

## Journal 10 (Jenna Lee)

**Discuss the ways that you have terminated with your clients. Use this reflection to discuss the methods you used to terminate and describe your feelings about the process. Was there a case that was extremely hard for you to terminate from? Are there people you are worried will fall through the cracks without your help?**

I have terminated a few clients over the past few months. Furthermore, I will terminate more than 10 cases as I will be on summer vacation. In early September 2023, I will return to the Korean Community Services of Metropolitan New York's mental health clinic.

For some clients, it could be another traumatic separation. Before they are formally terminated from the services, I notified them of the termination a few weeks ago. I need to collaborate with them to take gradual steps to end therapeutic relationships. Furthermore, I have been reminded of the professional relationship between the therapist and the client. It is important for me not to administer therapy in a way that makes my patients dependent on me. Since I have established the professional boundary, it is more effective and helpful for my clients to transform and transition into their own lives without therapy. As the termination date approaches, I have reviewed the treatment goals and objectives. I found it helpful to discuss them with my clients. There is a time limit and a structure to therapy. I discuss the positive outcomes and the changes my clients have made as their treatment progresses. Furthermore, I have provided them with the tools and skills they need to prevent relapses and maintain their positive therapeutic progress. Those who would benefit from ongoing therapy have been discussed with the clinic director, my supervisor. The supervisor and I must ensure that clients continue to receive services once my internship is over.