**Table 2.3**
**Using the Collaborative Relationship for Conceptualization and Treatment**

1. Remember that clients are experts of themselves and relationship building begins with the intake/first session.

2. Be honest but respectful, about clients’ problems and maladaptive thoughts and behaviors in need of change.

3. When possible, recognize and implement clients’ strengths into the treatment plan.

4. Continuously monitor distress and progress while providing consistent and supportive feedback.

5. It is best to keep the client informed throughout the conceptualization process in order to avoid surprises (and possible resentment) when implementing the treatment plan.

6. Be sure to take the mystery out the therapy by ensuring trust and connecting your conceptualization with treatment goals and interventions.

7. As therapy progresses, allow for greater client autonomy in the direction of therapy as progress is increasingly made with treatment goals.