

# Psychological case formulation

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

Insecure attachments

Reciprocal role procedures

Safety behaviours

Experiential avoidance

Negative automatic thoughts



# How To Do A Case Formulation In Psychology

**Barbara Lichner Ingram**



## **How To Do A Case Formulation In Psychology:**

Clinical Case Formulation Peter Sturmey, 2009-11-02 Case formulation is a key skill for mental health practitioners and this book provides examples of ten case formulations representing the most common mental health problems in a variety of populations and contexts offering commentary on contrasting formulations of the same case Provides an overview of the general features of case formulation and how it can drive treatment Features clinical cases from a variety of populations focusing on a range of different problems Covers all the major theoretical perspectives in clinical practice behavioural cognitive behavioural psychodynamic medical and eclectic Offers commentary on contrasting formulations of the same case for five different clinical problems

**Handbook of Psychotherapy Case Formulation** Tracy D. Eells, 2022-03-23 Now in a significantly revised third edition featuring 60% new material this is the authoritative clinical reference and course text on a crucial psychotherapy skill Leading practitioners of major psychotherapies describe step by step how to construct sound case formulations and use them to guide individualized treatment Following a standard format chapters cover the historical background of each case formulation approach its conceptual framework and evidence base multicultural considerations steps in implementation application to treatment planning and practice and training resources Rich case material includes examples of completed formulations New to This Edition Chapters on additional models mindfulness based cognitive therapy acceptance and commitment therapy couple therapy and thematic mapping Chapters on specific approaches for personality disorders suicidality and panic disorder Expanded case examples now go beyond crafting the initial formulation to show how it shapes the entire course of therapy Prior edition chapters are all updated or rewritten to reflect 15 years of advances in research clinical practice and training

**Clinical Case Formulations** Barbara Lichner Ingram, 2011-11-01 Praise for Clinical Case Formulations Matching the Integrative Treatment Plan to the Client Second Edition Barbara Ingram has put a career into the development of this book and it is wonderful My students love that it was written with them in mind and they love the statements designed to reduce anxiety and normalize the learning process This is an excellent book Amy M Rees Turyn PhD Associate Professor of Counseling Psychology Lewis Clark College A step by step model for individualized case conceptualization Fully revised and updated the second edition of Clinical Case Formulations provides step by step tools and insightful guidance for moving from first contact with a client to the development of an effective personalized treatment plan Addressing the essential question every therapist faces How do I create a treatment plan that is the best match for my client this unique resource provides a systematic and thoughtful method for integrating ideas skills and techniques from different theoretical approaches It combines empirical research and clinical experience to create a case formulation that is tailor made for the client This comprehensive resource offers two tools to guide case formulations a problem oriented framework with a list of 28 standards for evaluating its application and a set of 30 core clinical hypotheses derived from the knowledge bases of psychology psychiatry counseling and social work professions The new edition includes Hypotheses on Emotional Focus

Trauma and Metacognitive Perspective More detailed attention given to empirically supported therapies such as Dialectical Behavior Therapy DBT and Acceptance and Commitment Therapy ACT Discussion on the importance of bringing cultural competence to case formulation tasks with every client Skill building activities throughout the text Offering a thorough framework to help clients experience effective clinical service practitioners will learn to conceptualize clients needs in ways that lead to strong and individualized treatment plans as well as advice and guidance on what to do when selected interventions fail to produce the expected benefits

The Case Formulation Approach to Cognitive-Behavior Therapy Jacqueline B. Persons, 2012-10-22 A major contribution for all clinicians committed to understanding and using what really works in therapy this book belongs on the desks of practitioners students and residents in clinical psychology psychiatry counseling and social work It will serve as a text in graduate level courses on cognitive behavior therapy and in clinical practice

**Case Formulation in Cognitive Behaviour Therapy** Nicholas Tarrier, Judith Johnson, 2015-07-06 Since the successful first edition of Case Formulation in Cognitive Behaviour Therapy there has been a proliferation of psychological research supporting the effectiveness of CBT for a range of disorders Case formulation is the starting point for CBT treatment and Case Formulation in Cognitive Behaviour Therapy is unique in both its focus upon formulation and the scope and range of ideas and disorders it covers With a range of expert contributions this substantially updated second edition of the book includes chapters addressing the evidence base and rationale for using a formulation driven approach in CBT disorder specific formulation models the formulation process amongst populations with varying needs formulation in supervision and with staff groups New to the book are chapters that discuss Formulation amongst populations with physical health difficulties Formulation approaches to suicidal behaviour Formulation with staff groups Case Formulation in Cognitive Behaviour Therapy will be an indispensable guide for experienced therapists and clinical psychologists and counsellors seeking to continue their professional development and aiming to update their knowledge with the latest developments in CBT formulation

