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□Despite integrative case formulation being referred to as the core skill of a trained psychotherapists, and despite published attempts to explain what it is and how to do it, in practice, psychotherapists have difficulty developing these skills and have high degrees of uncertainty as to what is required. The challenge

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is not so much ascertaining what should be included in a formulation but rather linking it to the development of a comprehensive and individualized treatment plan.(

### **CASE FORMULATION AND TREATMENT PLANNING IN PSYCHOTHERAPY ...**

Formulation is the process of making sense of a person's difficulties in the context of their relationships, social circumstances, life events, and the sense that they have made of them. It is a bit like a personal story or narrative that a psychologist or other professional draws up with an individual and, in some cases, their family and carers.

### **Formulation - The Psychological alternative to Diagnosis**

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## **Formulation in Psychology and Psychotherapy: Making sense ...**

The genesis of this book came from years of teaching psychotherapy case formulation to clinical psychology graduate students and psychiatry residents. Initially, I taught multiple models of case formulation, assuming that students would pick and choose from the methods that best suited

## **Psychotherapy Case Formulation**

This DVD presents an evidence-based, integrative method of psychotherapy case formulation that can be adapted to single-theory approaches to therapy, any specific treatment manual, or



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any component of a theory or manual.

## **Case Formulation in Psychotherapy**

This is a Psychology Tools case formulation (case conceptualization) diagram. Put simply, case formulation is one method of a client and therapist coming to shared understanding of a difficulty. The formulation contextualizes the difficulty, making its origin and maintenance understandable.

## **Friendly Formulation - Psychology Tools**

Formulation in Psychology and Psychotherapy (Routledge, 2013), and author of A Straight-Talking Guide to Psychiatric Diagnosis (PCCS Books, 2014). She is former director of the Bristol Clinical .

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