
ABSTRACT

How a client decides to continue a psychotherapy: A qualitative study of therapeutic relationship from the client's perspective

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Building a therapeutic relationship in the early stage of psychotherapy is crucial for preventing client dropout and having effective psychotherapy. However, little study focuses on the experience of the client. The purpose of this study was to explore how a client decides to continue psychotherapy in the early stage and what therapist's behaviors relate to the process. A total of 11 clients participated in this study. Following grounded theory approach, clients felt a sense of security from the therapist's nonverbal communication such as facial expression and vocal tone. Then it was very important that the therapist send to client the message of affirming him/her positively. Future study controlling the variability of both client and psychotherapy factors is necessary to address this challenge.

Key Words: therapeutic relationship, qualitative study, client's perspective
