

Worksheet

Professional Version | US English

Belief Driven Formulation



Description

The *Belief-Driven Formulation* is a core-belief-driven cross-sectional cognitive behavioral case conceptualization. Formulations of this type help to illustrate the critical role of underlying beliefs in the client's interpretation of a particular situation. They can inform how a client's beliefs can bias/prejudice their perception of situations. A formulation of this type can be particularly useful alongside discussion of schema bias / schema prejudice where it can motivate and inform schema change work.

Instructions

When using this conceptualization diagram, it may be helpful if you already have ideas about the client's relevant underlying schemas. Alternatively, it can be used in a more exploratory way with questions such as:

Suggested Question



- *Thinking about the situation we have outlined [cross-sectional component of the formulation], what kinds of beliefs about yourself, the world, or your future do you think shaped how you interpreted this situation?*

Clients can be helped to think about the impact of their core beliefs with questions such as:

Suggested Questions



- *If you held a different belief about yourself how do you think you might have interpreted this situation?*
- *Think about a selection of people you know, how do you think they would react in this situation? Why?*

References

Eells, T. D. (Ed.). (2011). *Handbook of psychotherapy case formulation*. Guilford Press.

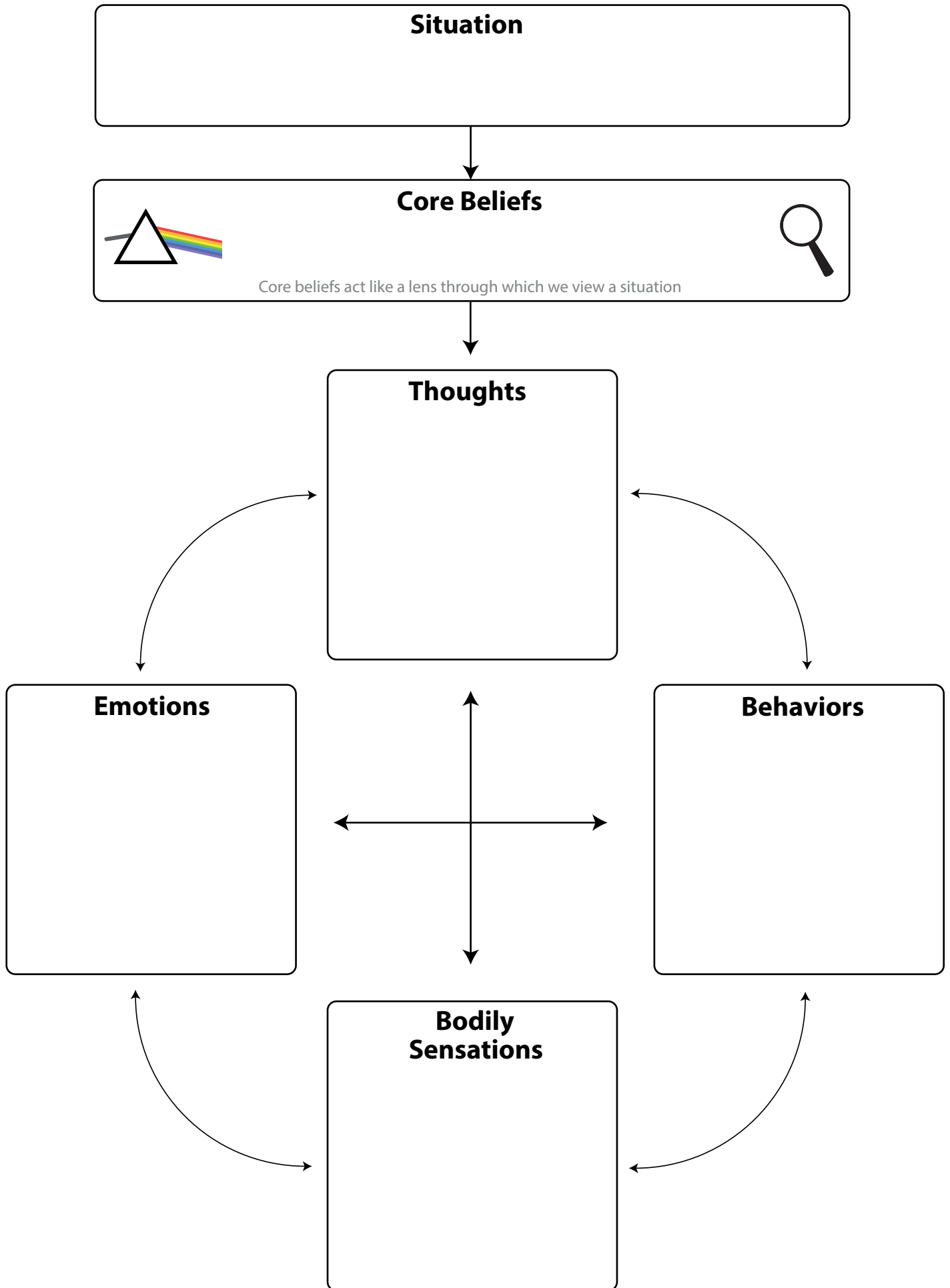
Johnstone, L., & Dallos, R. (2013). *Formulation in psychology and psychotherapy: Making sense of people's problems*. Routledge.

