

Formulation In Psychology And Psychotherapy

Assessment and Case Formulation in Counselling and Psychotherapy

Biljana van Rijn 2014-12-01 This is a thorough and well-structured piece of work, which brings in the recent work of excellent authorities such as Barbara Ingram. It is well arranged, with many examples and case vignettes, which bring the material to life in an engaging way. I enjoyed reading it, and would recommend it unreservedly.' John Rowan, humanistic therapist, private practice 'This is a must-read book for students on courses in counselling, psychotherapy, clinical psychology and psychiatry.' Heather Fowlie, Head of the Transactional Analysis Department, Metanoia Institute, London

Conducting a competent assessment and case formulation can be a daunting task for trainee therapists engaging in clinical assessment for the first time. This book is designed to help, by unpicking the many aspects involved in assessment and case formulation across modalities, practice settings and client groups. The book:

- Explores key elements of clinical assessment including diagnosis, risk assessment, ethical considerations and accounting for difference.
- Highlights the necessary skills, techniques and legal requirements at each stage of the process.
- Takes into account the impact of culture, context and theoretical and practical considerations.
- Uses case studies and reflective questions to illustrate difficult concepts in context.

Equipping you with the knowledge and tools to make successful assessments and case formulations, this is an essential read for trainees and for qualified practitioners wishing to brush up on their understanding. Dr Biljana van Rijn, Faculty Head of Applied Research and Clinical Practice, Metanoia Institute.

Formulation in Psychology and Psychotherapy Lucy Johnstone

2006 Formulation is attracting an increasing amount of interest in the fields of psychology, psychiatry, psychotherapy and counselling. Drawing on psychological theory, it attempts to examine a client or family's problems in terms of how they arose and what may currently be holding these in place. It synthesises this information and explanatory ideas into 'working hypotheses', which are then used to suggest appropriate and effective ways of working to relieve the problems. It can also be described as the key way of relating theory to practice in clinical work.

Formulation in Psychology and Psychotherapy places this growing interest in formulation in a clinical and historical context. It introduces the reader to the theory and practice of formulation through the discussion of two clients (one adult and one child focused problem), whose problems are formulated from the perspective of 5 different therapeutic traditions: systemic, psychodynamic, community, cognitive - behavioural and social constructionist/narrative. It looks at the growing trend for formulations that draw on two or more therapeutic models and includes two chapters dealing with integrative formulation. It offers some creative suggestions for how this can be carried out in a way that is theoretically coherent and clinically effective. The authors also explore the important issue of formulation as a collaborative activity, and consider the ethics of formulation. The final chapter takes a critical overview of the main research, controversies and debates in the area, and gives a guide for using, developing, and researching formulation in a way that maximises its strengths while being aware of its limitations. The book is unique in including newer therapeutic approaches such as narrative therapy and social inequalities; it critiques and takes forward recent work on integration, and provides a lively and challenging critical evaluation of the area as a whole. It guides readers through a complex field in a clear, accessible and engaging way. Both experienced and novice clinicians will be able

to enhance their clinical skills and theoretical knowledge.

Enhancing Clinical Case Formulation Patrick Ryan

2019-12-05 Clinical formulation lies at the heart of how mental health professionals understand psychological distress. It is the application of a framework that cohesively integrates scientific knowledge with the symptoms of distress. In essence, it is the creation of order to what is often experienced as disorder. The aim of this book is to bring awareness to the theoretical and practical opportunities for mental health professionals that exists by using atypical information when adapting typical formulation models. Each chapter reflects some variation in how formulation is defined, conceptualised and practiced, by using information that regularly materializes from professional encounters but often is omitted from the formulation of a particular presenting problem. Chapters on diet and exercise, sleep, spirituality, sexuality and meaning-making highlight how approaches to formulation can be extended to provide additional opportunities for intervention for the client and practitioner. A professional encounter orientated in the manner proposed will generate a type of formulation that will raise interesting and testable hypotheses that can assist in understanding 'stuck' points in therapy, difficulties within the therapeutic relationship, low motivation or inability to engage in particular approaches and will assist in devising person-specific mental health interventions. This book will appeal to clinical psychologists and psychotherapists in practice and training.

Individual Case Formulation Richard Hallam 2013-02-07

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.

