please know that this is not necessarily a permanent goodbye. If circumstances change or if you wish to reconnect in the future, I am open to resuming therapy or providing brief check-ins. Feel free to reach out via email or phone as needed.

Final Words of Support

Thank you for trusting me with your personal journey. Your progress is inspiring, and I am confident you will continue to grow and thrive. Remember that self-care and patience are ongoing processes, and seeking help when needed is a sign of strength.

Warmest regards,

[Your Name]

[Your Credentials]

[Practice Name]

[Contact Information]

Legal and Ethical Considerations

Writing a termination letter also involves understanding legal and ethical responsibilities:

- Confidentiality: Ensure the letter maintains client confidentiality and privacy.
- Documentation: Keep copies of all correspondence for your records.
- Informed Consent: Confirm that the client was aware of the possibility of termination and its implications.
- Referral and Continuity of Care: When appropriate, facilitate a smooth transition to other providers.
- Cultural Sensitivity: Tailor the tone and content to respect the client's background and preferences.

Best Practices for Writing a Termination Letter

To maximize effectiveness and professionalism:

- Use Compassionate Language: Recognize emotional responses and validate feelings.
- Be Clear and Concise: Avoid ambiguous language; specify the end date or process.
- Personalize Content: Tailor the message to the client's unique journey.
- Avoid Blame: Frame reasons for termination positively.
- Follow Up Verbally: Whenever possible, discuss termination in person or via phone before sending the letter.
- Offer Support: Provide resources or referrals to support ongoing well-being.

Common Mistakes to Avoid

When drafting termination letters, be mindful of:

- Using Impersonal or Cold Language: It can feel dismissive or hurtful.
- Ambiguity About Termination: Clarify dates and expectations.
- Overloading with Information: Keep the message focused and supportive.
- Failure to Address Client Emotions: Recognize that termination can evoke sadness or anxiety.
- Neglecting Follow-Up: Ensure the client knows how to reach out if needed.

Final Thoughts

The termination of therapy, when handled thoughtfully and professionally, can be a positive and

empowering milestone for clients. A well-written termination letter encapsulates this transition, offering clarity, reassurance, and encouragement. It reflects the therapist's respect for the client's journey and commitment to ethical standards.

Whether you're a seasoned practitioner or new to clinical work, investing time in crafting personalized, compassionate termination letters can significantly impact your clients' sense of closure and ongoing well-being. Remember, the goal is to honor the progress made, support continued growth, and leave the door open for future connection if needed.

In summary, a termination of therapy letter sample should serve as a guiding template, adaptable to individual circumstances, with a focus on empathy, clarity, and professionalism. Properly executed, it can be a powerful tool to conclude therapy on a positive note and reinforce the client's path forward.

Termination Of Therapy Letter Sample

termination of therapy letter sample: Terminating Therapy Denise D. Davis, 2008-03-17
The first book of its kind to provide an in-depth approach to termination of therapy, *Terminating Therapy* guides you through the practical, ethical, legal, and emotional challenges of how and when to end therapy. Written for a wide range of practitioners at every level of experience, this book provides straightforward advice on ending therapy on a positive note.

termination of therapy letter sample: A Therapist's Guide to Writing in Psychotherapy Michael D. Reiter, 2023-06-29 This guide practically aids mental health professionals in understanding and improving their therapeutic and academic writing, demonstrating how the written word is an invaluable tool to document, assess, and promote change with those in and outside the therapy room. Exploring the various ways writing occurs in psychotherapy professions, Michael D. Reiter comprehensively covers the range of the written word, from progress notes and assessment documentation, to journaling and therapeutic letters, as well as contacting larger systems such as report writing and grant applications. Chapters are formatted to include the purpose and function of a particular type of writing before providing multiple examples so therapists can apply this in their own practice. This book aims to help all therapists, regardless of academic training or therapeutic modality, to incorporate these ideas into their work. This book is designed for mental health professionals in a variety of settings, including counselors, therapists, social workers, family therapists, and clinical psychologists. This book is useful for graduate students as well as those already in practice.