The Elements of Psychological Case Report Writing in Australia Nadine J. Pelling, Lorelle J. Burton, 2017-11-22 The Elements of Psychological Case Report Writing in Australia is a comprehensive and applied review of material required for basic case conceptualisation and report writing in Australia This book is the first of its kind to offer a one step resource to success in submitting concise case reports that demonstrate basic applied psychological competence For anyone looking to submit case reports to the Psychology Board of Australia to support their application for general registration this is an absolute must have resource Most notably this book provides Numerous assessment focused and intervention focused case report examples A presentation of case report requirements for 4 2 and 5 1 internship programs A review of important case conceptualisation areas necessary for applied psychological understanding Time management tips and guidance for making focused progress on the production of required case report and avoiding procrastination Both early career and experienced psychologists will find the case reports illustrative of various assessments and interventions in

applied psychology in Australia No other resource has collected together in one place multiple case reports illustrating the use of so many assessment instruments nor such a variety of interventions for the treatment of psychological difficulties in Australia

**Case Formulation in Cognitive Behaviour Therapy** Nicholas Tarrier, Judith Johnson, 2006-10-16 Case formulation is the core skill of every practitioner carrying out psychological therapies at an advanced level It is essential in providing an idiosyncratic understanding of the individual client and their clinical problems In this volume Nicholas Tarrier brings together contributions that cover many of the clinical issues that will challenge practitioners in their practice of cognitive behaviour therapy Each chapter serves as a practical guide to overcoming that particular clinical challenge and is grounded solidly in research evidence Experts in each individual field discuss how case formulation aids clinical practice in their chosen area and demonstrate how detailed understanding of the clinical case leads to improved therapeutic outcome Subjects covered include a biopsychosocial and evolutionary approach to formulation with a special focus on shame case conceptualisation in complex PTSD cognitive behavioural case formulation in complex eating disorders This indispensable guide to formulating clinical cases will be welcomed by clinical psychologists psychiatrists psychiatric nurses counsellors social workers and students

**Formulation in Psychology and Psychotherapy** Lucy Johnstone, Rudi Dallos, 2013-07-18 The first edition of Formulation in Psychology and Psychotherapy caught the wave of growing interest in formulation in a clinical context This completely updated and revised edition summarises recent practice research developments and debates while retaining the features that made the first a leading text in the field It contains new chapters on personal construct formulation formulation in health settings and the innovative practice of using formulation in teams The book sees formulation as a dynamic process which explores personal meaning collaboratively and reflectively taking account of relational and social contexts Two case studies one adult and one child illustrate the use of formulation from the perspectives of expert clinicians from six different theoretical positions The book encourages the reader to take a constructively critical perspective on the many philosophical professional and ethical debates raised by the process of formulating people's problems Among the issues explored are The social and political context of formulation Formulation in relation to psychiatric diagnosis The limitations of formulation Controversies and debates about formulation This readable and comprehensive guide to the field provides a clear up to date and thought provoking overview of formulation from a number of perspectives essential for clinicians working in all areas of mental health and social care psychology therapy and counselling

**Individual Case Formulation** Richard S. Hallam, 2013-01-10 Individual Case Formulation presents formulation as a process that can be taught systematically to trainee therapists The book begins by discussing assorted theories of case formulation and critiques their ability to be applied in real world situations The individual case formulation approach is then defined and discussed as a way to integrate the best of what different theoretical orientations have to offer in conjunction with the expertise and clinical judgment of the therapist The book proposes a systemic functional framework that focuses on

difficulties as defined by the client and emphasizes constructive solutions to problems rather than symptom reduction Moving from theory to application the book then guides therapists in how to conduct assessment interviews how to reach a provisional formulation how to test that formulation for accuracy and reformulate if necessary how a therapist can make explicit what their clinical reasoning was in making the case formulation and provides case examples and transcripts so readers will better grasp the concepts in action Intended both for the starting or trainee therapist and the experienced clinician Individual Case Formulation provides a practical guide for those looking to improve their case formulation skills Reviews critiques and compares multiple theories on formulation Identifies benefits of utilizing the individual case approach Guides trainee therapists how to conduct assessment interviews and reach a provisional formulation Presents a conceptual framework for developing and testing a formulation Helps trainees make explicit their clinical reasoning Field tested for several decades Provides case examples with annotated transcripts to illustrate the process of formulation **Case**

