

Ability to manage endings and service transitions

Working with planned endings

Where the “contact” will be of a fixed duration an ability to work collaboratively with clients in order to manage termination and set in place any future support

An ability to prepare clients for endings by explicitly referring to the limits of the intervention at the outset, and throughout therapy, as appropriate (e.g. in connection with discussions about loss)

An ability to assess any risks to clients that may arise during or after termination with the service

An ability to help the client express feelings about termination, including any feelings of hostility and disappointment with the limitations of the intervention and of the therapist.

An ability to help clients make connections between their feelings about ending and other losses/separations.

An ability to help clients explore any feelings of anxiety about managing without the clinician.

An ability to help clients reflect on the process of the treatment as well as what they have learnt and gained from the intervention.

Where there is a planned transition to another service, an ability to prepare clients appropriately (e.g. by providing them with information about what the service offers, or arranging joint appointments with the new service).

Working with premature or unplanned terminations

Knowledge

An ability to draw on knowledge of national and local guidance on the assessment of risk relating to a client ending contact with a service, including policies, procedures and standards in relation to:

risk assessment and management.

consent, confidentiality and information sharing.

An ability to draw on knowledge of local procedures in response to ‘failure to attend’ appointments

An ability to draw on knowledge of local services to which the client may be referred at the end of contact with local services

Working with unplanned endings

Where possible, an ability to explore with clients why they wish to terminate contact with the service earlier than originally planned.

Where working with families, an ability to establish which members of the family wish to terminate contact early (i.e. the extent to which this is a consensual family decision, or is a view held by some, but not all, family members).

An ability to explore with clients whether their concerns about the intervention or service can be addressed.

An ability to assess any risk arising from early termination with the service

An ability to contact relevant agencies regarding early termination

An ability to review contact with clients verbally or through a discharge letter.