PRESENTATION

Under ideal circumstances patients often describe termination as an experience akin to graduation. There is a sense of ending a significant chapter in one’s life, of leaving a safe, protected environment and moving out into the world. It is a time of hope and possibilities. But it is also a time of loss and mourning for both the patient and the therapist. Both will have to deal with the ending of a relationship that has hopefully brought growth and fulfillment to each of them, in different ways and to different degrees.

But termination does not always occur under ideal circumstances. The therapist may retire or relocate. The patient may end abruptly for no apparent reason or because of a perceived misstep on the part of the therapist. Under certain circumstances, the therapist may also choose to terminate treatment. And, of course, either the patient or the therapist may die.

Using experiences from her life and practice, Dr. Linda Sherby will present clinical examples of various termination experiences which demonstrate both the enduring effect of the therapeutic relationship and the consequence of its ending.

LEARNING OBJECTIVES

Upon completion, you will be able to:

1. Describe the various circumstances under which termination can occur.
2. Discuss the effect of termination on both the patient and the therapist.
3. Describe the ways in which termination demonstrates the power of the therapeutic relationship.

PRESENTER

Linda B. Sherby, Ph.D., ABPP is a psychologist and psychoanalyst in practice in Boca Raton. For over 25 years, she has been active in the Southeast Florida Association for Psychoanalytic Psychology, where she has held most board positions. She is also a founder and supervisor of the Southeast Florida Institute for Psychoanalysis and Psychotherapy.

Dr. Sherby is the author of the book, Love and Loss in Life and In Treatment published by Routledge. She previously co-authored the book, Getting Free: Women and Psychotherapy, as well as numerous professional papers. Presently she writes a blog Inside/Outside that addresses the complex interaction between patient and therapist. She has been involved with the New Directions writing program, “Writing with a Psychoanalytic Edge,” for 20 years, first as a student and presently as a faculty member.