

Ability to manage endings

An ability to agree with the clients(s) an appropriate end point for the intervention
An ability to review changes that occurred during the intervention with the client(s) and with colleagues, in order to facilitate:
the maintenance of positive change
the development of relapse prevention strategies
An ability to help client(s) discuss their views of the end of intervention, the need for follow up or further support, and ways in which the outcomes of the intervention will be communicated with the wider system
An ability to notice when client(s) find the process of ending is more difficult, and to help them identify what resources they can draw on to manage this
An ability to help clients think about how they can maintain therapeutic gains by engaging the resources of significant members of their network
An ability to reflect on the impact on the therapist themselves of the ending of the intervention and on any implications for future practice