Coaching Researched Jonathan Passmore 2020-11-23 A comprehensive review of the practice and most recent research on coaching Coaching Researched: Using Coaching Psychology to Inform Your Research and Practice brings together in one authoritative volume a collection to the most noteworthy papers from the past 15 years from the journal International Coaching Psychology Review. Firmly grounded in evidence-based practice, the writings are appropriate for the burgeoning number of coaching researchers and practitioners in business, health, and education. The contributors offer a scientific framework to support coaching's pedagogy and they cover the sub-specialties of the practice including executive, health, and life coaching. The book provides a comparative analysis in order to differentiate coaching from other practices. Comprehensive in scope, the book covers a wide-range of topics including: the nature of coaching, coaching theory, insights from recent research, a review of various coaching methods, and thoughts on the future of coaching. This important book: Offers a collection of the most relevant research in the last 15 years with commentary from the International Coaching Psychology Review journal's chief editor

Contains information on both the theory and practice of the profession Includes content on topics such as clients and coaching, an integrated model of coaching, evidence-based life coaching, and much more Presents insights on the future of coaching research Written for students, researchers, practitioners of coaching in all areas of practice, Coaching Researched offers an accessible volume to the most current evidenced-based practice and research.

Introduction to the Practice of Psychoanalytic

Psychotherapy Alessandra Lemma 2015-09-23 The 2nd Edition of Introduction to the Practice of Psychoanalytic Psychotherapy, the highly successful practice-oriented handbook designed to demystify psychoanalytic psychotherapy, is updated and revised to reflect the latest developments in the field. Updated edition of an extremely successful textbook in its field, featuring numerous updates to reflect the latest research and evidence base Demystifies the processes underpinning psychoanalytic psychotherapy, particularly the development of the analytic attitude guided by principles of clinical technique Provides step-by-step guidance in key areas such as how to conduct assessments, how to formulate cases in psychodynamic terms and how to approach endings The author is a leader in the field - she is General Editor of the New Library of Psychoanalysis book series and a former editor of Psychoanalytic Psychotherapy

Case Formulation in Cognitive Behaviour Therapy Nicholas Tarrier 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 2013 "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"--EBL.

Psychoanalytic Case Formulation Nancy McWilliams 1999-03-26

What kinds of questions do experienced clinicians ask themselves when meeting a new client for the first time? What are the main issues that must be explored to gain a basic grasp of each individual's unique psychology? How can clinical expertise be taught? From the author of *Psychoanalytic Diagnosis*, the volume takes clinicians step-by-step through developing a dynamic case formulation and using this information to guide and inform treatment decisions. Synthesizing extensive clinical literature, diverse psychoanalytic viewpoints, and empirical research in psychology and psychiatry, Nancy McWilliams does more than simply bring assessment to life - she illuminates the entire psychotherapeutic process.

Specialty Competencies in Group Psychology Sally Barlow

2013-04-25 Written by recognized experts in their respective fields, the books of the Series in Specialty Competencies in Professional Psychology 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.

Specialty Competencies in Psychoanalysis in Psychology Dolores

O. Morris 2014 "In *Specialty Competencies in Psychoanalysis in Psychology*, Morris, Javier, and Herron discuss and delineate the functional and foundational competencies of psychoanalytic practice"--

Handbook of Psychotherapy Case Formulation Tracy D. Eells

2022-02-23 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.

Specialty Competencies in Clinical Psychology Robert A.

DiTomasso 2013-08-15 Written by recognized experts in their respective fields, the books of the Series in Specialty Competencies in Professional Psychology 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.

Psychotherapy Case Formulation Tracy D. Eells 2015 APA offers the Theories of Psychotherapy Series as a focused resource for understanding the major theoretical models practiced by psychotherapists today. Each book presents a concentrated review of the history, key concepts, and application of a particular theoretical approach to the assessment, diagnosis, and treatment of clients. The series emphasizes solid theory and evidence-based practice, illustrated with rich case examples featuring diverse clients. Practitioners and students will look to these books as jewels of information and inspiration.

Case Conceptualization Len Sperry 2020-05-27 Integrating recent research and developments in the field, this revised second edition introduces an easy-to-master strategy for developing and

writing culturally sensitive case conceptualizations and treatment plans. Concrete guidelines and updated case material are provided for developing conceptualizations for the five most common therapy models: Cognitive-Behavioral Therapy (CBT), Psychodynamic, Biopsychosocial, Adlerian, and Acceptance and Commitment Therapy. The chapters also include specific exercises and activities for mastering case conceptualization and related competencies and skills. Also new to this edition is a chapter on couple and family case conceptualizations, and an emphasis throughout on trauma. Practitioners, as well as graduate students in counseling and in clinical psychology, will gain the essential skills and knowledge they need to master case conceptualizations.

