


## Thinking about endings





## Activity 1




- Get into pairs
- What might be difficult about ending for the client?
- What might be difficult about ending for the counsellor / clinician?
- Feedback to the whole group

quality care delivered with compassion

## Things to consider



- **Attachment** – therapeutic relationship as an attachment, the client’s approach to ending may be influenced by their attachment style
- **Previous experience** of endings
- **Palliative care / bereavement context** – may have had or be anticipating the loss of a significant relationship through death
- **Can be a therapeutic intervention** in itself if well managed



## Managing endings



- ✓ Managing expectations from outset – work together as time limited
- ✓ Exploring client’s feelings about ending and acknowledging these
- ✓ Spacing out appointments/ follow-up appointment
- ✓ Reviewing work together – what will they take away from this that will be useful in the future?

