



soma
TRAINING & CONSULTANCY

Tips for Building Stronger Helping Relationships

Evidence-based research has identified several key principles relevant to building and maintaining strong therapeutic working alliances:

- 1) A strong alliance is the foundation of the helping relationship
- 2) The helping relationship should be viewed as a collaborative process to be negotiated
- 3) Pay attention to the level of agreement between yourself and your clients concerning the overall goals of treatment and the tasks necessary to achieve these goals
- 4) If a client disagrees with a goal or task of treatment listen to them
- 5) Provide a therapeutic rationale for the actions and approaches you propose
- 6) Ask for feedback about the therapeutic relationship
- 7) Allow and encourage clients to assert their feelings about the relationship
- 8) Pay attention to subtle cues that there may be a problem with the alliance
- 9) Accept responsibility for your part in such strains and ruptures in the alliance
- 10) Believe in your clients' ability to change and actively seek to increase their self-efficacy