Drop the Disorder! Jo Watson 2019-09

Psychodynamic Formulation Deborah L. Cabaniss 2013-03-22
How do our patients come to be the way they are? What forces shape their conscious and unconscious thoughts and feelings? How can we use this information to best help them? Constructing psychodynamic formulations is one of the best ways for mental health professionals to answer questions like these. It can help clinicians in all mental health settings understand their patients, set treatment goals, choose therapeutic strategies, construct meaningful interventions and conduct treatment. Despite the centrality of psychodynamic formulation to our work with patients, few students are taught how to construct them in a clear systematic way. This book offers students and practitioners from all fields of mental health a clear, practical, operationalized method for constructing psychodynamic formulations, with an emphasis on the following steps: DESCRIBING problems and patterns REVIEWING the developmental history LINKING problems and patterns to history using organizing ideas about development. The unique, up-to-date perspective of this book integrates psychodynamic theories with ideas about the role of genetics, trauma, and early cognitive and emotional difficulties

ondevelopment to help clinicians develop effective formulations. Psychodynamic Formulation is written in the same clear,concise style of Psychodynamic Psychotherapy: A ClinicalManual (Wiley 2011). It is reader friendly, full ofuseful examples, eminently practical, suitable for either classroomor individual use, and applicable for all mental healthprofessionals. It can stand alone or be used as a companion volumeto the Clinical Manual.

Unifying Psychotherapy Jeffrey Magnavita 2013-10-03
Print+CourseSmart

Handbook of Psychotherapy Case Formulation, Second Edition Tracy D. Eells 2010-05-14 This indispensable practitioner guide and text serves as a comprehensive primer on case formulation within all of the major therapeutic approaches. Prominent experts offer step-by-step guidelines for developing strong formulations and putting them to use in day-to-day practice. The chapters follow a standard format to allow comparison across models. Coverage includes the conceptual and empirical underpinnings of each approach, the relationship of case formulation to therapeutic technique, issues in treating clients from different backgrounds and with different types of presenting problems, and training resources. Illustrative case material and user-friendly examples of completed formulations are featured throughout.

Formulation as a Basis for Planning Psychotherapy Treatment, Second Edition Mardi J. Horowitz, M.D. 2018-11-12 Formulation as a Basis for Planning Psychotherapy Treatment utilizes a step-by-step structure and copious case illustrations to teach psychiatrists, residents in psychiatry and psychology, social workers, and marriage and family counselors how to plan treatment after the initial diagnosis. This new edition arrives two decades after the first, with revised content, updated case studies, and new insights gleaned over the author's noteworthy career. Clinical formulation, also known as case formulation and problem formulation, is a theoretically-based explanation or

conceptualization of the information obtained from a clinical assessment. Although formulation systems vary by different schools of psychotherapy, the author has adopted and here explores a systematic approach based on an integrative effort. This system of configurational analysis combines concepts derived from psychodynamic, interpersonal, cognitive-behavioral, and family system approaches. After an overview of psychological change processes, each of the five steps of configurational analysis is covered systematically: - Step one involves selecting and describing the patient's currently most important symptoms, signs, problems, and topics of concern. For example, symptoms may consist of trouble sleeping or feelings of depression; signs may include discordant verbal and physical expression; problems may include reluctance to go to work or care for family members; and topics of concern might be unresolved grief the patient feels helpless to process without assistance. Since both patient and therapist want to know if these observable phenomena are changing, this list is modified as treatment progresses.- Step two entails describing states in which the patterns of phenomena do and do not occur, with attention to patterns of shifts in states, especially maladaptive state cycles. The therapist is taught how to aggregate and organize this information by describing states of mind--for example, undermodulated (e.g., unthinking rage) or overmodulated (e.g., numbness and lack of affect).- Step three involves describing the challenging topics that patients may both approach and avoid because they are conflicted or unresolved, as well as the obstacles patients may create to divert attention from those topics. For example, patients may avoid a topic or shift attention from it by changing the subject and so forth.- Step four entails describing the organizing roles, beliefs, and scripts of expression and action that seem to organize repetitions in each state, with an effort made to identify dysfunctional attitudes and how these may have evolved from past attachments and traumas. - Finally, step five involves figuring out how to stabilize working

states by enhancing the therapeutic alliance and helping the patient contain and master emotional attitudes. At this point, the clinician plans how to counteract avoidances by direction of attention and promotes adaptive social cognitive capacities. From surface observation to deeper inferences, Formulation as a Basis for Planning Psychotherapy Treatment transcends DSM diagnoses, helping clinicians to use information gleaned in the immediacy of the moment to make sound, sensitive, and effective psychotherapeutic decisions.

