

3. It is important to work with the young adult regarding educational issues.
 - Education is often viewed in destructive groups as totally evil.
 - Private school or home schooling may be options. This allows the young adult to still have external boundaries while developing their decision making skills.
 - If public school is chosen, talking with the teachers and guidance counselors is extremely helpful.
 - If the young adult is beyond highschool age, a GED will be an option. Testing will need to be done to determine the educational level of the young adult.

4. Parents/caregivers must talk with the young adult about their involvement in the group, or why the parents were in the group.
 - Most parents don't talk about this or do so inconsistently or inappropriately.
 - Many parents or caregivers wrongly think that since their child does not ask questions, is not "in trouble," and is doing well in school, that there are no problems. Such is not the case.
 - Parents need to talk about *why* they got involved in the group, *why* they left, their own struggles, we're in this together, etc. In most instances this involves some sort of acknowledgment of responsibility for the young adult's and family's struggles.

5. They young adult needs to deal with the spiritual dimension.
 - They have been living in a "supercharged," black and white spiritual environment. They have been told what to believe, who to believe, when to believe, etc., in a context (the group) with clearly defined boundaries. Now they are in what seems to be a totally open-ended environment. Spiritual issues can be addressed at the young adults own speed.

6. There may be a need to deal with Post Traumatic Stress Disorder in extreme abuse situations (see handouts).
 - While the symptoms of PTSD will ease over time, they do not go away of their own.
 - A trained counselor in PTSD will need to be consulted to overcome this disorder.
 - Usually through counseling (and sometimes medication) the young adult can overcome PTSD.

7. For the young adult who still has family in their former group there are a number