termination of therapy letter sample: Counseling and Therapy With Clients Who Abuse Alcohol or Other Drugs Cynthia E. Glidden-Tracey, 2005-03-23 Every day, huge numbers of people use drugs or alcohol for recreation, medication, celebration, stress management, social lubrication, or escape. The abuse of psychoactive chemicals touches individual lives in countless ways, and clients frequently hint in therapy sessions at problems related to substance misuse. But historically, substance abuse treatment has been regarded as a separate specialty, for which students and trainees often prepare along tracks different from those leading to licensing or certification as psychotherapists. Few non-specialists feel completely competent and willing to grapple closely with the issues these clients present, in spite of the fact that such problems are quite frequent among client populations. In this book, Cynthia Glidden-Tracey lays out an integrated, holistic, and effective approach to clients' inevitably intertwined problems, which encourages all practitioners to develop

skills for detecting, assessing, and addressing substance use whenever concerns about it emerge in the course of therapy. She describes the frequent co-occurrence of substance misuse and other mental health problems, reviews therapy models and current professional questions, and empowers practitioners with the latest scientific knowledge about the causes and effective treatment of addictions. Throughout, her points are grounded in rich clinical examples.

termination of therapy letter sample: Marriage and Family Therapy Linda Metcalf, 2011-06-23 There are many different models of marriage and family therapy; the challenge for students and beginning practitioners is deciding which one best suits their individual purposes. This highly practical volume elucidates the defining characteristics of 14 contemporary models, including their history, views of change, views of family and the role of the therapist; and methods of assessing family dynamics, goal setting; facilitating change; and knowing when to terminate. Each chapter also includes a template for implementing therapy models, and realistic case studies-many drawn from actual practice-to illustrate how each model would address common issues. In addition, the volume includes extensive interviews with master therapists such as Albert Ellis, Insoo Kim Berg, Sue Johnson, Susan McDaniel, Derald Wing Sue, and many others. They share their ideas of the ways in which change occurs, how they set goals, and how they perform therapy. For further clarification, each therapist illustrates how he/she would proceed via the same case study. Learning how to perform effective family therapy can be an arduous process of trial and error, yet this resource will ease the way for students and currently practicing family therapists who need to revisit the basics. Modalities Included Bowen Family Systems Theory Contextual Family Therapy Cognitive Behavioral Family Therapy Models Rational Emotive Behavior Therapy Symbolic-Experiential Family Therapy Satir Human Validation Process Model Milan Systemic Family Therapy Structural Family Therapy Strategic Family Therapy Solution-Focused Brief Therapy with Families Narrative Therapy with Families Emotionally Focused Therapy Medical Family Therapy Family Psychoeducation Key Features: Introduces the theory, history, theoretical assumptions, techniques, and components of each model Includes a template for using each model, from the initial meeting through assessment, intervention, and termination Provides numerous interviews with master therapists Includes case study commentary and analysis by master therapists Suggests questions, therapeutic strategies, and/or comments to consider for each therapeutic phase Includes a personality inventory to help readers select the most effective modality

termination of therapy letter sample: *The Portable Lawyer for Mental Health Professionals* Barton E. Bernstein, Thomas L. Hartsell, Jr., 2004-04-28 Safeguard your mental health practice with up-to-date information and savvy advice on practicing in today's legal environment Today's mental health professional must approach the legal aspects of practice with both sensitivity and foreknowledge. The array of legal guidelines and ethical standards to comprehend is increasing in scope and complexity. Licensing issues, ethics questions, and malpractice suits all present pitfalls that, if ignored or misapprehended, can interrupt or even end a career. Written by two attorneys specializing in the legal aspects of mental health care, *The Portable Lawyer for Mental Health Professionals*, Second Edition is an indispensable survival guide for all clinicians. The authors explain how to handle allegations of malpractice, cope with threats of violence, preserve client confidentiality, and more. Each chapter features step-by-step guidance, helpful case studies, legal light bulbs highlighting important concepts, answers to frequently asked questions, dos and don'ts, and sample forms and contracts to help you safeguard your practice. Completely revised and updated, the Second Edition also includes new information on: * HIPAA * Treating older adults * Using exotic therapy techniques * Ethical and legal aspects of office leases * And more *The Portable Lawyer for Mental Health Professionals*, Second Edition offers the latest information for practicing in today's legal environment. Mental health caregivers, graduate students, attorneys, and clients alike will find this guide to be an invaluable resource.

