

## When should I refer to a Therapist?

### The Scope of Pastoral Counseling

1. Time Limited
2. Issue Specific
3. Readiness to Refer.

Guidelines to Consider:

<b>Guideline</b>	<b>Question to Ask Yourself?</b>
<b>1. Competence</b>	Am I the best person to be meeting with this person?
<b>2. Certain Disorders</b>	Does this situation fall in an area of concern? (See List)
<b>3. Transference/Countertransference</b>	Do I have emotional entanglements with this person?
<b>4. Personal Life</b>	Where am I at in my personal life now? Is this a good idea for me to be working with someone?
<b>5. Lack of Progress</b>	Anything more than 5 meetings with this person.
<b>6. Dual Relationships</b>	Do I have multiple relationships with this person that would make my working with them inhibited?