

Dear Referrer

Thank you for your enquiry and interest in referring your client to Spectrum, personality disorder service for Victoria for psychotherapeutic treatment.

In order to process your referral, the following documents are requested:

- Current Psychiatric assessment (including diagnosis) or comprehensive psychological assessment
- Current Treatment plan outlining current clinical management
- Information relating to any previous psychotherapeutic treatment that the client has undertaken including previous or current Spectrum treatment.
- Recent clinical review or other document with formulation and client history

Before referring a client for treatment, please check the following list and speak with the client about these issues:

- Has the client been provided with psychoeducation about the diagnosis of BPD (or other severe personality disorder) and the treatment for this disorder?
- Is the client focussed towards having therapy/treatment (part of being treatment-ready), or are they mainly seeking support?
- Have you considered that beginning treatment can be stressful in itself, and may further destabilise the client?
- Is the client-treatment ready and have specific goals been discussed?
- Has the process of accessing Spectrum been discussed with the client, particularly that an assessment is required firstly that will involve attending up to four clinical assessment appointments at either Ringwood East or Fitzroy Spectrum sites. ? The purpose of the assessment is to determine whether Spectrum is the appropriate service for the client.
- Have any potential problems with attending the assessment appointments been discussed?

Is the client aware of potentially long waiting periods for assessment and or treatment?

NB : Treatment-readiness involves the following:

A relative stabilisation that allows for the client to attend therapy sessions regularly

The desire and motivation to find alternative ways of coping with life

An adequate support system