Welcome Back – Day 5!

Practice Session #3

Preparing for Potential Referrals

- Have professional colleagues with whom you can discuss potential referrals.
- Be clear on your supervisory chain and to whom you will share concerns.
- Be familiar with referral resources.
- Recognize that not all issues are appropriate for Whole Health Groups.
- Be familiar with VA limits to confidentiality.
- Become familiar with behaviors and signs that might suggest additional resources are needed.
When to Refer – Some Guidelines

• Participant expresses intent of thoughts of doing harm to self or others.
• Participant shows signs of depression.
• Participant shows signs of high anxiety.
• Participant is unable to make progress in desired area of change.
• Participant’s behavior is having a negative impact on the group.
• When in doubt, talk to the participant.

Know the five signs.

How to Refer

• Establish in first session that referral may be part of the group process.
• Discuss with participant first before making a referral.
• Use Elicit-Provide-Elicit (EPE) format when discussing referral with participant.
• If you have clinical credentials, be clear with participants which role you are assuming.

Questions for Discussion

• What are some conditions that you think might warrant a referral?
• What has been your experience with referrals in your current position that you could apply to these groups?
• What questions do you have regarding referrals?
Final Thoughts

Final Q & A

Parking Lot

Closing Circle

Thank you!