

21. When will I know that I am done with therapy?

Terminating therapy is an individual matter. Essentially, therapy reaches an end when clients have overcome, or resolved, their original concerns. Practically speaking, none of us will ever be “done” learning to: better love ourselves, become more mindful, become less judgmental, become more accepting, be a more loving parent, partner or friend. None of us will ever be completely “grown-up” or “fully mature” (thank goodness).

There will be a time, however, when the part of the journey that we have been honored to take with each client, will be over. Sometimes clients know the journey has ended and tell us; sometimes we may know first. Sometimes everyone knows at the same time (which happens with high frequency).

22. What are some examples of termination points?

- A couple learns to accept, forgive, and appreciate each other as well as learning to fight fairly and effectively. Or they decide to separate or divorce and have learned to co-parent effectively.
- A client stops using alcohol or other drugs, begins a 12-Step Group and finds a sponsor and doesn't have complications (such as clinical Depression) that will interfere with the first year of living clean and/or sober.
- A client receives guidance with a career, and values are reassessed, strengths and aptitudes for changes are explored; decisions are made, and a plan is launched.
- A client is seeking help for depression and he/she learns to implement better self-care, exercises, sleeps and eats well and no longer feels overwhelmed.