



**Figure 3-1.** Interacting elements of consideration for the psychosocial referral of patients.

### *Core Considerations for Successful Psychosocial Referral*

#### *Knowledge of Self and Influence*

Knowledge of how one affects the psychosocial referral process should be considered on at least three separate fronts. First, the athletic trainer must be aware of how one is viewed by the patient and, also, how the athletic trainer views the patient. In many ways, these two perceptions will form a third perception that represents the shared relationship between the athletic trainer and the patient. The total of these three perceptions will guide the professional relationship with the patient and the considerations the athletic trainer will make in a potential referral situation.

The athletic trainer must be acutely aware of the personal attributes, beliefs, mannerisms, and values influencing his or her actions. These influences cannot be disregarded in the referral process. Effective psychosocial referral relies on the athletic trainer considering and acting on objective information. The athletic trainer needs to have an awareness of the influence and power that he or she has in the athletic trainer–patient relationship. Patients value the relationship that is shared with the athletic trainer and, therefore, they will place credence in the recommendations and viewpoints offered. Consciousness of this fact will assist the athletic trainer in acting with sensitivity when evaluating the patient’s needs and recommending a referral to a mental health professional.