
reFOCUS Offers

- Referral to books, articles, journals, newsletters, video and audio materials, research data and voluntary surveys.
- Information about cult recovery conferences and workshops.
- The reFOCUS e-newsletter: This newsletter is a free internet e-newsletter which provides some time-tested articles on recovery issues as well as current articles, and a list of upcoming recovery workshops and conferences. We welcome contributions in the form of articles and ideas.
- reFOCUS assists with referrals to local support groups.
- reFOCUS collaborates with the International Cultic Studies Association (ICSA) and other recovery resources.

reFOCUS

www.reFOCUS.org
reFOCUSsupport@aol.com
928-288-2275
USA

reFOCUS

“A support and referral organization for former members of high demand groups, relationships and cults.”

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reFOCUS Mission

reFOCUS is a secular, non-profit tax-exempt organization which provides a network of support and referrals for individuals recovering from the effects of a destructive cult, or other closed, high-demand group or relationship.

reFOCUS Perspective

- We do not pass judgment on specific groups, whether they are religious, self-help, business, political or other.
- Provide objective information, knowledge and resources in order to assist you to re-evaluate your group or relationship experience.
- We focus on supporting recovery from harmful groups/relationships.

Critical Thinking and Reclaiming Trust in Ourselves

We often hear from people who wonder how they can trust their own judgement again following involvement in a high-demand group. When we join these groups we usually have the best of intentions. We believe that we are joining a good and healthy group. However, once involved the reality of the group can be significantly different than how it was initially presented. High-demand groups can be manipulative and often misrepresent their true nature, which makes critical evaluation increasingly difficult. Nevertheless, there are few guidelines we can follow to enhance our ability to critically evaluate information:

- Talk over new information with trusted family members and/or friends

- Be wary of anyone or any group that attempts to interfere in your relationships with the people you trust
- Be cautious of anyone that implies that their love or acceptance is dependent on you making drastic changes to your life or your core beliefs.
- Do research. We have unprecedented access to information via technology
- Make sure you seek out information from reputable sources.
- And the age-old adage, **“If it seems too good to be true, it probably is!”**

