

# Process-Focused Case Formulation

## Problem list

Identify and prioritise difficulties

## Triggers / precipitants for current problem

## Hypothesised mechanism(s)

What mechanism(s) might help to account for the observed problems?

How might these mechanisms be related to the problems?

Consider:

Learning theory: antecedents, behaviours, consequences

Cognitive theory: schemas, precipitants, thoughts, behaviours, emotions

Transdiagnostic cognitive behavioural processes: attention, memory, reasoning, thought, behaviour

Acceptance & mindfulness: experiential avoidance, cognitive fusion, values, lack of / impulsive action

## Origins of mechanisms

## Client's understanding of the relationship between problems and mechanisms

What sense does the client make of the case formulation now?

## Treatment plan

Identify treatment goals. What symptoms will need to be monitored? How?

Which problems & mechanisms should be addressed first?

What therapeutic techniques might you consider?