

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

Sally Barlow



How To Do A Case Formulation In Psychology:

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

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

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

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

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

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.

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.

Handbook of Psychological Assessment, Case Conceptualization, and Treatment, Volume 1 Michel Hersen, Johan Rosqvist, 2008-05-13. Edited by recognized experts Michel Hersen and Johan Rosqvist, *Handbook of Psychological Assessment: Case Conceptualization and Treatment, Volume 1: Adults* is a thorough and practical reference for those working with adults. Bringing together the most current theories and evidence-based applications, chapters address issues of importance including ethics, medical issues, panic and agoraphobia, obsessive compulsive disorder, and posttraumatic

stress disorder Each chapter follows a structured format opening with an overview of assessment followed by case conceptualization and finally recommended treatment

Formulation and Treatment in Clinical Health Psychology
 Ana V. Nikcevic, Andrzej R. Kuczmierczyk, Michael Bruch, 2009-09-10 How do clinicians select appropriate treatment strategies to match their clients needs Formulation and Treatment in Clinical Health Psychology brings together leading experts in the fields of clinical health psychology and behavioural medicine with the aim of illustrating the formulation and treatment design procedures which they employ in their specialist areas Each chapter covers the key biopsychosocial parameters assessment modalities empirically based treatment strategies and formulation procedures for specific problems Areas covered include cognitive behavioural case formulation in the treatment of alcohol problems psychological treatment of hypertension cognitive therapy for irritable bowel syndrome miscarriage conceptualisation and treatment of the psychological sequelae Case studies are employed throughout to demonstrate a link between case formulation treatment planning and outcome The practical guidance provided in this volume will prove invaluable for all practising clinicians working in the context of health related problems

Handbook of Clinical Psychology Competencies Jay C Thomas, 2010 This three volume handbook describes the core competency areas in providing psychological services relevant to practitioners as well as clinical researchers It covers assessment and conceptualization of cases the application of evidence based methods supervision consultation cross cultural factors and ethics

[The Wiley International Handbook of Correctional Psychology](#) Devon L. L. Polaschek, Andrew Day, Clive R. Hollin, 2019-02-08 A two volume handbook that explores the theories and practice of correctional psychology With contributions from an international panel of experts in the field The Wiley International Handbook of Correctional Psychology offers a comprehensive and up to date review of the most relevant topics concerning the practice of psychology in correctional systems The contributors explore the theoretical professional and practical issues that are pertinent to correctional psychologists and other professionals in relevant fields The Handbook explores the foundations of correctional psychology and contains information on the history of the profession the roles of psychology in a correctional setting and examines the implementation and evaluation of various interventions It also covers a range of topics including psychological assessment in prisons specific treatments and modalities as well as community interventions This important handbook Offers the most comprehensive coverage on the topic of correctional psychology Contains contributions from leading experts from New Zealand Australia Europe and North America Includes information on interventions and assessments in both community and imprisonment settings Presents chapters that explore contemporary issues and recent developments in the field Written for correctional psychologists academics and students in correctional psychology and members of allied professional disciplines The Wiley International Handbook of Correctional Psychology provides in depth coverage of the most important elements of the field

Handbook of Psychology, Clinical Psychology
 Irving B. Weiner, George Stricker, Thomas A. Widiger, 2012-10-15 Psychology is of interest to academics from many fields as

well as to the thousands of academic and clinical psychologists and general public who can't help but be interested in learning more about why humans think and behave as they do. This award-winning twelve-volume reference covers every aspect of the ever-fascinating discipline of psychology and represents the most current knowledge in the field. This ten-year revision now covers discoveries based in neuroscience, clinical psychology's new interest in evidence-based practice and mindfulness, and new findings in social, developmental, and forensic psychology.

The Handbook of Person-Centred Psychotherapy and Counselling Mick Cooper, Maureen O'Hara, Peter F. Schmid, 2013-05-31 Thoroughly updated to reflect the latest trends in theory and practice, this substantially revised and extended edition is the most in-depth and wide-ranging textbook available on person-centred psychotherapy and counselling. Divided into four parts, it examines the theoretical, philosophical, and historical foundations of the person-centred approach; the fundamental principles of person-centred practice and applications of person-centred practice; how person-centred conceptualisations and practices can be applied to groups of clients who bring particular issues to therapy; and finally, professional issues for person-centred therapists such as ethics, supervision, and training. Written by a diverse range of expert contributors unified by a more relational, ethics-based reading of person-centred theory and practice, this is a comprehensive cutting-edge resource for students on all advanced-level person-centred courses as well as for a wide range of professional practitioners in the field. New to this Edition: A new introductory chapter looking at contemporary challenges and opportunities for growth for the person-centred world. Nine further new chapters including work with children and young people, older clients, arts-based therapies, addiction, and bereavement, spiritual dimensions, contact and perception, working integratively, global and political implications. Increased use of text-learning features to make the chapters more accessible and engaging. A greater focus on actual practice with more case studies and examples of therapist-client dialogues. Increased reference to research. A general updating of all chapters to include all relevant references.

