



# When to Fire Your Therapist

Sara J. Gershen, LCSW  
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Psychotherapy is supposed to be difficult. If it were easy to change emotional and behavioral problems yourself, you wouldn't need to pay a professional. But sometimes it can be difficult to know when the difficulties exceed the norm and your therapist needs to be fired. Below are some reasons to end therapy and red flags to look out for when working with therapists. If you are experiencing any of these in your current treatment, it may be time to give therapists the axe.

## ❖ **No Rapport**

Rapport is a two-way street. Your therapists' contributions ought to convey understanding, empathy, and trust in order to make you feel safe. Rapport is a cornerstone to almost all types of psychotherapy. You should not be friends with your therapists but it certainly helps if you like them on an interpersonal level. These are people that you will be sharing your most vulnerable information and concerns with and therefore you should feel comfortable with them.

If you are seeking professional help for a problem and paying for that service in both time and money you should get the best possible care.

## ❖ **Therapists Talk About Themselves Too Much**

Therapists may use self-disclosure during sessions by sharing personal information about themselves in ways that are helpful. Some therapists share next to nothing outside of their name and experience level, while others might tell you their life stories. There is no right amount of self-disclosure, but there is certainly a wrong amount. When therapists tell you something about themselves, it should be for your benefit, not theirs.

## ❖ **No Goals or Wrong Goals**

If your therapists have never talked with you about goals, that's a red flag. If you have goals but feel that you are not seeing improvement, it may be time to reestablish your goals. While it's possible that some of the difficulty in achieving outcomes may be related to your diagnosis or a situation outside of your control, your therapists should help you see what those barriers are.

## ❖ **They Always Tell You What to Do**

Many clients come into therapy because they do not know what to do about important life situations. Therapists who always tell you what to do are not doing their jobs correctly. A fisherman who teaches you how to fish can do more good than catching the fish for you. Good therapists ought to show you options about how to make better decisions and view situations and yourself differently.

So let's say you have worked up the courage to talk to your therapist about some of your concerns. In the ideal situation, the therapist will be open and appreciative of you bringing your issues to their attention (they may even be relieved!). However, if the therapist becomes defensive or blames you for the problems you have voiced, that is another red flag that probably signals it is time to move on. If you are seeking professional help for a problem and paying for that service in both time and money you should get the best possible care. There may be many reasons why a therapist is not right for you and you have every right to end that relationship and take your health and business elsewhere.