

When to Refer a Client to Another Professional

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When Should You Refer a Client to Another Professional?



At some point in your career, you may begin working with a client who challenges your ability to provide compassionate counseling. In some cases, it may be possible for you and the client to work together and overcome this difficulty. In other cases, providing a referral to another mental health professional may best serve both you and the person you're working with.

You may find the decision to terminate therapy, even by providing a referral to another counselor, a difficult one.

You might be unsure when it's ideal to continue trying to

work with your client and when referral may be a better decision.

Here, we'll go over a few situations when you may want to consider referring a client to another professional. We'll also offer tips for taking care of yourself at those times when providing therapy seems more difficult.

IF THEY WOULD BE BETTER SERVED BY A SPECIALIST

Some people seek therapy with a general idea of the issues they're experiencing, such as depression.