COUNSELING REFERRAL CRITERIA

In working closely with Pure Desire groups across the country, we realize that approximately 20-30% of PD group members would benefit from focused clinical care and assistance.

In light of this, Pure Desire has developed ongoing relationships with a number of Certified Sexual Addiction Therapists (CSATs) across the country. Each has been screened with respect to their experience level and spiritual depth. This effort has resulted in a recommended list of counselors that can be found at puredesire.org/affiliates. These professionals are supportive of Pure Desire groups and are equipped to assist individuals who need help beyond the capacity of the group.

Please consider the following guidelines to help determine when it may be appropriate to refer a group member to a professional treatment provider.

REFERRAL CRITERIA

01. 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

02. When their PTSI scores reveal severe childhood or adult abuse or trauma

03. When the individual's SAST score is over 15

04. When there is major depression or anxiety disorder (panic attacks, constant fear, agoraphobia, etc.)

05. When multiple addictions are present (alcohol, cocaine, gambling, video gaming, eating addictions, etc.)

06. If a person is so traumatized that he/she has major depression, anxiety disorder, or PTSD symptoms and can't control his/her moods or feelings

07. 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.

One of these criteria alone should not automatically trigger a referral, but they should raise concerns. Above all, each person in the group should be dealt with graciously, and sometimes the most loving thing to do is refer them to a professional for help.

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