



THERAPY TERMINATION WORKSHEET

<p>What were your concerns at the start of the therapy?</p>	<p>What are your concerns now?</p>	<p>What were your expectations from the therapy?</p>
<p>What is the outcome of therapy?</p>	<p>What coping skills have you learned from the therapy?</p>	<p>Will you refer someone else to this therapy?</p>

References

[Tryon, G. S., & Kane, A. S. \(1995\). Client involvement, working alliance, and type of therapy termination. *Psychotherapy Research*, 5\(3\), 189-198.](#)

[Wachtel, P. L. \(2002\). Termination of therapy: An effort at integration. *Journal of Psychotherapy Integration*, 12\(3\), 373.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.