termination of therapy letter sample: **Clinical Documentation with Children and Adolescents** Amy Marschall, 2023-08-29 This book addresses the unique challenges therapists face when documenting their clinical work with children, providing insight into what ethical, appropriate,

and culturally competent practice looks like. Clinical documentation is vital for ethical and legal practice, and good documentation helps clinicians leave room for client-centered and age-appropriate interventions, such as play therapy. Beginning with an overview of the important considerations unique to providers working with children, Amy Marschall offers guidance on all aspects of clinical documentation, such as intakes, treatment plans, mental status examinations, progress notes, safety plans, and more. Each chapter includes specific examples of clinical situations with guidance on how to document these situations effectively. With chapters on client confidentiality and telehealth, as well as special attention being paid to cultural awareness, including race, ethnicity, gender, sexual orientation, and socioeconomic status, this book includes blank templates of treatment plans, progress notes, and risk assessments for therapists to use in their practice. This book is essential for any mental health professional who works with children in both individual and family work, including psychologists, licensed clinical social workers, licensed professional counselors, mental health counselors, marriage and family therapists, play therapists, school counselors, and therapist interns.

termination of therapy letter sample: Marriage and Family Therapy, Second Edition

Linda Metcalf, 2018-12-27 This text provides students of family therapy with a unique opportunity to understand and compare the inner workings of 14 traditional and non-traditional family therapy models. The book demonstrates, through innovative "guiding templates," how the different therapeutic models are applied in an actual family therapy situation. The second edition features a new chapter on neuroscience, new interviews with master therapists on topics such as LGBT families, EMDR and research, and coverage of ethical issues concerning electronic safety and telephonic therapy. Overviews of every model include history, views of change, views of the family, and the role of the therapist. Chapters on every model also provide responses to one, realistic case study with commentary and analysis by master therapists to illustrate how each one addresses the same scenario. Interviews with master therapists illustrate how each mode of therapy actually "works" and how therapists "do it." Print version of the book includes free, searchable, digital access to the entire contents! New to the Second Edition: Examines neuroscience and its role in family therapy New chapter on solution focused narrative therapy with families Includes enhanced coverage of self-care and mindfulness for the therapist Contains educator resources including instructor's manual, PowerPoint slides, and a test bank Updated references provide current developments in the field of marriage and family therapy Provides insight on submitting research articles for publication through an interview with a current journal editor Reports on current, revised ethical guidelines from the AAMFT Key Features: Provides a guiding template for each family therapy model from assessment through termination Describes a practice-oriented approach to family therapy Uses a single case study throughout the book where different approaches to therapy are applied by master therapists Introduces the theory, history, theoretical assumptions, techniques, and components of each model Includes numerous interviews, case study commentary, and analyses by master therapists

termination of therapy letter sample: Psychotherapy for the Advanced Practice

Psychiatric Nurse - E-Book Kathleen Wheeler, 2007-11-06 Psychotherapy for the Advanced Practice Psychiatric Nurse provides the nurse psychotherapist with a useful how-to primer that contains practical techniques and interventions without a lot of theoretical jargon. Topics include the basics of psychotherapy, from how to respond to a patient's initial call to termination of care. Selected approaches, interpersonal, cognitive-behavioral, and psychodynamic psychotherapy are highlighted with discussion of evidence-base research. Specific techniques for working with commonly seen patient populations that require special consideration: those who have experienced trauma, children, and older adults are included. In addition, how to integrate psychopharmacology and psychotherapy is discussed in detail. - A straightforward approach to psychotherapy using a holistic nursing framework. - Latest findings on the neurophysiology of psychotherapy including research on attachment, therapeutic relationships, and trauma. - Evidence-based research for all approaches and populations discussed. - Provides treatment hierarchy for decision making in

