

# Addressing Psychotherapy Dropout: Strategies for Engaging Clients and Improving Outcomes

Premature termination is a significant problem in psychotherapy, with deleterious impacts on both clients and therapists. For example, research shows that clients who prematurely terminate show poorer treatment outcomes, are less likely to make lasting changes in their symptoms, and are more likely to over-utilize the health care system. Research also shows that when clients end treatment prematurely, their therapists often experience a sense of failure with the loss. Additionally, repeated dropout by clients can lead to experiences of demoralization and burnout in their providers. Current estimates indicate that approximately 1 in 5 clients will drop out of psychotherapy and/or counseling prematurely. Although these numbers may differ depending on the setting and client type, almost all therapists will experience premature termination at some point in their practice.

The purpose of this workshop is provide strategies and approaches that therapists can use to reduce premature termination in their practice. This workshop will begin with a discussion of what premature termination is and why some clients choose to end treatment prematurely. It will then cover the latest research on the frequency of premature termination and client, therapist, treatment, and setting risk factors associated with its occurrence. In the second half of this workshop, eight evidence-based strategies for reducing premature termination will be presented. These strategies include: providing role induction, incorporating preferences into the treatment decision-making process, planning for appropriate termination, providing education about patterns of change in psychotherapy, strengthening hope, enhancing motivation for treatment, fostering the therapeutic alliance, and assessing and discussing treatment progress.

**Target Audience**  
Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses  
Course level: Intermediate

**Learning Objectives**  
At the end of this seminar, participants will be able to:

1. Define premature termination in psychotherapy and articulate a conceptual model for why it occurs.
2. Identify the frequency of premature termination in psychotherapy based on the latest empirical research.
3. Recognize at least two impacts of premature termination on both clients and therapists
4. Report at least five client, provider, setting, and treatment risk factors for premature termination.
5. Identify 8 strategies for reducing premature termination and explain how they can be applied in clinical practice.

**Seminar Schedule**  
The webinar outline is attached. See the Live Webinar page for the start and end times.

## Outline

Begin 11 AM ET

Part 1: Understanding Premature Termination in Psychotherapy

The Problem of Premature Termination

Defining the Construct

Frequency

Risk Factors for Premature Termination

Client

Provider

Setting

Treatment

Why premature termination occur

II. Part 2: Strategies for Reducing Premature Termination in therapy

Providing role induction

Break 12:30-12:45 PM ET

Incorporating preferences into the treatment decision-making process

Planning for appropriate termination

Providing education about patterns of change in therapy

Strengthening hope

Enhancing motivation for treatment

Fostering the therapeutic alliance

Assessing and discussing treatment progress

Additional strategies

End 2:15 PM ET

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.

SOCIAL WORKERS: tzkseminars, llc, Provider Number 1242, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 3/28/25 to 3/28/28. Social workers completing this course receive 3 general continuing education credits.

COUNSELORS: tzkseminars has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6621. Programs that do not qualify for NBCC credit are clearly identified. tzkseminars is solely responsible for all aspects of the programs.

tzkseminars is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0024.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists #0001.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists #0003.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #0004.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed psychoanalysts #0002.

tzkseminars is recognized by the New York State Education Department's State Board for Psychologists as an approved provider of continuing education for licensed psychologists #PSY-003.

tzkseminars is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

## The Presenter

Joshua K. Swift, Ph.D. is an Assistant Professor in the Department of Psychology at Idaho State University and a licensed psychologist in Idaho. At Idaho State University he teaches graduate and undergraduate courses on the practice of psychotherapy, ethics, and supervision. Dr. Swift is an internationally recognized psychotherapy process and outcome researcher, particularly for his work on premature termination in psychotherapy and the integration of client preferences into treatment. He has an American Psychological Association published book on Premature Termination, over 50 peer-reviewed journal articles, and has presented his research across the globe. He has also been recognized with several local, national, and international research and teaching awards.

## General Information

The tzkseminars educational planning committee members and this seminar's presenter have no relationship with any ineligible companies—those whose primary business is producing, marketing, selling, reselling, or distributing healthcare products used by or on patients.

Individuals with a disability or special need can go to [tzkseminar.com](http://tzkseminar.com) to the Contact page to request accommodations.

This seminar has been reviewed and approved by Keith Hannan, Ph.D., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

To cancel a registration, go to the Contact page. You will be charged \$30 for any cancelled registration.

If you would like to file a grievance, go to [tzkseminars.com](http://tzkseminars.com) and read our Grievance Policy. Then, you can file a grievance on our Contact page. You can also send a written grievance to:



tzkseminars, LLC  
168 West Lake Drive  
Annapolis, Md. 21403