

How to refer a client to another therapist

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It can be difficult to decide to refer a client to another therapist rather than treating them yourself. But there are all kinds of reasons you may feel a different therapist would be a better match for your client.



Perhaps the client needs specialized treatment you can't provide, or the therapeutic relationship isn't a good fit. Maybe you just don't have the capacity to take them on or offer the session frequency they need.



In all cases, therapists need to learn how to manage referrals in a sensitive, caring way that sets the client up for success with their new mental health professional. This article shows