

- a. Describe at least TWO elements your frame would include. Provide support from at least one scholarly source.**

In psychotherapy, rules and boundaries are called frame of psychotherapeutic relationships. Elements of frame includes- process of contacting therapist, boundaries between therapist and patient, adherence to schedule, fees and confidentiality. Below are the two elements I would include in my frame:

- **Process for contacting the provider.**

Being available for patients 24hrs a day is not possible and that information should be made clear to the patients. Patient should be made aware of the ways they can reach to you in between sessions for example- via phone, emails or text and when can they expect the response back (Wheeler, 2022). In case of emergency, patient should be educated to call 911, go to the nearest ED or call a crisis hotline.

Adherence to schedule

Adherence to schedule is important for better treatment outcome. Patient should be given clear information about their appointment schedules and fees including missed session charges and other consequences. If the patient is consistently tardy, find out the reason for tardiness without being judgmental. This allows patient to share with you the reason behind their tardiness. Discuss how this can affect and delay the progress towards goal. If patient is no call, no show, a phone call should be made to confirm patient's safety and discuss reason for missed appointment. If unable to reach, voicemail should be left. If patient misses 3 consecutive sessions, a termination of treatment letter should be sent.

- b. Describe how your frame might be altered for ONE of the following situations:**

i. Your client is receiving court-mandated therapy.

Therapeutic alliance is important in patient who are incarcerated as well (Merkt et al., 2021). My rules and boundaries will remain the same whether my patient is receiving therapy voluntarily or is mandated to receive therapy by a court with exception to confidentiality. For the patient who is receiving court 'mandatory therapy, there are certain things that needs to be shared with court like noncompliance with the treatment. Though this information may be shared to court against patient's permission but patient should be made aware the they are required to share this information with the court.

- c. Identify at least TWO strategies that meet the ethical and legal requirements for a client who frequently misses appointments without notice and has failed to pay for the last four sessions. The client has received psychotherapy for six months.**

Termination of treatment