selecting strategies for treatment from the initial contact and assessment to termination. - Step-by-step guide to building the nurse-patient relationship in order to achieve quality outcomes. Includes detailed instructions on therapeutic communication techniques. - Detailed instructions teach you how to use the latest therapeutic communication techniques. - Includes all patient populations from children to the older adult with special emphasis on working with traumatized patients. - Comprehensive appendices provide quick access to helpful forms and diagnostic tools specific to psychotherapy nursing practice.

termination of therapy letter sample: Psychotherapy for the Advanced Practice Psychiatric Nurse, Second Edition Kathleen Wheeler, 2013-12-11 Dr. Wheeler has skillfully crafted a text that covers basic psychiatric principles and skills from developing a therapeutic relationship and assessing and diagnosing the client to providing evidence-based psychotherapy for a variety of patient populations... This text is an excellent primer for teaching therapy skills and, although targeting graduate psychiatric nursing students, would prove equally valuable for students of any mental health discipline. It is also a resource for experienced clinicians wanting to expand their understanding of trauma and how adaptive information processing might be used as an organizing framework for all psychotherapy. --Linda Mabey, Journal of EMDR Practice and Research

DESCRIPTION This is a how-to compendium of evidence-based approaches to practicing psychotherapy for both the experienced and neophyte advanced practice psychiatric nurse. This book integrates neuroscience with relationship science and unites disparate psychotherapeutic approaches into a model that is concise and straightforward, yet sufficiently comprehensive to provide a framework for practice. The most useful therapeutic models are highlighted with principles, and techniques of treatment for nurse psychotherapists and those with prescriptive authority. This second edition expands the award-winning first edition, providing guidelines, forms, and case studies to assist APPNs in deciding which treatment to use based on psychotherapy outcome studies and practice guidelines. New Chapters in the Second Edition: Motivational Interviewing Dialectical Behavior Therapy Group Therapy Family Therapy Eye Movement Desensitization and Reprocessing (EMDR) Therapeutic Approaches for Addictions New CPT Codes & Reimbursement Awards and Reviews for the First Edition: APNA Media Award AJN Book of the Year Award 5 Star Amazon Reviews 4 Star Doody Review Lays out a holistic paradigm for advanced psychiatric nursing (APN) practice by drawing upon a neuroscience of information processing, human development, attachment theory, and trauma. . . (and) explains the essentials of psychotherapy by melding principles underlying the therapeutic alliance, adaptive information processing (AIP), change, and a hierarchically arranged treatment format that fosters healing through the resolution of dysfunctional memory this important text holds true to the historical basis for psychiatric nursing being organized around phases and principles of the nurse-patient relationship. Margaret England, PhD, RN, CNS, Perspectives in Psychiatric Care Wheeler offers the field a scholarly training manual. . . grounded in Shapiro's (2001) adaptive information processing paradigm . . . (where) the brain is viewed as an information processing system with innate self-healing mechanisms that regulate its internal environment to survive and to maintain a stable, constant condition through dynamic regulation. Robert M. Greenfield, PhD, Journal of Trauma & Dissociation

termination of therapy letter sample: *The New Music Therapist's Handbook* Suzanne B. Hanser, 2000-03-01 (Berklee Guide). This completely updated and revised edition reflects the latest developments in the field of music therapy. Includes an introduction to the profession, guidelines for setting up a practice, new clinical applications, and helpful case studies a must for students and professionals alike.

