end. Optimally, termination is a planned process that begins at the outset of the helping relationship and occurs when the client has reached treatment goals. Social workers introduce the idea of termination early in the relationship to underscore the temporary nature of the helping relationship, to place professional boundaries on the relationship, and to instill the belief that problems are solvable, answers will be discovered, and the client will achieve some relief from the problem that brought him or her into treatment. When the problem is resolved, the client moves with new skills and resources, able to navigate his or her world without the help of the social worker. In reality, the helping relationship may also be terminated for reasons other than successful treatment of the presenting problem or situation. The helping relationship may also end because, as a professional social worker, you determine that the client can be better served by another agency or worker and you refer the client to that agency or because the client disengages (or was never fully engaged in the relationship) from the helping process. One of the cornerstones of social work is client self-determination and empowerment. The client and social worker come to a decision about termination by examining the client's willingness and ability to make healthy life decisions for himself or herself and follow through and act on those decisions. If the client is unable or unwilling to engage in the helping process (this can occur for many reasons, such as an involuntary treatment situation [e.g., court-ordered counseling], a poor fit between the worker and client, or the client's unwillingness to address underlying issues that keep him or her stuck in dysfunctional patterns or relationships), then the helping relationship is terminated. A client who is beginning to disengage from the relationship may signal this by the following:

- Showing up late for appointments
- Canceling appointments or simply not showing up
- Neglecting or "forgetting" to carry out planned activities
- Being inattentive at meetings
- Becoming nontalkative and passive at appointments
- Displaying hostility and anger toward the worker

When the client is giving signs of disengagement, the social worker should clarify with the client the intent to withdraw and validate the client's right to withdraw if the client so chooses. In this clarifying process, the social worker may come to realize that the client has attained a level of success with which he or she is satisfied even though it may fall short of the goals set at the outset of the helping process. This is a good time to help refocus the client on the original goal(s) as a means of motivating the client to continue in the helping relationship. If the client sees the level of success as sufficient, then the social worker can use this opportunity to evaluate the client's progress today, which may also help to motivate the client to stay in the helping relationship. It is in the looking back that clients often gain a greater appreciation for how far they have come in the healing and growing process. Still, some clients will chose to leave care before all of the treatment goals have been attained. When this occurs, the social worker is obliged to end the relationship but will leave the door open for the client to return in the future.

In the termination process, it is important to discuss with the client the possible consequences if the client prematurely terminates the relationship. For example, a resistant client may have been seeing the social worker because he was mandated by a parent and given the ultimatum of being thrown out of the house if he did not comply. In this

situation, these consequences will need to be reviewed with the client so that he understands the possible outcomes of the decision to end the relationship. As a social worker, pointing out and discussing the possible consequences of terminating the client–social worker relationship with the client is a part of information giving that helps inform the client's decisions while in care and can be essential in helping the client avoid prematurely terminating the relationship. It is helpful to come to some agreement for the mutual resolution of issues and to review any client progress that has occurred thus far. Finally, the social worker should invite the client back for future work when the client feels ready and motivated to work on issues (Miley et al., 2013).

Watch the video of Mike, who was mandated into alcohol treatment. How did Mike's choices threaten an early termination to his relationship with his social worker?

For those clients involved in meeting treatment goals, the social worker should periodically monitor and review the client's progress in moving toward established goals. During review periods, evaluation data are critical to making objective assessments about the client's progress. In the review process, the social worker considers the following:

- The client's ability to problem solve independently
- The client's willingness to access available resources when problems arise in the future
- The client's commitment to maintaining the progress made throughout the helping process

As the social worker and client engage in problem solving throughout the helping relationship, they are, in fact, preparing for termination. The helping relationship provides the client with the steps for problem solving and a repertoire of skills for successfully navigating life's problems beyond the helping relationship. As the social worker approaches successful termination with a client, it is important to frame the termination for the client in three ways and respond to them appropriately. First, recognize that termination can be understood as a loss for the client. The involved and present social worker will also feel a sense of separation (Skovholt, 2005) as a result of being a witness and mentor to the client's life for a considerable amount of time. In recognition of the ending of a positive relationship, it is often helpful to incorporate some ending ritual into your work with the client that recognizes the loss and provides the client the space to express his or her grief. Ending rituals can also provide the social worker with the opportunity to process, with the client, feelings of loss. Second, termination can be viewed as a period of new beginnings for the client. This moves the client beyond the grief of loss and into embracing the future armed with the new skills he or she has acquired during the helping process. Finally, social workers can use termination as an opportunity to affirm and integrate client gains (Johnson & Yanca, 2011; Miley et al., 2013; Sheafor & Horejsi, 2015). Watch the video clip of the final session of Mrs. Kita and the social worker Diane.

In final meeting of Mrs. Kita and her social worker Diane, note their exchange of small gifts as tokens of their appreciation for each other and in keeping with the practice of Mrs. Kita's Japanese culture.