

Termination & Graduation

At our practice, the termination of therapy is viewed as a positive and intentional process, indicating the achievement of treatment goals and positive outcomes. Clinicians are guided by the expectation to work collaboratively with clients, always keeping in mind the client's ultimate graduation from therapy. This policy is designed to ensure the client's growth, independence, and the avoidance of unhealthy dependencies.

Therapeutic Goals and Graduation:

- Clinicians and clients collaborate to establish clear therapeutic goals from the outset. Termination is seen as the successful accomplishment of these goals, and clients are encouraged to actively work towards their graduation from therapy.

Time-Limited Nature of Therapy:

- Therapy is approached with a time-limited perspective. Prolonged engagement with the same clinician for over a year is discouraged to prevent dependency and foster the client's ability to navigate life independently.

Codependency Awareness:

- The practice is committed to healing and alleviating codependency. Regular assessments of the therapeutic relationship are conducted to identify and address any signs of dependency, ensuring that therapy remains a supportive and empowering process.

Client Independence and Empowerment:

- The goal of therapy is to empower clients to navigate life challenges independently. Graduation from therapy is a positive milestone indicating the client's readiness to apply learned skills and insights autonomously.

Open Communication:

- Clinicians are dedicated to open communication about the progression of therapy and the anticipated timing of termination. This transparency ensures that both clinician and client are aligned in working towards positive treatment outcomes.

Termination and graduation from therapy are viewed as natural and positive steps in the therapeutic journey. Clients are encouraged to actively engage in their treatment, set goals, and look forward to the point where they can confidently graduate from therapy, equipped with the tools and resilience gained during the therapeutic process.