



## **Stages of the Clinical Alliance**

### **Beginning**

Early Beginning (sessions 1 - 2):

- Welcome client and invite a healing/learning partnership.

Mid Beginning (sessions 3 - 4):

- Gather a comprehensive history with unconditional support and acceptance.

Late Beginning (sessions 5 - 6):

- Engage a working alliance with defined goals and expected outcomes.

### **Middle**

Early Middle (sessions 7 - 8):

- Maintain a holding environment for pain, struggle and collaborative discovery.

Mid Middle (sessions 9 - 11):

- Investigate relationship between client history and current circumstances.

Late Middle (sessions 12 - 13):

- Invite a new understanding of recurrent cognitive, affective and behavioral themes.

### **End**

Early Ending (sessions 14 - 16):

- Teach and practice healthy coping strategies to support a corrective experience.

Mid Ending (sessions 17 - 18):

- Empower transition of gains from clinical alliance to relationships outside of therapy.

Late Ending (sessions 19 – 20):

- Review progress, anticipate future challenges/coping plan and facilitate emancipation.