

Building the Therapeutic Alliance: How to Enhance Your Relationship With Your Clients



Have a humanistic approach

- Unconditional positive regard
- Accurate empathy
- Congruence

1 Build trust

- Acknowledge the obvious.
- Validate.
- Believe in them.

2 Listen well

- Affirm the individual.
- Reflect what you hear.
- No judgment.

3 Be congruent

- Use your nonverbals.
- Pay attention to emotions.
- Be authentic.

4 Collaborate

- Work together on goals.
- Ask for their ideas.
- Use motivational interviewing.

Additional resources:

Interactive Journaling®
The Change Companies®
changecompanies.net
888-889-8866

**Feedback-Informed Therapy
in Clinical Practice**
Scott Miller
scottdmiller.com

Motivational Interviewing
William R. Miller and
Stephen Rollnick
williamrmiller.net