

*CCS Statewide Conference  
Keynote Address*

*"Client Empowerment and Preparing for  
Letting Go"*

*Presenter*

*Mark Sanders, LCSW, CADC*

*"Your job is to put yourself out of business. You want to do your work so well that you're no longer needed. If you do that you will always be in demand."*

*Joe Lassner, PHD*

# *Empowerment*

- 1. Separate the person from their behavior.*
- 2. An internalized belief that people are more than their diagnosis.*
- 3. A deeply held belief in the capacity of people to change and grow.*
- 4. Empathy is empowerment.*

## *Empowerment Continued*

*5. An equal partner in the recovery plan.*

*“Each patient carries his own doctor inside himself.”*

*Norman Cousins, Anatomy of an Illness*

# *Empowerment Continued*

*6. Utilize principles of Logo Therapy.*

*"Purpose is empowering."*

# *Logo Therapy*

## *Definitions*

*A form of psychotherapy than emphasis meaning/purpose.*

*A therapy that helps clients discover their purpose. It is derived from the Greek work "logos," which means "purpose."*



Statue of Liberty

## Developer – Viktor Frankl

*“You can take everything away from a person except for one thing: the freedom to choose how they will respond to whatever horrible circumstance they find themselves in.”*

*Viktor Frankl – Third Viennese School of Psychotherapy*

The background is a vibrant blue with several curved, overlapping bands of varying shades of blue. A dark blue, almost black, shape is positioned in the upper right, partially overlapping the lighter blue bands. The overall composition is abstract and dynamic.

