Termination Session Questions & Guidelines

This form is designed to be used during the last session of therapy as a guide towards ending the therapy in the most positive way possible. You should modify this guide as appropriately to fit your own needs and style. You may also want to add your own header or logo, and remove the copyright in the footer.

It is worth noting that research on termination sessions indicates that most clients have positive feelings during the termination session, which can include a sense of accomplishment, independence, calmness, a sense of being alive, and so on. The same research indicates that many therapists expect a more negative response from their clients. Naturally therapists should be aware of their own issues resolving relationship endings, and work towards insuring that the last session is a continuation of the client’s progress.

Some clients who have experienced a significant loss in their lives may find the last session to be particularly difficult, even though the termination of therapy may have been a subject of sessions for some time. For these clients the termination session can be a corrective experience for the client.

It is recommend that you give some thought as to whether or not you want to invite a client to return if needed. The literature suggests that about two thirds of therapists invite their clients to return if needed, regardless of their theoretical orientation. However before you invite a specific client to return if needed, you should take into account the practical considerations of seeing the client again, as well as if they might see that as a vote of ‘no confidence’ in their ability to solve their problems by themselves.

We recommend that you take notes on your client’s responses and keep this form in the case file for documentation purposes.
Questions for the Termination Session

Name of Client________________________________________
D.O.B./Identifying Number__________________________________
Date of Session________________________________________

You may want to begin the session by saying something like:

_We have had a very productive course of treatment, but now we have agreed that it is time to end your therapy. The final session is a good time to think about what you have learned and how it can apply to your future growth. It’s also a good time to think about any problems that might arise and how you are going to handle them._

Do you have any questions since the last time we met?
_____________________________________________________________
_____________________________________________________________
_____________________________________________________________
_____________________________________________________________
_____________________________________________________________

_We started working about ______(weeks/months/years) ago and some important things have changed since our first meeting. What do you see as some of the most important changes?_
_____________________________________________________________
_____________________________________________________________
_____________________________________________________________
_____________________________________________________________
_____________________________________________________________

_What has been the biggest impact on your life as a result of these changes?_
_____________________________________________________________
_____________________________________________________________
Some of the changes that I have seen include: (The therapist should provide feedback on major positive changes such as behavioral change, improvement in mood, ability to cope, and so on).

Now that therapy is coming to an end, I wonder what your thoughts are about not coming to see me any longer. What were you thinking just before coming to today’s session?

Do you have any concern about things now that you won’t be in therapy any longer?

How do you see yourself handling problems as they come up?
Are there other goals that you see for yourself besides the ones that we talked about?

__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________

Some people experience the end of therapy as a ‘loss,’ almost like a death. Does ending therapy feel like a loss to you? If so, how will you handle it?

__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________

If you feel like you need to see me again, here is my policy (write your policy below, considering the needs of the individual client).

__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________

Therapist Comments on Session

__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________

Copyright 2014, BetweenSessions.com. Members of this site may modify this form as suits their professional needs, including the removal of the copyright.