

Dear *[client's name]*,

As we previously discussed, our ongoing work together has not been beneficial to you. Although you have expressed your desire for us to continue working together, I believe it will be in your best interest for us to discontinue our therapeutic relationship.

I hope you will decide to continue receiving treatment, and I am providing you with list of several therapists I strongly recommend. If you would like me to discuss your situation and our treatment with them, I would be happy to speak to them once I have your written permission.

- *[Name / Degree / License / Phone / Area of expertise]*
- *[Name / Degree / License / Phone / Area of expertise]*
- *[Name / Degree / License / Phone / Area of expertise]*

As agreed, I will meet with you up to *[number]* more times to assist you during this time of transition. We can discuss these, or any other issues that concern you, during our upcoming sessions.

Sincerely,

*[Your Name]*

*[Your Practice's Name]*