

FAMILY

Building Trust



what is it?

Trust is defined as a basic attitude that you can take toward another person in which you believe they will act in a kind, approving, and supportive way in return.¹ Trust involves having open thoughts and feelings with others,¹ which is important to have with your provider to accomplish therapy goals.³

importance

- Trust between a provider and a client creates comfort for both parties to develop open and honest conversations.
- It can minimize ending treatment sooner and likely increase the effectiveness in treatment.
- A lack of trust can cause disruptions and may result in ending treatment prematurely.⁴

goals

- Build a therapeutic and collaborative relationship with your provider with the intention to understand your needs.²
- Engage in a collaborative relationship with mutual respect for everyone.²
- Establishing trust with your provider can have a positive impact on the parent-child relationship.

?s to Ask

- How can I demonstrate my commitment and actively participate in therapy?
- What is the appropriate and clear method for me to communicate, ask questions address concerns?
- How can I make sure I feel safe and respected here so that I can be as honest as possible?
- In what ways can I make sure that I understand the agreements made? In what ways can we practice working on being as transparent as possible in our work together?