

Counselors need to demonstrate basic knowledge in these areas to be cult-informed:

- Thought Reform dynamics
- Psychological techniques of persuasion and compliance
- Identity formation and manipulation
- Dissociation-altered states (Other specified Dissociative Disorder)
- Post-Traumatic Stress Disorder
- Neurobiology of trauma
- Complex trauma
- Attachment-Relationships
- Affect regulation
- Psychopathology
- Psychosocial Development-impact of interruptions
- Recovery from trauma
- Guilt-shame
- Grief-irretrievable losses
- Resiliency-posttraumatic growth
- Working with clients with a refugee-like status: many of those born/raised in cults lack basic documents (birth certificate, school records...) and may require help to access needed services