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.

The Little Psychotherapy Book Allan Frankland 2010-04-28 Aimed at beginning therapists and those new to object relations, this concise work introduces the reader to the practice of psychodynamic psychotherapy from an object relations (O-R) perspective in a dynamic and easy-to-follow way. One of the four main schools of psychodynamic psychotherapy, O-R is regarded as particularly challenging, both conceptually and practically. The book presents object relations in a clear and concise manner that makes it especially applicable for regular use in the clinical setting. Moreover, the author writes in a narrative style similar to actual psychotherapy supervision; dialogues between a therapist and a fictitious patient appear throughout the book to illustrate common clinical situations. Designed to complement actual training in psychotherapy, the book suggests ways in which the therapist can incorporate object relations tools with other forms of therapy, regardless of the clinical setting. Ideal for students, trainees, and clinicians in psychiatry, psychology, social work, family medicine, and psychiatric nursing, The Little Psychotherapy Book will prove invaluable for any reader seeking a helpful and succinct introduction to object relations in psychotherapy.

Assessment and Case Formulation in Cognitive Behavioural Therapy Sarah Corrie 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.

Specialty Competencies in Clinical Child and Adolescent

Psychology Alfred J. Finch, Jr. 2012-02-03 The specialty of clinical child and adolescent psychology has a history that dates back to the turn of the century when the first psychological clinic for children was reportedly established. As it is currently applied, this broad and wide-ranging specialty took organizational shape from the 1960s through the 1990s, and today child and adolescent psychology shares many characteristics and plays a collaborative role other specialties within professional psychology. These include clinical psychology, cognitive and behavioral psychology, school psychology, and clinical health psychology. In this volume, Dr. Finch and his co-authors provide a comprehensive demonstration of the competencies involved in this specialty, extending far beyond the scope of the age of its identified patient population. Offering an evidence-based best practices model of intervention informed by an integration of multiple professional competencies from a range of other specialty areas, this book is an invaluable resource for all those interested in pursuing the clinical child and adolescent specialty practice. 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.

CBT Case Formulation as Therapeutic Process Giovanni Maria Ruggiero 2021-04-09 This book reasserts the importance of case formulation as the first step in implementing effective cognitive behavioral therapies (CBT), centering it as the main operative tool of CBT approaches by which the therapist handles the whole psychotherapeutic process. Chapters discuss specific CBT interventions and components of the treatment, aspecific factors including therapeutic alliance and relationship, and theoretical and historical background of CBT practices. In addition, the book assumes that in CBTs the case formulation is a procedure which is continuously shared and reevaluated between patient and therapist throughout the course of treatment. This aspect is increasingly becoming the distinguishing feature of CBT approaches as it embodies CBT's basic tenets and implies full confidence in patients' conscious agreement, transparent cooperation and explicit commitment with CBT's model of clinical change.

Clinical Case Formulations Barbara Lichner Ingram 2011-12-13
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 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

Roots Of Psychotherapy Carl A. Whitaker 2014-05-12 First published in 1994. This monograph proposes a scientific formulation of the art of psychotherapy. The recent recognition of this treatment process as a separate discipline makes imperative the understanding of its nature and the comprehension of those features common to all forms of psychotherapy, regardless of differences in technique or in school orientation. The book is divided into three sections: (1) Foundation deals with the relationship of psychotherapy to general biology, especially to growth and adaptation, and with the common features as well as the differences in the major approaches to psychotherapy; (2) Process presents a formulation of the essential phases and the dynamics of any psychotherapeutic relationship; and (3) Techniques presents some techniques which the authors have found useful in their own work as psychotherapists.

Case Formulation in Emotion-focused Therapy Rhonda N. Goldman 2015 Emotion-focused therapy (EFT) views clinical disorders as, at base, emotional disorders. Case formulation in EFT represents an organizing framework and a map to help

therapists specifically address these emotional problems. This book presents a detailed, concrete, step-by-step process for constructing an emotion-focused case formulation, ready for use with clients. EFT case formulation focuses on the client's narrative content (the stories they tell) as well as emotional processing (how the client feels). By attending to the interaction between these two things and paying particular attention to the painful emotion underlying the presenting problem, therapists can make moment-to-moment decisions about how to proceed in therapy. As a result, clients change maladaptive emotions and create more adaptive meaning of events and feelings. The chapters present each stage of case formulation in depth, followed by case examples that apply the case formulation method to a cross-section of clinical disorders, including depression, anxiety, trauma, and eating disorders.

