

# 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

**Tracy D. Eells**



## **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

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, 2022-04-22 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

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

**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 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

*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

**Cognitive-Behavioral Case Formulation and Treatment Design** Arthur M. Nezu, Christine Maguth Nezu, Elizabeth R. Lombardo, 2004-03-15 This user friendly guide will help the clinician develop Cognitive Behavioral treatment plans for 11 common psychological disorders e.g. major depressive disorder generalized anxiety disorder borderline personality disorder anger problems Based on a problem solving model and empirical literature the authors focus on two

major clinical tasks involved in this process case formulation and treatment design They delineate short term goals long term goals treatment targets and potential interventions Appendices include quick guides to CBT treatment planning for the 11 disorders and selected major CBT clinical intervention strategies noted throughout the book *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

**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 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 **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      **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      **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 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 Oxford Handbook of Clinical Psychology David H. Barlow, 2014 The Oxford Handbook of Clinical Psychology synthesizes a half century of clinical psychology literature in one extraordinary volume Comprising chapters from the foremost scholars in the field this handbook provides even and authoritative coverage of the research practice and policy factors that combine to form today's clinical psychology landscape It is a landmark publication that is sure to serve as the field's benchmark reference publication for years to come *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.

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