



Premature Termination in Psychotherapy: Strategies for Engaging Clients and Improving Outcomes

By Joshua K. Swift and Roger P. Greenberg

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As many as one in five psychotherapy clients drop out of treatment before they have made meaningful progress. Even experienced therapists cannot promote positive change in clients who don't complete the full course of treatment.

This book presents eight evidence-based strategies for preventing premature termination. These strategies help therapists:

Establish the ground rules and orient the client to the role of both therapist and client

Openly discuss termination

Work with clients preferences, and

Educate clients about how change occurs

Additional strategies are described to strengthen clients hope and motivation and evaluate progress throughout the course of therapy.

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Editorial Review

Review

Informed, informative, pragmatic and practical, Premature Termination in Psychotherapy should be considered mandatory reading for both aspiring and practicing psychotherapists and is an essential, core addition to academic library Psychology/Psychiatry reference collections and supplemental reading lists. -- Midwest Book Review

Premature client termination is a problem for both beginning and experienced clinicians. The objective of this book is to offer an understanding of why it happens and when it happens most frequently, as well as provide strategies supported by empirical data that meaningfully reduce the incidence of premature termination. This objective is certainly attained in a clear, concise and empirically supported style that is for the most part accessible to any level of counselor. --The Professional Counselor

About the Author

Joshua K. Swift , PhD, is an assistant professor in the Department of Psychology at the University of Alaska Anchorage, USA and a core faculty member in the Joint University of Alaska Fairbanks/University of Alaska Anchorage PhD Program in Clinical-Community Psychology where he directs the Psychotherapy Process and Outcome Research Lab. He is also a licensed psychologist in the state of Alaska. As an early career psychologist he has authored or coauthored more than 80 professional publications and presentations. He has also been recognized with a number of awards including the Distinguished Publication of Psychotherapy Research Award and President's Award for Psychotherapy Research from APA Division 29 (Psychotherapy) and the University of Alaska Anchorage's Chancellor's Award for Excellence in Teaching. Roger P. Greenberg , PhD, is distinguished professor and director of the psychology division at State University of New York (SUNY) Upstate Medical University in Syracuse, USA. He is also the psychology internship training director at Upstate and a longstanding clinician in private practice. He has authored or coauthored about 250 publications and presentations. Among his books are: The Art and Science of Brief Psychotherapies: An Illustrated Guide (2012); From Placebo to Panacea: Putting Psychiatric Drugs to the Test (1997); and the award winning The Scientific Credibility of Freud's Theories and Therapy (1985). Other awards include the National Register of Health Service Psychologists' Alfred B. Wellner Lifetime Achievement Award; the New York State Psychological Association's Joanne Lifshin Mentorship Award; the APPIC's Excellence in Training Award; and the SUNY President's Award for Excellence in Teaching.

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