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The Impact of Client Culture on Termination of the Counseling Relationship

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Distinct Stages of Counseling

- Rapport/Relationship Building

- Assessment and Diagnosis

- Goal Formulation

- Intervention

- Termination ("the last phase of counseling, during which the therapist and client consciously or unconsciously work toward bringing treatment to an end" Gelso & Woodhouse, 2002)

Attachment – Loss – Grief

- Importance of the Counseling Relationship

- Dissolution of Meaningful Attachment

- Cultural Differences (Nienhuis et al., 2018 - Alliance; Rosenblatt, 2017 - Review of Cultural Differences in Grieving; Shapiro, 1995 - Grief; Van Ijzendoorn & Kroonenberg, 1988 - Meta-analysis of Cultural Variations in Attachment)

- Not included in the research to this point

Models of Termination

- Termination as Loss (Psychoanalytic View)

- Termination as Transformation (Quintana & Holahan, 1992; Quintana, 1993)

- CRMA Model (Saidon et al., 2018)

Research to this Point

- Historically therapists' experiences have been explored (Fortune et al., 1992: Rabu & Haavind, 2018)

- Little research done on client experiences (Hardy & Woodhouse, 2008; Knox et al., 2011; See Webb et al., 2019 for a review)

- No recognition of cultural differences

Future Research

- Problem – Lack of recognition of cultural differences in client experience of termination of counseling

- Expand on current literature and fill in the cultural gap

- Qualitative Study using Phenomenological Design

- How do cultural minority clients experience termination of the counseling relationship? Does minority identity influence the experience of the termination stage of counseling?

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