

Mental Health Issues in Identity Theft

Module 4:

Screening and Referring Identity Theft Victims to Professional Therapy

By the end of this module, participants will be able to:

- List at least three symptoms of depression, anxiety, and posttraumatic stress.
- Describe strategies to referring victims of identity theft to professional counseling.

Common Symptoms of Depression

- **Sad most of the time**
- **Uninterested in things previously pleasurable**
- **Significantly decreased or increased appetite**
- **Sleeping problems**

Common Symptoms of Depression

- Activity slowed down
- Tired and lacking in energy
- Feeling worthless and guilty
- Unable to concentrate and make decisions
- Thinking about or wishing for death

Common Symptoms of Depression

5 or more symptoms, including the first two,
warrants referral for assessment.

Common Symptoms of Anxiety

- Restless, Edgy, Keyed Up
- Tired and lacking in energy
- Unable to concentrate
- Irritable
- Increased muscle tension
- Difficulty sleeping

Common Symptoms of Anxiety

3 or more of these symptoms, more than half the time over the last few months warrants referral for assessment.

Common Intrusive Symptoms of Posttraumatic Stress

- Intrusive, distressing thoughts and images about the event
- Repeated, distressing dream about the event
- Feeling as if it is happening again
- Mental distress in reaction to cues that resemble aspects of the event (credit card ads on television)
- Physiological reactions to these cues (rapid heartbeat, elevated blood pressure)

Common Avoidance Symptoms of Posttraumatic Stress

- Trying to avoid feelings, thoughts, or conversations about the event
- Trying to avoid activities, people, or places that recall the event
- Inability to recall important features of the event
- Being uninterested in and unable to enjoy things that previously were pleasurable

Common Avoidance Symptoms of Posttraumatic Stress

- Detached or isolated from other people
- Restriction in ability to love or feel other strong emotions
- Sense that life will be brief or unfulfilled

Common Physiological Symptoms of Posttraumatic Stress

- Difficulty going to sleep or staying asleep
- Angry outbursts and irritability
- Poor concentration
- Excessive vigilance (always on guard for more difficulties)
- Increased startle reaction

Types of Therapists

- Licensed Clinical Social Worker (LCSW)
- Licensed Professional Counselor (LPC)
- Licensed Marriage and Family Counselor (LMFT)
- Licensed Master Social Worker (LMSW)
- Licensed Professional Counselor Intern (LPCI)
- Psychologist
- Psychiatrist

Building a Referral Network

- Identity Trauma Therapists
- Identify “Good” Therapists
- Send Survey
- Interview the Therapists

Building a Referral Network

- Require this Curriculum
- Make Surveys Available
- Collect Victim Satisfaction Statements
- Let Victims Choose

Case Studies

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