

APPENDIX C

Criteria for Outside Referral

The purpose of the Counseling Center is to provide the most effective service possible for the Cumberland University student and staff population that we serve. In order to best serve this population, limitations must be placed on the extent of services provided. The following guidelines are offered to assist in making decisions regarding services offered to students who are likely to require long-term care or make little progress with the services available at the clinic and are to be considered when making a decision regarding outside referral.

- Client has an active substance abuse/addiction problem
- Client is likely to need more intensive services than the Counseling Center can provide due to case management difficulties (emergency care, etc.)
- Client has chronic and/or present self-destructive behaviors that are life-threatening
- Client is likely to need therapy more than one time/week
- Client is likely to need 24-hour coverage
- Client is unable to perceive a problem that could be adequately treated within a time-limited framework
- Client appears unable to form a relationship
- Client's issues require expertise or resources not sufficiently available at Center
- Client's needs are judged to be of a long-term nature (i.e., more than an academic year)
- Client has clearly not profited from previous counseling services
- Client is likely to require hospitalization during therapy
- Client has long standing pathology (i.e., severe personality disorder)
- Client will not participate in assessment, including personal history assessment
- Client is not able to maintain prolonged periods without therapy and such times are inherent in the academic calendar of a university Counseling Center (e.g., 3 weeks at Christmas vacation or summer term away)
- Client is involved in legal issues pertaining to why s/he is seeking treatment that may require the clinician to testify in court
- Client has had a suicide attempt within the last 6 months
- Client has present or chronic psychosis