

Ability to end therapy in a planned manner and to plan for long-term maintenance of gains after treatment ends

An ability to terminate therapy in a manner which is planned, and to signal plans for termination at appropriate points throughout therapy

An ability to plan for maintenance of therapy gains after the end of treatment:

an ability to help clients identify and elaborate their concerns about termination (e.g. worry that that they need support to manage on their own, or that they will relapse)

An ability to help clients who have recovered identify problematic events which have led them to become depressed or anxious in the past

an ability explicitly to plan ways in which relevant coping strategies could be implemented to manage these events if they recurred in the future