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 Action David Dawson 2015-01-01 When people seek psychological support, formulation is the theory-driven methodology used by many practitioners to guide identification of the processes, mechanisms, and patterns of behaviour that appear to be contributing to the presenting difficulties. However, the process of formulating - or applying psychological theory to practice - can often seem unclear. In this volume, we present multiple demonstrations of formulation in action - written by applied psychologists embedded in clinical training, research, and practice. The volume covers a range of contemporary approaches to formulation and therapy that have not been considered in extant works, and includes unique sections offering critical counter-perspectives and commentaries on each approach (and its application) by authors working from alternative theoretical positions.

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 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.

Formulation in Psychotherapy Connor Whiteley 2020-11-15

Whether you're a student or a trained professional, this book will be useful. Formulation in psychology and psychotherapy is an important skill that is needed in clinical psychology, and many professional organisations require you to have this skill. This book will help you to start developing this critical skill. So... - Do you want to know what formulation is? - Do you want to know how to formulate in therapy? - Do you want to learn how the different therapies use formulation in their own way? If the answer to these questions is yes, then this book is for you as you'll learn a lot of great in-depth information about formulation and its different approaches in an easy to understand way. By the end of this book you will: - What Formulation in Psychology is? - Why Formulation is important? - How formulation in CBT is done? -

How the different approaches apply formulation in different interesting ways? - And much more... If you're interested in formulation, then you'll enjoy the book! BUY TODAY TO LEARN ABOUT FORMULATION! Formulation in Psychotherapy Content: This book includes information on the following topics: - What is Formulation in Psychotherapy? - CBT Formulation - Case Formulation in Psychology - Psychodynamic Formulation - Systemic Formulation - Integrative Approach to Formulation - Formulation and Narrative Therapy - Team Formulations - Formulation Health Settings - The Problems and Debates around Formulation - And More...

Case Formulation with Children and Adolescents Katharina Manassis 2014-05-19 Highly practical and accessible, this book shows how to synthesize complex information about child and adolescent mental health problems into clinically useful, dynamic case formulations. Strategies and tools are provided for analyzing the biological, psychological, social, cultural, spiritual, and developmental factors that may be contributing to the difficulties of clients ages 4-18. Numerous case examples illustrate the steps in crafting a comprehensive formulation and using it to plan effective, individualized treatment. Strategies for overcoming frequently encountered pitfalls in case formulation are highlighted throughout.

Formulation in Psychology and Psychotherapy Lucy Johnstone 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.

Personality and Psychotherapy Jefferson A. Singer 2005-08-25

"Showing how and why contemporary personality science matters in the clinical context, this book offers eminently practical tools for psychotherapists from any disciplinary background, and will also be of interest to personality and social psychologists. It is an ideal text for advanced undergraduate courses and for graduate seminars taught within clinical training programs."--BOOK JACKET.

The Oxford Handbook of Clinical Psychology David H. Barlow 2014-03-31 The exponential growth of clinical psychology since the late 1960s can be measured in part by the extensive-perhaps exhaustive-literature on the subject. This proliferation of writing has continued into the new century, and the field has come to be defined as much by its many topics as its many voices. The Oxford Handbook of Clinical Psychology synthesizes these decades of literature in one extraordinary volume. Comprising chapters from the foremost scholars in clinical psychology, the handbook provides even and authoritative coverage of the research, practice, and policy factors that combine to form today's clinical psychology landscape. In addition to core sections on topics such

as training, assessment, diagnosis, and intervention, the handbook includes valuable chapters devoted to new and emerging issues in the clinical field, including health care reforms, cultural factors, and technological innovations and challenges. Each chapter offers a review of the most pertinent literature, outlining current issues and identifying possibilities for future research. Featuring two chapters by Editor David H. Barlow -- one on changes during his own 40-year odyssey in the field, the other projecting ten themes for the future of clinical psychology -- The Oxford Handbook of Clinical Psychology is a landmark publication that is sure to serve as the field's benchmark reference publication for years to come. It is an essential resource for students, clinicians, and researchers across the ever-growing clinical psychology community.

Clinical Case Formulation Peter Sturmey 2009-08-20 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

Formulation in Psychology and Psychotherapy Lucy Johnstone 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.

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