Specialty Competencies in Group Psychology Sally Barlow, 2013-03-08 Human beings are born into groups, educated in groups, and belong to many groups yet routinely attribute individual motives to their actions when, in fact, group-influenced behaviors are the more likely culprit. The theory, research, and practice of group dynamics, group psychology, and group psychotherapy illuminate useful ways for us to learn group skills and to better understand how we are influenced by groups. In *Specialty Competencies in Group Psychology*, Sally Barlow provides a comprehensive overview of the foundational and functional competencies related to the field of group psychology. Barlow describes the potential treatment benefits of group work and shows how the wide range of applicability makes this a relevant volume across diverse areas regardless of the population receiving treatment or the theoretic orientation of the therapist. This volume distills the uniqueness and contributions of the specialty in a way that benefits not only psychologists who specialize in group psychotherapy but also clinicians who have previously taken a more traditionally individual approach to treatment. Series in Specialty Competencies in Professional Psychology Series Editors Arthur M. Nezu and Christine Maguth.

Nezu As the field of psychology continues to grow and new specialty areas emerge and achieve recognition it has become increasingly important to define the standards of professional specialty practice Developed and conceived in response to this need for practical guidelines this series presents methods strategies and techniques for conducting day to day practice in any given psychology specialty The topical volumes address best practices across the functional and foundational competencies that characterize the various psychology specialties including clinical psychology cognitive and behavioral psychology school psychology geropsychology forensic psychology clinical neuropsychology couples and family psychology and more Functional competencies include common practice activities like assessment and intervention while foundational competencies represent core knowledge areas such as ethical and legal issues cultural diversity and professional identification In addition to describing these competencies each volume provides a definition description and development timeline of a particular specialty including its essential and characteristic pattern of activities as well as its distinctive and unique features Written by recognized experts in their respective fields volumes are comprehensive up to date and accessible These volumes offer invaluable guidance to not only practicing mental health professionals but those training for specialty practice as well

The Forensic Psychologist's Report Writing Guide Sarah Brown, Erica Bowen, David Prescott, 2017-05-08 The Forensic Psychologist's Reporting Writing Guide is the first book to provide both student trainees and practitioners with best practice guidance for one of the core skills of their role Written and edited by an international range of experts from the UK North America and Australasia it provides clear advice on a range of assessments from psychometric tests to personality functioning and includes real life examples to illustrate key points Uniquely the book also offers guidance on the range of different client groups that forensic psychologists work with across both civil and legal contexts including juveniles female clients couples and those with cognitive impairments From core principles to writing style to key issues each chapter also includes a checklist of advice and further reading Comprehensive and practical The Forensic Psychologist's Reporting Writing Guide is a user friendly companion to this critical and often overlooked skill and will be essential reading for both neophyte and experienced forensic psychologists alike

Counselling Psychology Victoria Galbraith, 2017-08-08 This is the first textbook to provide a complete overview of counselling psychology Covering not only the underlying principles and philosophy of the profession it offers a uniquely applied perspective in a concise student friendly format From the relationship between research and practice to key ethical and professional issues the book is written by some of the most eminent academic and practising psychologists in the field It initially defines what counselling psychology and a therapeutic relationship involves before outlining the range of approaches that can be taken with clients from CBT to psychodynamic perspectives and the journey of training through to working as a counselling psychologist Supported by case studies and a range of features to illustrate how theory can be applied to practice this is the ideal companion for courses in applied counselling psychology The integrated and interactive approach covers the personal and professional issues which

counselling psychologists face making this the definitive introduction for any student of this growing field of study 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 **Specialty Competencies in Couple and Family Psychology** Mark Stanton, Robert K. Welsh, 2011-06-09 Specialty Competencies in Couple and Family Psychology provides a comprehensive explanation of the competencies involved in the specialty and illustrates how complexity reciprocity interdependence adaptation and self organization are important aspects of the epistemology of a couples and family approach Clinical Psychology Wolfgang Linden, Paul L. Hewitt, 2018-03-13 Clinical Psychology invites students to think like clinical psychologists and develop an integrated sense of how science experience ethical behavior and intuition get woven into our professional identity Built around typical psychologists and the problems they need to solve it demonstrates that assessment is much more than testing and explores how treatment rationales are tailored to the individual problems histories and environments of clients Committed to training future professionals this text navigates students through the career path of a clinical psychologist and provides guidance on evolving education and training models The text uniquely portrays clinical psychology as a modern health care profession that bridges physical and mental health and takes a holistic stance It treats therapy as a dynamic process that benefits from the cross fertilization of a range of different approaches It also provides an international perspective describing similarities and differences between how clinical psychology is practiced in different countries and contexts It recognizes that clinical psychology changes as health care systems change and stresses that training models and practice patterns need to match these changes This second edition has been fully revised and reflects DSM 5 and ICD 10 CM guidelines New and enhanced features include Additional description of the continuing integration of therapy approaches Additional evidence on how to make psychotherapy cost effective Upgrades on self help and web based treatment An expanded chapter on psychopharmacology offering more information on mechanisms Expanded in text pedagogy offering more vignettes ongoing considerations key terms and thinking questions Powerpoint slides and links to recommended resources Assessment and Case Formulation in Cognitive Behavioural Therapy Sarah Corrie, Michael Townend, Adrian Cockx, 2015-11-23 Offering a unique philosophical theoretical and process focused introduction to one of the cornerstones of CBT assessment and case formulation Updated and expanded to take account of the vast developments in the field of CBT

since its first publication this second edition follows a clear two part structure Part One introduces trainees to the key theory practice and processes of assessment and case formulation Part Two provides practical illustrations of the theory through 12 extended case studies considering both simple and complex presenting issues Each of these chapters follows a set structure to enable easy comparison Offering all they need to know about this crucial part of their training this is essential reading for trainees on any CBT course

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