

GROUP REFERRAL CRITERIA

Facilitating a Pure Desire group is an exercise in hope, joy, fear, humility, and exhilaration. Thank you for being a person who is helping others work through and beyond the bondage of sexual addiction. You are valued by many.

You may realize that you are not fully equipped to help all the people who seek support from a PD group. This is not uncommon. The issues and problems, and how a group member manages them, may be beyond the scope of support that your group can provide. At Pure Desire, our experience suggests that 30% of group members will need clinical counseling in addition to the group process.

Pure Desire suggests the following guidelines to help determine when it may be appropriate to refer a group member for professional help.

REFERRAL CRITERIA

1. When the individual (man or woman) continues to relapse over a period of time (5-8 times in a 10-week period), despite their best efforts.
2. When the individual's PTSI scores reveal severe childhood or adult abuse or trauma.
3. When the individual's SAST score is 16 or above on core items 1-20.
4. When a major depression or anxiety disorder, such as panic attacks, constant fear, or agoraphobia, is present.
5. When multiple addictions, such as alcohol, cocaine, gambling, video game, or eating addictions, are present.
6. If the spouse is so traumatized that she/he has major depression, anxiety disorder, or PTSD symptoms and can't control her/his moods or feelings.
7. If the individual is constantly disruptive to the group and consistently does not complete the homework, then they should be encouraged to take some time out from the group and/or seek clinical counseling.

Meeting one of the criteria above may not justify an automatic referral to a professional, but should raise a level of concern. Above all, each person in the group should be treated graciously. Sometimes the most loving thing we can do is refer them to professional help.

WHAT IS THE RECOMMENDED COURSE FOR REFERRING A GROUP MEMBER FOR PROFESSIONAL HELP?

1. Direct them to puredesire.org for information about the Pure Desire [clinical treatment program](#). They can also call Pure Desire at 503.489.0230 and schedule a short, complimentary consultation with a staff clinician to determine if Pure Desire may be a suitable fit for care.
 2. You might recommend an [affiliate treatment provider](#), listed on the Pure Desire website. These affiliates have been screened and approved by Pure Desire.
 3. Direct the person to the therapist directory at www.iitap.com/resources.
 4. Finally, a mental health care provider in the local area of the group member could be an option for care.
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