**Formulation for Personality Disorders** Ueli Kramer, 2019-01-22 Case Formulation for Personality Disorders provides clinical guidance on how to build effective treatment plans for patients presenting with personality disorders Anchored within a disorder specific approach the present volume reviews the evidence base of case formulation methodology The book takes an integrative and differentiated approach to case formulation with multiple methods of case formulation all specifically adapted to the psychotherapy of personality disorders illustrated with many case examples Provides individualized assessment and measurement in practice Uses 18 case formulation methods for treating personality disorders Identifies evidence based effective treatment Includes real life case examples **Clinical Case Formulations** Barbara Lichner Ingram, 2011-03-10 A step by step model for individualized case conceptualization This innovative new guide addresses the essential question facing every therapist with a new client How do I create a treatment plan that is the best match for my client This unique resource provides a systematic method to integrate ideas skills and techniques from different theoretical approaches empirical research and clinical experience to create a case formulation that is tailor made for the client Clinical Case Formulations is divided into three parts Getting Started provides an overview that sets forth a framework for case formulation and data gathering 28 Core Clinical Hypotheses offers a meta framework embracing all theories orientations and mental health intervention models and presents clinical hypotheses within seven categories Biological Hypotheses Crisis Stressful Situations and Transitions Behavioral and Learning Models Cognitive Models Existential and Spiritual Models Psychodynamic Models and Social Cultural and Environmental Factors These hypotheses are combined and integrated to develop a coherent conceptualization of the client s problems Steps to a Complete Case Formulation provides a structured framework known as the Problem Oriented Method POM Using the POM and integrating multiple hypotheses the therapist learns how to think intelligently critically and creatively in order to develop a tailor made treatment plan A list of thirty three standards for evaluating the application of this method is provided With this practical guide you will learn to

conceptualize your clients needs in ways that lead to effective treatment plans while finding the tools for troubleshooting when interventions fail to produce expected benefits

**Being a Sport Psychologist** Richard Keegan, 2020-02-08 What makes a great sport psychologist Is there an ideal style or approach What do you need to consider when working with a client In this practical guide Richard Keegan presents a user friendly model of the sport psychologist s consulting processes and offers a framework for understanding best practice Whether you are a trainee or a qualified sport psychologist this book will help you to deliver a consistent transparent effective and ethical service at all levels of sport Being a Sport Psychologist Provides a clear and coherent model which accommodates different styles philosophies and experience levels Contains worksheets to help you record evaluate understand and reflect Offers a range of useful case studies and examples Is the first book to describe the process of being a sport psychologist from beginning to end

**Forensic Case Formulation** Peter Sturmey, Mary McMurran, 2011-08-17 Forensic Case Formulation is the first text that describes the principles and application of case formulation specifically to forensic clinical practice Addresses risk assessment and its implications for case formulation and treatment Covers a range of serious forensic problems such as violence sexual offending personality disorder and substance misuse Offers guidance in training clinicians on ways to create useful formulations

*Case Studies in Forensic Psychology* Ruth J. Tully, Jennifer Bamford, 2025-09-26 This book shines light on the often hidden work completed by psychologists in forensic settings It follows on from Case Studies in Forensic Psychology 2019 and Further Case Studies in Forensic Psychology 2022 The case studies presented involve service users with varied presentations such as acquired brain injury and ADHD as well as a variety of offending histories including sexual terrorism related and violent offences Chapters present the individual s background assessment or treatment completed with them and discussion of the features of the case in the context of relevant literature Some chapters detail informative and evidence based discussion of the authors experiences working with particular groups including recommendations for others working in that field e g assessment of clergy so called honour based violence assessment of those with terrorism related convictions One chapter is co produced with an expert by experience The book demonstrates to readers the complex and individually responsive psychological work engaged in by clinicians and underscores the importance of considering diversity and individual presentation within this work It brings together clinical practice in the context of models of treatment and research to demonstrate application at an individual level Case studies in Forensic Psychology Diversity in Clinical Practice is key reading for psychologists allied health professionals and practitioners at any career stage Students will also find this book useful as will those interested in real world clinical practice of psychologists in forensic contexts

