



Catholic
Charities
Fort Worth

Beginning with the End in Mind

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Questions...

1. What is the most difficult part of the helping relationship?
2. What does it feel like to terminate a client?
3. Why is this process so difficult for helping professionals?



“The process of termination is like finishing a knitting project. A knitter needs to bind off and secure the yarn so the piece doesn’t unravel and come undone- to prevent the planning work and effort from being lost.”

Cochrane & Hanley, 1999, p. 150



Tasks for termination

- Ongoing evaluation and assessment
- Anticipating the many ways of ending
- Getting in touch with our feelings about endings
- Planning for the future



Beginning with the end in mind

- Termination should be introduced at the onset of the relationship
- Separation is in the background from the initial to final stage
- Readiness for termination is based on assessment throughout the relationship
- You frame termination for your client



Why does termination occur?

- Client goals achieved
- Client withdrawal from services
- Client non-compliance
- No longer eligible for program
- Client threatening behavior



Anticipating client response

- Client will react to termination discussion
- May have positive feelings of achievement
- May have negative feelings
 - Abandonment
 - Anger
- Based on client reaction, incorporate strengths perspective in coaching them



Managing Your Emotional Response

- Carefully monitor your response
- Your response is based on past experiences
- Client may be provoked by your response
- How to handle closure when unsure of client's outcome or situation
- Most neglected area in relationship



Planning for the future

- Importance of discharge planning in your client's success
- What happens if you're not there?
- Workers model the termination process for clients
 - Positive and negative



Discharge Plan

- Ensures more stable exit from program
- Target outcomes for work together
- Community resources and social network resources
- Alternative housing options
- Referrals for other basic needs



Termination Scenarios