Psychological case formulation

Using generic psychological theory to develop interlinked hypotheses about difficulties experienced by individuals, in order to guide intervention

Insecure attachments

Experiential avoidance



Reciprocal role

Safety behaviours

Negative automatic thoughts

How To Do A Case Formulation In Psychology

JA Banks

 $\label{lem:condition} \textbf{How To Do A Case Formulation In Psychology:}$

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