termination of therapy letter sample: **Succeeding in Your Psychotherapy Practicum and Internship** Michael D. Reiter, Kayleigh Sabo, 2024-06-28 Succeeding in Your Psychotherapy Practicum and Internship is a book about what students can often expect from their psychotherapy internship and how they can make the most of their experience. The book is written from two perspectives—one, that of a seasoned therapist, professor, and supervisor of therapy, and two, the

perspective of a registered intern therapist who just went through the internship process. Succeeding in Your Psychotherapy Practicum and Internship covers the basics of psychotherapy internships, from the beginning stages of finding and starting at an internship site, to navigating the common experiences at an internship, to reflecting on therapeutic growth and the ending of an internship, and much more. Students will come away from this book with a deep understanding of each perspective, one that will enhance their appreciation of the practicalities and possibilities of their practicum and internship experiences.

termination of therapy letter sample: Psychotherapy for the Advanced Practice

Psychiatric Nurse Kathleen Wheeler, 2020-09-10 The leading textbook on psychotherapy for advanced practice psychiatric nurses and students Award-winning and highly lauded, Psychotherapy for the Advanced Practice Psychiatric Nurse is a how-to compendium of evidence-based approaches for both new and experienced advanced practice psychiatric nurses and students. This expanded third edition includes a revised framework for practice based on new theory and research on attachment and neurophysiology. It advises the reader on when and how to use techniques germane to various evidence-based psychotherapy approaches for the specific client problems encountered in clinical practice. This textbook guides the reader in accurate assessment through a comprehensive understanding of development and the application of neuroscience to make sense of what is happening for the patient in treatment. Contributed by leaders in the field, chapters integrate the best evidence-based approaches into a relationship-based framework and provides helpful patient-management strategies, from the first contact through termination. This gold-standard textbook and reference honors the heritage of psychiatric nursing, reaffirms the centrality of relationship for psychiatric advanced practice, and celebrates the excellence, vitality, depth, and breadth of knowledge of the specialty. New to This Edition: Revised framework for practice based on new theory and research on attachment and neurophysiology New chapters: Trauma Resiliency Model Therapy Psychotherapeutics: Re-uniting Psychotherapy and Psychopharmacotherapy Trauma-Informed Medication Management Integrative Medicine and Psychotherapy Psychotherapeutic Approaches with Children and Adolescents Robust instructor resources Key Features: Offers a how to of evidence-based psychotherapeutic approaches Highlights the most-useful principles and techniques of treatment for nurse psychotherapists and those with prescriptive authority Features guidelines, forms, and case studies to guide treatment decisions Includes new chapters and robust instructor resources—chapter PowerPoints, case studies, and learning activities

termination of therapy letter sample: Treating PTSD Shirley Porter, 2018-05-23 Treating PTSD presents a comprehensive, compassion-focused cognitive behavioral therapy (CBT) approach that provides therapists with the evidence-based information they need to understand trauma's effects on the mind and body as well as the phases of healing. Chapters offer discussion, practical tools, and interventions that therapists can use with clients suffering from post-traumatic stress disorder (PTSD) to reduce feelings of distress and increase their sense of safety. Readers are introduced to the metaphor of the valley of the shadow of death to explain the experience of PTSD; they're also shown how to identify the work they'll need to do as therapists to accompany clients on their healing journey. Two new compassion-focused CBT interventions for trauma processing are also introduced.

termination of therapy letter sample: The Portable Lawyer for Mental Health Professionals Thomas L. Hartsell, Jr., Barton E. Bernstein, 2013-04-23 Everything you need to legally safeguard your mental health practice Fully revised, The Portable Lawyer for Mental Health Professionals, Third Edition identifies, explores, and presents solutions to both the simple and complex legal questions that mental health practices must deal with daily. Written by Thomas Hartsell Jr. and Barton Bernstein—attorneys and therapists specializing in legal issues concerning mental health—this essential guide arms professionals with the expert knowledge needed to avoid a legal violation, or to know how to handle a situation if a complaint is filed. With downloadable sample forms and contracts—including the new Informed Consent for Psychological Testing and

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