sondermind®
How Therapy Works.

Improve Your Practice with 10 Empirically Supported Tips

Looking to increase your psychotherapy effectiveness and improve client engagement? Reduce client dropouts with these proven, practical suggestions.

1. **Set expectations early.** By the first session, provide your clients with additional education about your role, their role, and the process of therapy. Including this information in a written document can be helpful for the client.

2. **Be culturally inclusive.** Examine how you gather information during the intake session and determine if it is inclusive of all people. It's best to use open-ended questions to assess intersectional identities.

3. **Consider client readiness.** When meeting a new client, during aconsultation or in the initial assessment, use this research-supported questionnaire to assess their overall readiness for change.

4. **Establish your therapeutic presence.** Leave room for breaks of mindful focus between each session to center yourself – even if it is just a five-minute walk, stretch break, or breathing exercise.

5. **Monitor client outcomes routinely.** SonderMind uses clinical questionnaires (CQs) such as the PHQ-9, GAD-7, and Functional Assessment to track client progress. Discuss and review results and trends with your client regularly.

6. **Track your outcomes.** Engage in critical self-analysis by tracking your dropout rates and the types of clients who drop out of treatment with you.

7. **Engage in deliberate practice.** Record and review at least one session per week. If you cannot record a session, document notes of what occurred and use those in consultation with a trusted colleague to solicit feedback.

8. **Be willing to make changes in your practice.** Pay close attention to the results of the Therapeutic Alliance CQ and address misalignment with your client. Check in every few sessions to assess if your current approach is still effective with the client.

9. **Manage countertransference.** Practice the demanding task of honest, impartial, and persistent self-observation. Monitor your boundaries with clients and seek professional consultation or supervision for an objective opinion.

10. **Make a plan.** Pick two or three tips from this list to implement with new clients. Once those are mastered, add in other suggestions until all are a regular part of your practice.