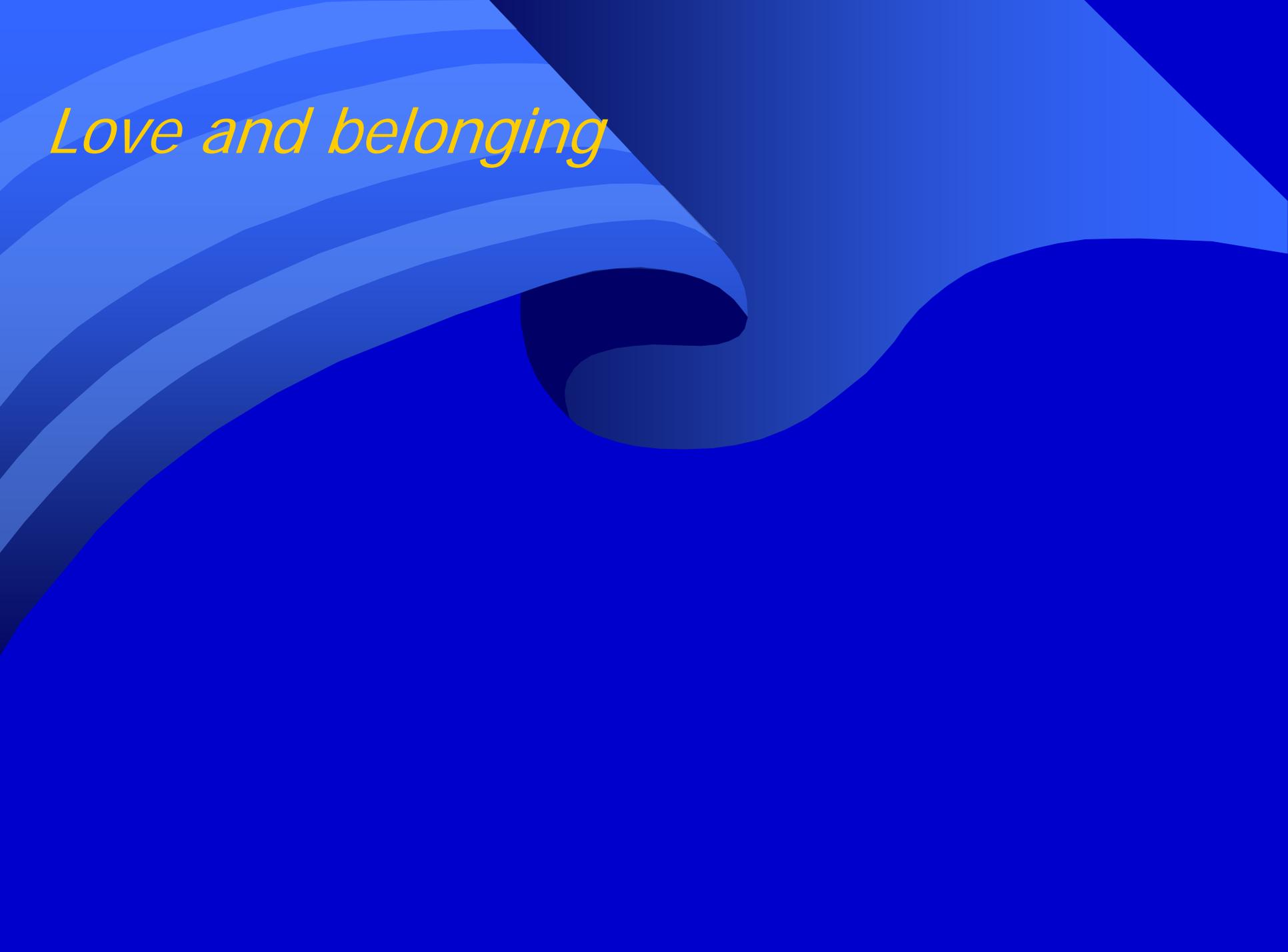
*Things That Give Life Meaning*

*The attitude that one takes toward  
unavoidable suffering*

*Meaningful work*

The image features a solid blue background. On the left side, there is a large, abstract shape composed of several overlapping, curved layers of varying shades of blue, creating a sense of depth and movement. The layers curve from the top left towards the center. The text "Meaningful work" is written in a yellow, italicized serif font, positioned in the upper left quadrant of the image.

*Love and belonging*

The background is a gradient of blue. On the left side, there is a white, wave-like shape that curves downwards and then back up. On the right side, there is a dark blue, curved shape that resembles a wave or a shadow. The overall composition is abstract and modern.

*"Doing the will of God"*

The background is a solid blue color. On the left side, there is a white, stylized wave-like shape that curves upwards and then downwards, resembling a stylized letter 'C' or a wave crest. The wave is composed of several overlapping, slightly offset layers, giving it a three-dimensional appearance. The text "Doing the will of God" is written in a yellow, italicized serif font, positioned in the upper left quadrant of the image.



*Ruby Bridges*

# *Empowerment Continued*

## *Questions*

*What is your previous life suffering preparing you to do with the rest of your life?*

*What is the reason you survived that?*

## *Empowerment Continued*

- 7. A deeply held belief that many solutions are within the person seeking help.*



*Unfinished business and the  
challenge of letting go*

# *Varieties of Counselor/Case Manager Unfinished Business*

- *Abandonment issues*
- *Co-dependence – the need to do for others what they can do for themselves*
- *Boundaries*

# *Types of Family Boundaries*

- *Loose – everyone doing their own thing*
- *Enmeshed – too close*
- *Healthy – a balance between interdependence and independence, space, freedom to communicate your own hopes, dreams, wishes and aspirations*

