Model of
Therapeutic Effectiveness

OPTIMAL THERAPEUTIC POTENTIAL

By skillfully combining elements contained within each of the domains, clinicians are able to achieve optimal therapeutic effectiveness.

THERAPEUTIC APPROACHES

- Clarify & name sources of distress
- Problem-solve
- Educate, inform client
- Debunk myths
- Reinforce client strengths & positive ways of coping
- Provide techniques (e.g., mindfulness, Therapeutic Touch)
- Advocate for client with the care team
- Foster positive relationships between client & family
- Elicit client needs
- Probe for feelings underlying events & circumstances
- Help client identify what they can & can't control
- Help client understand by mirroring & reflection
- Use silence to encourage client expression
- Explore image & metaphor
- Offer comfort through touch
- Acknowledge spiritual distress

CREATION OF A SAFE SPACE

- Provide privacy
- Provide calming environment
- Assure confidentiality

PERSONAL GROWTH & SELF-CARE

- Maintain a balanced life
- Work at self-awareness
- Acknowledge / work through our own fears
- Acknowledge your own feelings of vulnerability or helplessness
- Debrief with colleagues
- Value professional development

THERAPEUTIC PACING

- Listen attentively
- Hold or ground client
- Keep client in the here & now
- Maintain slow pace - don't rush therapy
- Encourage client to talk about fear & distress
- Normalize & validate client experience & distress
- Use skillful tentativeness, i.e., 'purposefully hesitant' so as to be non-threatening

THERAPEUTIC PRESENCE

- Being compassionate & empathetic
- Being respectful & non-judgmental
- Being genuine & authentic
- Being trustworthy
- Being fully present
- Valuing intrinsic worth of client
- Being mindful of boundaries
- Being emotionally resilient

THERAPEUTIC HUMILITY

- Do not avoid emotion
- Tolerate clinical ambiguity
- Be able to explore difficult topics
- Accept and honour client as expert
- Be a catalyst for therapeutic change
- Trust in the process
- 'Sit with' client emotional distress
- Avoid urge to have to fix
- Model healthy processing of emotion