Ability to manage endings

Working with planned endings

Where the ‘contact’ will be of a fixed duration, an ability to work collaboratively with the client 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 of contact 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 the therapy 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 intervention as well as what they have learnt and gained from it
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 and its style of working, 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 early
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

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