Kuyken, W., Padesky, C. A., & Dudley, R. (2008). *Collaborative case conceptualization: Working effectively with clients in cognitive-behavioral therapy*. Guilford Press.

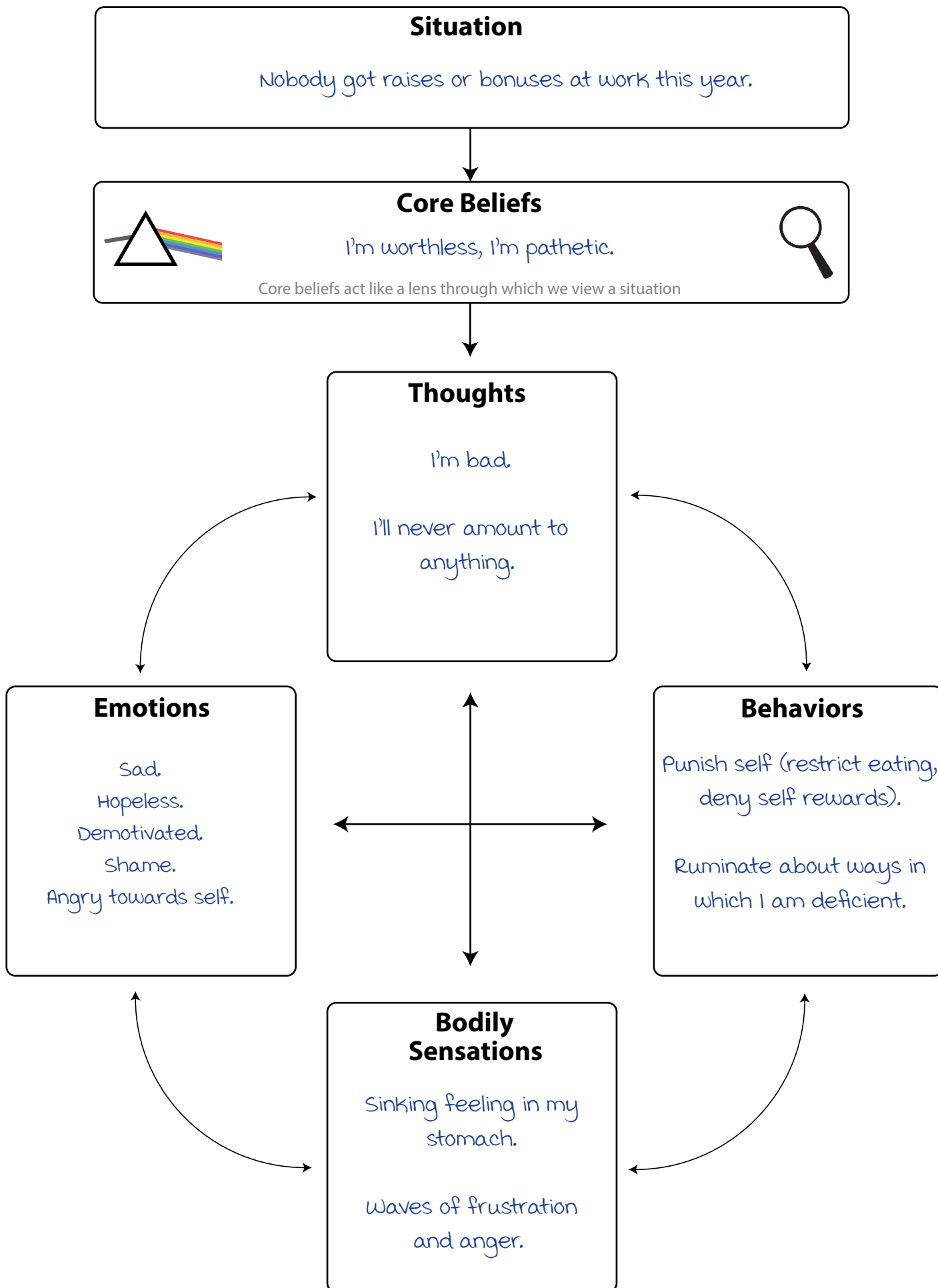
Persons, J. B. (2012). *The case formulation approach to cognitive-behavior therapy*. Guilford Press.

