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Foundation

## How do you "break up" with your therapist?

There are many different reasons you may end a relationship with your therapist and all of them are valid:

- It's not a great therapist/client match
- You are looking for new kind of therapy or type of therapist
- You've made great progress with this therapist and it's time to take a break or seek new or different resources
- There was an unreparable rupture

**Be honest with your therapist. A few ways to begin the conversation are:**

- "I know we've been working together for some time now. I wanted to be honest and say that I don't feel like this is a great match. What do you think?"
- "I am thinking it might be time to move on because..."
- "I want to try something new. We've really worked on one thing, but I think I want to move on to working through something different and I want a therapist that specializes in it."
- "When I told you I was sexually assaulted and you asked me what I was wearing, I felt very unvalidated. It has been really hard to trust you since that comment. I have decided to look for a new therapist."



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### **Ask for recommendations and referrals from your therapist to aid in your transition:**

- “Do you have any recommendations for a therapist that might be a better match? Maybe a therapist who is also in the LGBTQIA+ community?”
- “I am interested in narrative therapy. Do you have any recommendations for a therapist who uses this method?”
- “Do you have any recommendations for a therapist who has experience in working with trauma survivors?”
- “Can you please provide me with a list of referrals for other therapists?”

### **You get to control your therapy experience.**

It is always okay to prioritize your needs by seeking a therapist that you feel comfortable with and that fits your preferences. Oftentimes therapists will be receptive to hearing your needs, support you in this decision, and help you with referrals.