**UBC PSYCHOLOGY CLINIC**

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**TERMINATION REPORT**

Client Name: XXXXX YYYYY

Client Number: XXXX-XXX

Date of Birth: XXXX XX, 19XX Date of Report: XXXX XX, 20XX

Ms. XXX presented to the UBC Psychology Clinic with difficulties with anger in interpersonal situations, present since childhood. She was seen for an initial intake assessment, as well as 17 sessions of individual therapy involving a mixture of CBT and DBT techniques that included examining and challenging automatic thoughts as well as in session role-play and in vivo exercises of alternative ways of asserting herself. Over the course of therapy, Ms. XXX became aware of the painful thoughts and emotions underlying her anger, and both the passive and aggressive behaviors that result from these. Further, she was able to challenge many of her automatic thoughts and was able to successfully implement new ways of asserting herself to others. However, Ms. XXX recognized that she needed to continue to actively work on these skills in order to maintain her gains and generalize them to other situations. Further, she recognized the need to monitor herself for passive or aggressive (rather than assertive) ways of communicating.

Therapy ended after 17 sessions as Ms. XXX expressed that she was satisfied with how far she had come in therapy, and due to plans to move away for a year that required time and preparation to implement, she did not want to expend further energy in therapy.

Student Name Supervisor Name, Ph.D., R.Psych.

Therapist Supervising Psychologist