**The Great Psychology Delusion** Craig Spielman, Marek McGann, 2025-09-26 The Great Psychology Delusion takes an unflinching look at some of the foundational assumptions of psychological science Exploring long standing unanswered critiques of psychological research in a way that is detailed but accessible the book brings together a wealth of material that challenges our understanding of what the science

of psychology really is and how the subject matter of that science should be conceived Identifying a Great Delusion that there is a coherent discipline of psychology with sound foundations the authors explore a number of more specific delusions regarding scientific practice in psychology These include the problematic assumptions of core statistical analyses questionable aspects of frequently used experimental designs and continued frictions regarding the much aspired to scientist practitioner model The delusions produce the uncomfortable state in which we find much of modern psychological science theoretically challenged poorly replicated and with questionable real world value This unsentimental examination of the state of things nevertheless allows the authors to identify concrete steps that the scientific community can take to re ground psychological research and move forward to a successful science studying the richest and most complex phenomena we know of us This book will interest all people interested in psychological science from undergraduate students to researchers

**Clinical Psychology for Trainees** Andrew C. Page, Werner G. K. Stritzke, 2014-12-04 Thoroughly revised and fully updated for DSM 5 the new edition of this practice focused book guides clinical psychology trainees through a field which is rapidly evolving Through real world exploration of the scientist practitioner model the book helps readers to develop the core competencies required in an increasingly interdisciplinary healthcare environment New chapters cover brief interventions routine monitoring of treatment progress and managing alliance ruptures Practical skills such as interviewing diagnosis assessment treatment and case management are discussed with emphasis on the question how would a scientist practitioner think and act By demonstrating how an evidence base can influence every decision that a clinical psychologist makes the book equips trainees to deliver the accountable efficient effective client centred service which is demanded of professionals in the modern integrated care setting Essential reading for all those enrolled in or contemplating postgraduate studies in clinical psychology

*Case Analyses for Abnormal Psychology* Randall E. Osborne, Joan Esterline Lafuze, David V. Perkins, 2016-04-14 Case Analyses for Abnormal Psychology Second Edition uses case studies to explore the etiology biology and dynamics of psychiatric disorders in the DSM 5 Readers will learn about the new classifications and treatments for disorders while simultaneously reading the personal history of each consumer both before and during the development of each case Every case ends with a section on the particular disorder presented as viewed from a biological perspective This updated edition bridges advances in abnormal psychology and neuroscience in understanding mental illness

**The 15 Minute Case Conceptualization** Len Sperry, Jonathan Sperry, Jonathan J. Sperry, 2021-11-15 Therapists need an effective approach to case conceptualization that has three key functions It must explain and guide treatment and it must predict challenges and obstacles that are likely to arise over the course of treatment This allows therapists to proactively respond The 15 Minute Case Conceptualization is a clinician friendly approach that is quick to use and easy to learn and master

Case Studies in Clinical Psychological Science William O'Donohue, Scott O. Lilienfeld, 2013-01-29 In the past few decades clinical science has emerged as a prominent model for training and practice in clinical psychology This model emphasizes



evidence derived from high quality research and is consistent with the increasingly influential evidence based movement in medicine which is a vital step toward making psychotherapy more effective efficient and safe Despite this trend much current psychological practice is not evidence based moreover there is a marked dearth of resources available to train students and assist practitioners with the challenging goal of translating science into practice Case Studies in Clinical Psychological Science demonstrates in detail how the clinical science model can be applied to actual cases Edited by Professors William O Donohue and Scott O Lilienfeld this book s unique structure presents dialogues between leading clinical researchers regarding the treatment of a wide variety of psychological problems from depression and Alzheimer s disease to Panic Disorder and chronic pain Chapters describe what evidence based practice consists of for various clinical problems and are followed by commentary sections in which other leading clinical researchers analyze the case at hand pointing out additional assessment and treatment options and controversial issues The chapter authors then reply to the commentary in response sections By examining the application of scientifically based interventions to actual cases and modeling thoughtful and collegial discussion among prominent clinical researchers Case Studies in Clinical Psychological Science will assist students practitioners and clinical researchers with the crucial task of applying research evidence to psychotherapy and bridging the gap between science and practice

**Clinical Psychology: Assessment, Intervention and Research** Kassim Mustafa Ali , Noor Hisham Aboody, Kadhim Habeeb Hameed , Shaimaa Salman Abbas, Aseel Riyadh Hamid ,2025-09-12 Clinical Psychology Assessment Intervention and Research offers a comprehensive exploration of the field covering evidence based assessment techniques therapeutic interventions and research methodologies It bridges theory and practice equipping readers with the knowledge to understand evaluate and address psychological disorders while fostering skills in clinical decision making and scientific inquiry

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