

DISCHARGE SESSION: Review and Relapse Prevention

Your discharge session consists of two main parts:

- 1. THE LETTER:** You write a letter covering your experience in counseling from beginning to end. This letter needs to be addressed to your counselor, dated, and signed. Your letter should be written in a story style. A story has a beginning, middle, and end. For instance, you describe how and why you came to counseling for the beginning of the story; you describe what you struggled with, learned, and practiced during counseling as the middle of the story; you describe what you are leaving counseling with and planning to practice for the rest of your life as the end of the story. Your letter should include such things as the following: thinking skills developed and learned, feeling skills developed and learned, behavior skills developed and learned, motivational skills developed and learned. It is your letter so please feel free to add anything to it that you deem important, however, remember that it will be a part of your permanent client record. Please make two copies, one for yourself and one for your counselor. Naturally, a typed letter is preferred but NOT necessary.
- 2. THE PLANS:** You choose one or more of the main issues that you came to counseling with or that were discovered during the course of your counseling, and you write a relapse prevention plan for each. Please see the handout “3 As of RELAPSE PREVENTION PLANNING” for the questions you are to answer to complete part two of your discharge session.

NOTE: You are allowed and even encouraged to complete both parts before your actual session time. This will allow more time for your counselor to review your relapse plans, answer your final questions, provide any further information or handouts that you request, and to reinforce and strengthen your gains in counseling. Please now know that you are to be congratulated for completing a course of counseling. You faced some of the unpleasantness of human nature and found it within yourself to rise above it! Congratulations on your work and perseverance!