

## **Module 8 – Termination**

Successful conclusion of psychotherapy can be a proud moment for both participants, but less commonly termination can be wrenching and painful. Remarkably, sometimes it is the therapist who has more trouble with termination than the patient. This module discusses the goals and content of termination, the process of termination, as well as the types of termination. Types of termination include the ideal mutually agreed form, premature termination, and therapist initiated termination, as well as forced termination. The module encourages trainees to consider what happens after psychotherapy ends including a review of follow-up studies as well as an acknowledgement that patients often seek therapy once again.