### Ability to manage endings

- An ability to signal the ending of the intervention at appropriate points during the therapy in a way which acknowledges the potential importance of this transition for the client, for example:
  - when agreeing the treatment contract
  - as the intervention draws to close

- An ability to help client discuss their feelings and thoughts about endings and any anxieties about managing alone
- An ability to review the work undertaken together
- An ability to say goodbye