

## Understanding Closure of Therapy

Your therapeutic relationship may come to a close for a number of different reasons. Perhaps you have accomplished your goals, a life event has taken place, or you and your therapist have concluded another plan of care would be better suited for you. There are many reasons for the therapeutic relationship to end.

Ideally, your therapist would like to have the opportunity to have an exit session or closure interview with you to discuss future recommendations, finalize paperwork, and to provide updated contact information. If a face to face meeting is not possible then your therapist may be able to have a phone or Skype session with you. Providing clients with resources and closure is an important part of therapy.

When the most ideal circumstances do not present themselves, your therapist will still attempt to provide you with recommendations and any relevant information. The following are reasons you may receive a Closure of Therapy Notice:

- Therapeutic goals have been accomplished
- Client stops all contact with the therapist
- No-show appointment
- Court ordered therapy and failure to schedule session or fail to appear
- Client stops making progress

Closure of Therapy doesn't mean that you may never return. Depending on what you and your therapist discuss in your closure interview and your personal circumstances you may return to see the same therapist or a new therapist. Life brings many challenges and returning to therapy for support is not a sign of defeat or failure.

I, \_\_\_\_\_ have read the above information on this date of \_\_\_\_\_ and understand the process and therapeutic importance of Closure of Therapy.

\_\_\_\_\_  
Client signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date