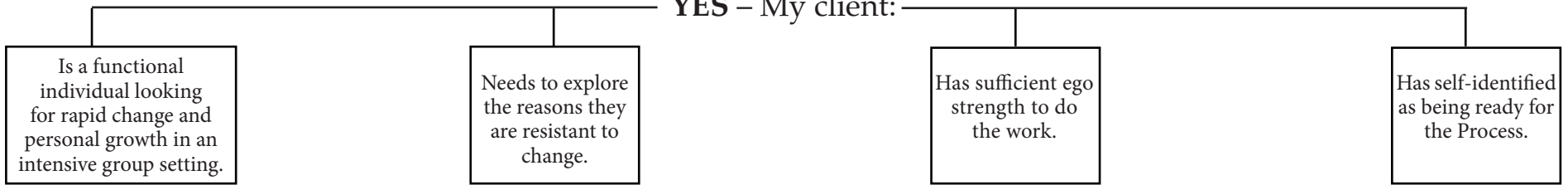


Quick Reference Guide for Referring Clients to the Hoffman Process

Who Should You Recommend?

YES – My client:



When Is It Appropriate to Recommend the Hoffman Process?

We work collaboratively with therapists whose clients enroll in the Process during various stages in the therapeutic relationship. Your clinical judgment and intuition are strong indicators for client readiness.

In our experience, once trust has been established between therapist and client, here are some typical considerations that indicate Process appropriateness:

- Client would benefit from a safe, enclosed group environment to do experiential work
- Client is aware of deep-seated, pervasive anger
- Client is aware of his/her pain but may be resistant to change
- Client speaks of recurring, self-sabotaging patterns of behavior, feeling, and thinking
- Client wants to focus on how family-of-origin imprints affect current relationships
- Client is looking for spirituality or wants to deepen the spiritual dimension as an aspect of the therapeutic process
- Client is questioning life purpose, seeking greater connection to intuition, and/or is seeking direction or meaning
- Client is at an impasse and is without inspiration in therapy, career, or relationship

NO / NOT YET – My client:

Is interested in participating primarily because someone else believes they need it. *(It is designed for people who come to believe it is “right” for them and who are willing to make the personal commitment to act on their own behalf to effect personal change.)*

Which Clients Should Be Carefully Evaluated Before Being Recommended?

Following are some issues that would need careful examination. These are not necessarily reasons to exclude your client from participating, but we must work closely and responsibly with you to assure that the Process will actually be of assistance.

Anyone with the following histories or issues requires careful collaborative evaluation:

- | | | | |
|--|---|-----------------------------------|--|
| • Recent suicidality | • History of Dissociate Flashbacks | • Serious eating disorders | • Major depression |
| • Psychosis or spontaneous altered states | • Bipolar Disorder or Manic Depression Disorder | • Thought disorders (OCD) | • Medication – If your client is using a major tranquilizer (i.e. Xanax, Haldol®, Mellaril®, etc.) |
| • DID (MPD) – Dissociative Identity Disorder | • Severe sleep disorder | • Conversion disorder | |
| | • Active current addiction | • Violent criminality | |
| | | • Borderline Personality Disorder | |

How to Recommend the Hoffman Process to a Client

Our staff is trained to provide appropriate assistance to facilitate your client’s entry into the work of the Process. We are also happy to speak with you prior to your recommending it to a client. It is often helpful to discuss any concerns you may have in advance.

You can simply pass our materials to your client and recommend they call us when they are ready to explore the opportunity further (call 800-506-5253

for materials). Your client may find it convenient to visit our website, hoffmaninstitute.org.

If you are unsure if it is the right time to refer a client or if they could benefit, please read the information on page 3 of our “Recommending the Process” document. We are always available to consult with you about your client’s appropriateness/readiness as well.