

Therapeutic contract

The patient's cooperation is extremely important during **psychotherapy** . A very significant change in his habits is often required, which can be difficult for him. Therefore, it is necessary to establish clear goals and rules before starting therapy. These rules and goals are specified precisely in **the therapeutic contract** , which the therapist should conclude with the patient in every case.

The patient's ability to conclude a contract and at the same time formulate it as clearly as possible in order to cover all basic problems improves the conditions for subsequent psychotherapy. All participants (i.e. not only the patient and the therapist, but also other significant persons and possibly also other patients) must express their expectations and acceptable conditions of cooperation in the contract.

It is also important to motivate the patient in the contract to comply with it. **For this, a system of rewards and costs** is used , where a patient who does not comply with the contract (e.g. misses a session) has to bear some costs. For most patients, this system is sufficient.

Parts of the contract

- openness and truthfulness;
- promising to attend all sessions;
- discussing all important decisions;
- in the case of group therapy, acceptance of the group's goals and norms;
- resolution (e.g. not to smoke).

Links

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Source

- KUBÁNEK, Jan. *Goals and tasks of psychotherapy* [online]. [cit. 2015-04-13]. <http://www.oblibene.name/userdata/shopimg/psychoterapiekubanek/file/IP%202_2cileaukoly.ppt>.