# *Unfinished Business Growth Model*

*Client  
Thrivers*

*Counselor*

*Survivor*

*Victim*

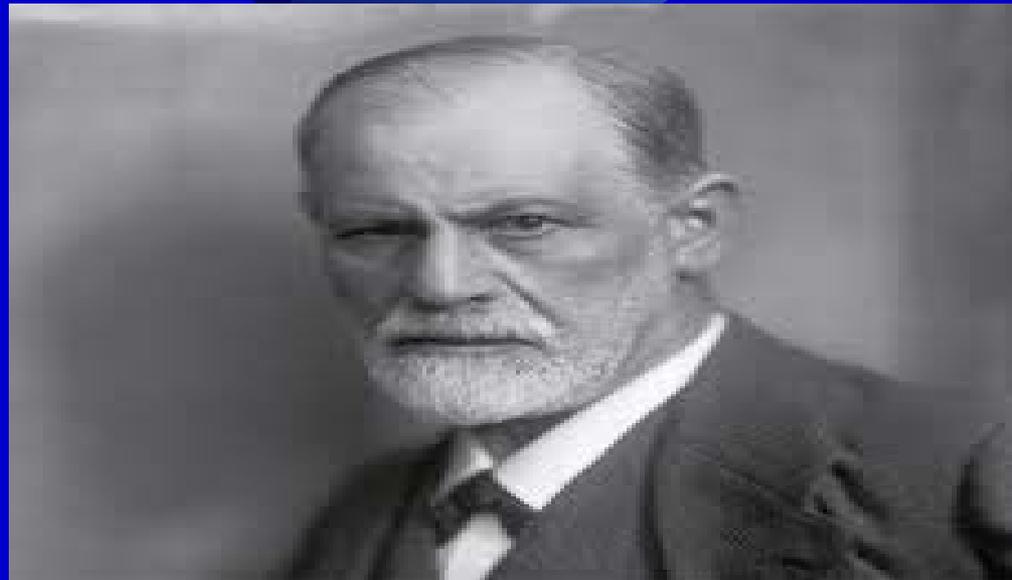
*Empathy*

*Victim*



# *The Process of Letting Go*

*When is it time?*



*"People are ready to end therapy when they can work and love."*

*“Even illnesses which are biological in nature improve when you have good interpersonal relationships.”*

*Irving Yalom, PhD.*

*“We all need 3 to 5 people in our life to have a sense of community.”*

*Pat Love, PhD*

# *The Process of Letting Go*

## *Important Points*

- 1. The more sudden and unexpected the discharge, the more difficult.*
- 2. The longer the relationship between the helper and the client, the more difficult the discharge.*
- 3. The more sudden and unexpected the discharge, the more difficult.*
- 4. It is helpful to know how clients have dealt with separations in the past.*

# *The Process of Letting Go Continued*

## *Questions*

- 1. Did we discuss the process of ending in the beginning? (Informed Consent)  
"How will we know when it's time for our work together to end?"*
- 2. Is the decision to end mutual?*
- 3. Are there sound clinical reasons to discharge?*
- 4. Does the client have sources of support, community and activities which give life meaning?*

## *Questions Continued*

- 5. Am I delaying discharge because I like the client personally?*
- 6. Am I discharging quickly because I don't like this client?*
- 7. Am I thinking about discharge because this client is succeeding and many recent clients have had bad outcomes and I want to, "Quit while I'm ahead?"*

## *Questions Continued*

- 8. Am I delaying discharge because I am a perfectionist?*
- 9. Am I delaying discharge because of a physical attraction?*
- 10. Am I delaying discharge because I need to be needed?*
- 11. Am I delaying discharge because of abandonment issues?*
- 12. Am I delaying discharge because I don't know how to end?*

# *Stages of Discharge and the Role of the Counselor*

## *1. Denial*

*A. Bring it up*

*B. Expect and explain regression*

*C. If the client stops attending sessions, reach out*

# *Stages of Discharge and the Role of the Counselor Continued*

## *2. Anger*

*A. Try not to personalize it*

*B. Normalize it*

# *Stages of Discharge and the Role of the Counselor Continued*

## *3. Sadness*

*A. Allow open expression*

*B. Express feelings of your own*

# *Stages of Discharge and the Role of the Counselor Continued*

## *4. Release*

*A. Discuss client progress*

*B. Discuss work that's yet to be done*

*C. Discuss your relationship*

*D. Express sincere confidence in the client's ability to succeed*