Termination By, For, and About the Therapist:
Ethical Considerations in Ending the Therapeutic Relationship
With Catherine A. Forneris, PhD, JD

Ideally, therapeutic relationships end mutually based on client and clinician agreement. The termination process can set a good example for a mutual expression of emotions and for some clients, therapeutic termination can be an important non-traumatic ending of a relationship. There are times however when issues or concerns arise during treatment that prompt the therapist to initiate termination with or without client agreement. The notion that the therapist can, and sometimes should, unilaterally initiate termination is generally not the way clinicians are trained to think about ending a therapeutic relationship. This Lunchtime Learning offering will highlight common myths about who can and should initiate termination, factors or red flags that clinicians need to attend to that might warrant termination, including ethical considerations, and ways to effectively terminate therapy.

Fee: NCPA Members - $15.00; Non-members - $30.00

Instructional Level: Intermediate
Educational Format: Lecture and Discussion
Learning Objectives:
By the end of this workshop, participants will be able to:

1) identify situations where the Ethics Code supports clinician-initiated termination;
2) articulate an ethical process for clinician-initiated termination;
3) know strategies for responding to client resistance to or stress from termination.

Instructor:

Catherine A. Forneris, PhD, JD is a Professor in the Department of Psychiatry at the University of North Carolina (UNC) at Chapel Hill. Her undergraduate degree is from Syracuse University and she earned graduate degrees in Biomedical Science and Clinical Psychology from the University at Albany, State University of New York. As a psychologist, she is a board member of the North Carolina Psychological Association, chair of the Continuing Education Committee, and a member of the Legislative Committee. She has co-authored several research articles and been the lead author on several paper presentations on trauma, PTSD, depression, health care utilization, and women’s health. The primary focus of her current clinical work is cognitive behavioral therapy with adults, including those with personality disorders. She is also a medical co-director of the UNC Hospitals Beacon Child and Family program which provides a variety of services to employees and patients of all ages and their families who are victims of interpersonal violence. Dr. Forneris completed the part-time Evening Program at North Carolina Central University School of Law, where she received her law degree, with honors, in 2016. She became a member of the North Carolina Bar in 2016. She has a small private practice and works in the areas of estate planning and family law. She is a Parenting Coordinator and is a board member of the Center for Cooperative Parenting.

Continuing Education Information: This workshop is sponsored by the North Carolina Psychological Association (NCPA). NCPA is approved by the American Psychological Association to offer Continuing Education (CE) for psychologists. NCPA maintains responsibility for this program and its content. This workshop is offered for 1 hour of Category A credit.

Attendance Requirement for CE Credit:
To receive CE credit, you must attend the entire workshop. No credit will be given to participants who are more than 15 minutes late at the beginning of the workshop. You must be present at the close of the workshop and sign-in and sign-out. You may not be excused early. Partial credit is not provided.