



Case Formulation

Deviance from the norm	Distress	Dysfunctional	Dangerous
Distorted psychological processes	Causes or is the result of distress	An out of the ordinary dysfunctional response	May place themselves in danger

The Four D's

Dimensional Approaches

- Rejects all-or-nothing approach of diagnostic classification system
- Rejects assumption that the mental states of people with mental health problems are qualitatively different from the "normal population"
- People with mental health problems better considered at extreme end of a normal distribution.

Case Formulation

Attempt to identify the processes that lead to/maintain specific Behaviours.

An explanatory hypothesis about the nature of an individual's Problem.

Guided by the theoretical perspective of the therapist.

Help create a treatment plan and enable the effectiveness of that plan to be evaluated.

Case Formulation

"The use of clinical information to draw up a psychological explanation of the client's problems and to develop a plan for therapy." (Davey, 2014, p. 64)

The use of clinical information to draw up a psychological explanation of the client's problems and to develop a plan for therapy.

Construction of formulation dependent on clinician's theoretical orientation.

Case Formulation

Summarize the service user's core problems

➡

Show how the service user's difficulties relate to one another, by drawing on psychological theories

➡

Suggest why the person has developed these difficulties

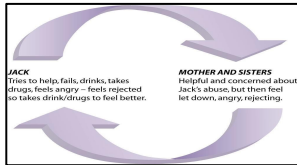
➡

Prepare a plan of intervention

➡

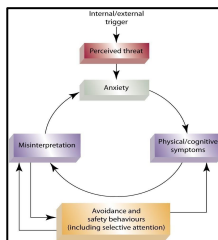
Revise and re-formulate

Case Formulation (Systemic Theory)



Dallos, R. & Stichman, J. (2006). Mapping the family dance. In L. Johnstone & R. Dallos (eds.), Formulation in psychology and psychotherapy. London: Routledge.

A cognitive - behavioural formulation for panic disorder



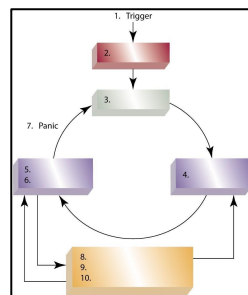
A CBT-based formulation (Bennett, 2011)

- What is troubling the individual?
- What factors have left them vulnerable to any problems they are now experiencing?
- Why have they developed problems now?
- What thoughts are they experiencing that are maintaining their problems?
- What behaviours are they engaged in that are maintaining their problems?

e.g. A CBT-based formulation (Bennett, 2011)



Template formulation diagram for panic disorder



Case Formulation

Would a humanistic therapist approach a formulation in the same way?

Would a therapist be biased in the things they focus on/choose to treat?

Is a "good therapist" one who show awareness of different models?



Advantages of case formulation (Tarrier, 2006)

- Allows flexible understanding of each individual client's problems
- It is collaborative and treats the client with regard
- Firmly based on a theoretical understanding of psychopathology
- Can include information about a client's past history
- It allows the development of treatment strategies moulded to the needs of the individual client



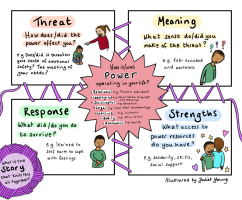
The relationship between patient and therapist

Close personal relationships form the foundation of treatment/psychological intervention

E.g.: it is specifically in the area of establishing and maintaining such relationships that borderline patients experience their greatest difficulty.



Power Threat Meaning Framework (Abraham & Daykin)



The British Psychological Society

Division of Clinical Psychology

