



## **Risk Management in Ongoing Person-Centred Therapeutic Practice**

### **Course Structure.**

Duration: 3 hours, (90 minutes teaching + 90 minutes discussion, both sections interspersed with case studies and roleplay work).

Format: Online, (Zoom).

### **Overview:**

- **Opening & Framing:** Clarifying the difference between risk assessment and risk management, setting scope, and establishing a reflective, relational approach.
- **Risk as a Dynamic, Relational Process:** Understanding how risk evolves over time, the therapeutic relationship, and the therapist's role without assuming over-responsibility.
- **Tracking Change Without Categorising:** Observing changes in client affect, engagement or disclosure; recognising patterns without relying on labels.
- **Monitoring Tools & Forms in a person-centred manner:** Using outcome measures as dialogue prompts and integrating tools while maintaining relational focus.
- **Therapist Experience of Holding Risk:** Exploring fears, defensive practices, personal triggers, and self-support strategies.
- **Ethical Limits, Documentation & Exceeding the Frame:** Recording risk proportionately, working with external services, and maintaining ethical boundaries.
- **Integration & Closing:** Consolidating relational, ethical, and practical learning; reaffirming scope and reflective practice.

### **Aims.**

- To clarify the difference between risk assessment (a discrete evaluation) and risk management, (an ongoing, relational responsibility).
- To support therapists in managing risk as a dynamic process within person-centred practice.
- To increase awareness of ethical, emotional, and procedural dimensions of risk.
- To strengthen reflective practice and professional judgement without over-responsibility.

### **Learning Objectives.**

By the end of this course, participants will be able to:

- Explain the difference between risk assessment and relational risk management.
- Recognise how risk shifts over time and within the therapeutic relationship.
- Track client change sensitively without over-reliance on labels or scores.

# Inner Action Counselling



- Use monitoring tools (e.g., PHQ-9, GAD-7) as prompts for dialogue rather than prescriptive indicators.
- Reflect on personal responses to holding risk, including anxiety, fear, and professional boundaries.
- Document risk ethically and proportionately while respecting client autonomy.
- Identify when risk exceeds the therapist's scope and respond appropriately.