

### How Do I Know When to End Therapy?

Some common reasons you might want to conclude the counseling are:

- You have reached your treatment goals
- You are emotionally spent
- You have financial limitations
- You want to take a break
- You are relocating
- Your schedule is taken up by other equally important things
- You have gained the tools to effectively manage the problems that initially brought you to counseling
- You want to try a different healer or type of treatment such as cranio-sacral therapy, life coach, etc.
- You don't feel challenged by your counselor anymore and there seems to be no more growth

Some people end therapy to avoid their core issues. It is perfectly fine if you choose to end for this reason. However, you've been working hard and investing your time, money and energy in these early counseling sessions to prepare yourself to finally process the core issues that have kept you feeling trapped for a long time. It is perfectly okay to be honest with your counselor when you feel like running away from the issues. Your counselor will most likely try his or her best to explore with you what might be the next step to take in addressing this. Most important of all, it might actually be better to try and get through the discomfort instead of running away.

### How Do You End Therapy?

When you are thinking of concluding the counseling for whatever reason, most counselors will appreciate advanced notification, ideally in person and at least 2 weeks/sessions ahead of time. You might feel weird having to bring this up and preparing to say goodbye, especially when you have been sharing some very private information and deep emotions with your counselor. Whatever you are feeling is valid and understandable. As a counselor myself, I am aware that we work with clients so that one day they can say goodbye to us. Thus, it is more about *how* we end therapy, instead of *when*.

Most counselors will end with a "termination session," which serves as a good opportunity for both the counselor and the client to review progress made in the counseling sessions. The counselor will also discuss and explore the reasons if not enough progress has been made. Clients can find these termination sessions to be very valuable.

In addition to reviewing the counseling progress, some counselors also incorporate a transitional object into the termination session. A transitional object could be a gemstone symbolizing your personal journey, strength, courage, etc. It could also be an art piece that you and your counselor co-created symbolizing the meaningful connection you have made together. A transitional object could also be a toolbox containing reminder slips of things you can do when a psychiatric or emotional crisis arises in the future.

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New Light Counseling Service

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**You Have Made A Special Place in Your Counselor's Heart!**

Having a good goodbye can be incredibly healing because we do not necessarily have such a chance to say goodbye to people around us. Hopefully, by the time you conclude your counseling, you've had a pleasant experience. Trust that you've also helped your counselor to grow as a person and as a professional. Most counselors go into this profession because they care about people. From time to time, your counselor will be delighted to receive a hello email with updates on your personal journey.

As a counselor myself, I can vividly remember the wisdom that each of my clients over the years have showed me. Some clients I got to say this to in person and some I did not, but thank you for filling my office with your beautiful spirit, stories, and trust. You have guided me to be a better provider for others faced with life challenges. If there is one thing I can ask for in return from the journey we've walked through together, that would be your never forgetting how strong you are in overcoming the challenges that life has thrown at you.