

1. Question 17- In order to make an ethical decision on terminating a relationship, I need to follow the guidelines that I have been given in my line of work. I also have to be mindful of using my sense of judgement and use this judgement wisely in order for me to make a final decision. A code of ethics is important to follow in this situation and needs to align with a level of maturity it takes to handle these types of situations. I would also let the client know beforehand that the patient and therapist relationship is not working out and that there will be steps that need to be taken in order for the client to be referred to a different counselor. I would personally also go over specific things that have not gone well in sessions and will continue to revert back to how the patient and therapist relationship is being effected. As the therapist I would retrace my steps and circle back to which outcomes have been gathered to consider ending the client relationship. As a therapist, asking for a second opinion from another therapist is also something I would do before anything took place because sometimes having someone looking from the outside in can be a good way to point things out that you may not have seen as well. Another therapist could also give you a different perspective on the situation and help you see things differently, so that you can continue to evaluate the situation thoroughly and be certain about your decision for termination. When determining termination of therapy with a client, the therapist should also think about how this situation will effect the client. How will the client's reaction effect their relationship with the next therapist? What are some things to consider when taking note of the possible outcome of their reaction? All of these things have a huge effect in ending a client relationship. Therapists should also take into consideration the fact that you may not know what to expect from a client when ending sessions. Clients may have a reaction we may not see coming and we have to be mentally prepared for however they react. Clients may have concerns about

themselves and question why things may not have worked out which can bring more causes for concern in the future to them personally. Taking all of this into consideration is important.