

The International Coaching Federation's
TOP TEN REASONS TO REFER:

YOUR CLIENT:

- (1) Is exhibiting a decline in his/her ability to experience pleasure and/or an increase in being sad, hopeless and helpless.
- (2) Has intrusive thoughts or is unable to concentrate or focus.
- (3) Is unable to get to sleep or awakens during the night and is unable to get back to sleep or sleeps excessively.
- (4) Has a change in appetite: decrease in appetite or increase in appetite.
- (5) Is feeling guilty because others have suffered or died.
- (6) Has feelings of despair or hopelessness.
- (7) Is being hyper alert and/or excessively tired.
- (8) Has increased irritability or outbursts of anger.
- (9) Has impulsive and risk-taking behavior.
- (10) Has thoughts of death and/or suicide.

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<http://www.coachfederation.org/ICF/For+Current+Members/Regulatory/Coaching+Professionalism/Top+10+Reasons+to+Refer/>