



## Stress & Mental Health: When to Refer for Psychotherapy?

(Ed. Note: This is one I hope every practitioner reads.)

by award-winning author / stress-relief expert Susie Mantell

**Q:** Dear Susie, I'm a teacher of meditation and energy healing. I see many types of clients, and some seem to be in need of care beyond what I can provide. What are some of the indicators that their needs are beyond my skill set and a referral for psychotherapy would be appropriate?

**A:** What an important question. I am so glad you asked. Sometimes, what you see is not *exactly* what you get. It is imperative for every practitioner or teacher to exercise his or her moral and legal responsibility to make appropriate referrals, and to be on the lookout for indicators that it is time to help a client find what is right and necessary for their highest good and well-being.

### Some Indicators That Prompt Referral to a Medical Professional is in Order:

- ~ Any persistent, or new, symptoms of either a physical or psychological nature. Symptoms you see may be subtle. They may be specific or diffuse and range from mild to severe.
- ~ Indicators of abuse or addiction of any kind would suggest referral to other appropriate health-care practitioners with expertise for evaluation, and perhaps for ongoing treatment.
- ~ Trust your intuition. If you sense something is beyond your reach, it likely is.

Whether you are a yoga instructor or meditation teacher, a physician or nurse, dentist or massage therapist, people trust you to read between the lines, which sometimes means you must make compassionate and responsible referral.

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