

EMBRACING EMOTIONS WHEN ENDING TREATMENT



IT'S OKAY TO FEEL...

Grief, pride, anxiety, uncertainty, and even relief are all normal emotion

Therapists are human too!

RESIST THE URGE TO...

Intellectualize or minimize how you feel. You don't need to be "healed" to be a healing presence.



PRACTICE SELF-AWARENESS

Take time to reflect internally and/or with a trusted support person — Name your feelings, intentions, and struggles.

COMPASSION IS KEY

Your vulnerability helps you understand your clients.