Tarrier, N., & Johnson, J. (Eds.). (2015). *Case formulation in cognitive behaviour therapy: The treatment of challenging and complex cases*. Routledge.

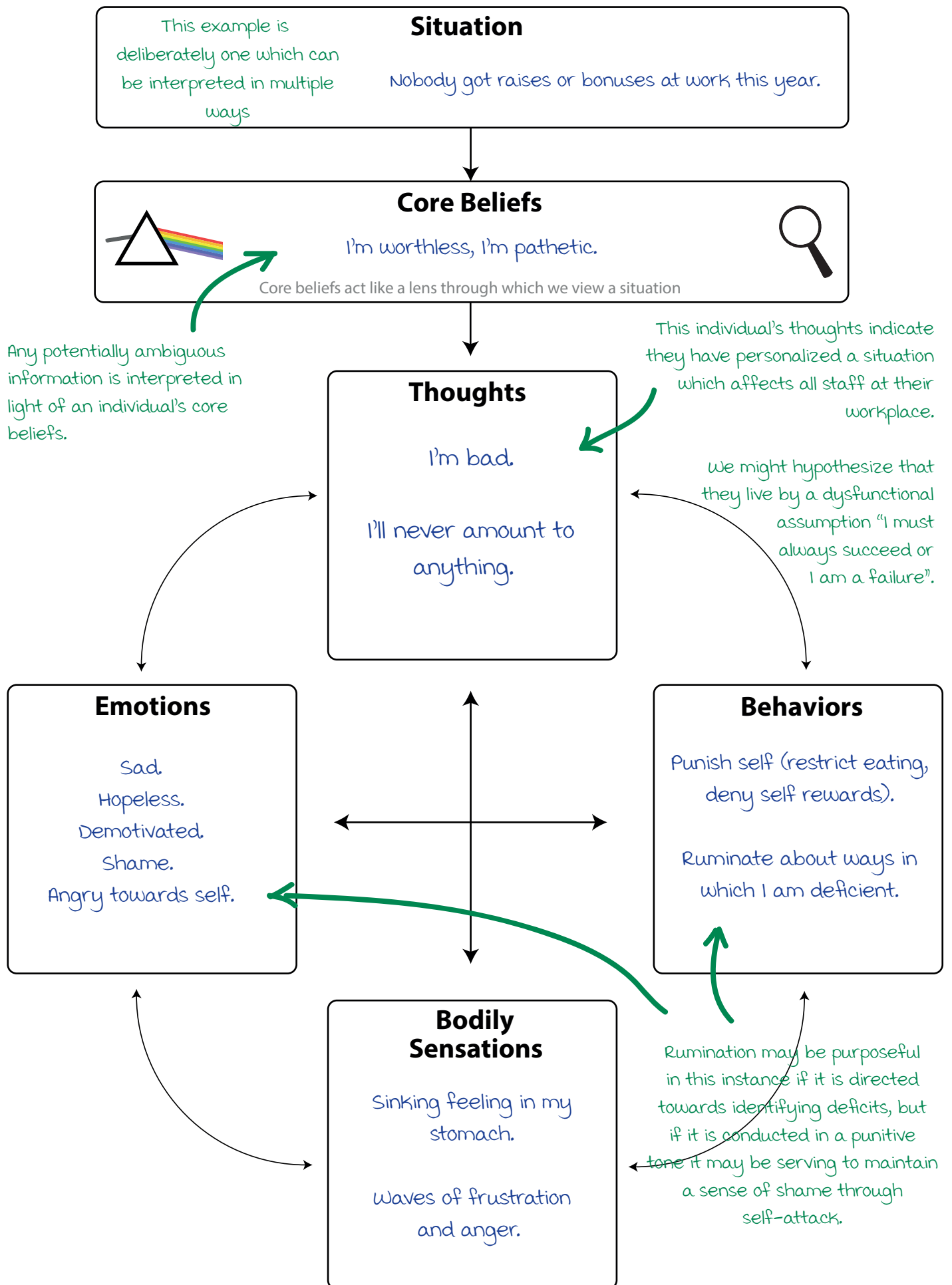
Belief Driven Formulation



Belief Driven Formulation



Belief Driven Formulation



Psychology Tools develops and publishes evidence-based psychotherapy resources. We support mental health professionals to deliver effective therapy, whatever their theoretical orientation or level of experience.

Our digital library encompasses information handouts, worksheets, workbooks, exercises, guides, and audio skills-development resources.

Our tools are flexible enough to be used both in-session and between-session, and during all stages of assessment, formulation, and intervention. Written by highly qualified clinicians and academics, materials are available in digital and printable formats across a wide range of languages.



Resource details

Title: Belief Driven Formulation
 Type: Worksheet
 Language: English (US)
 Translated title: Belief Driven Formulation

URL: <https://www.psychologytools.com/resource/belief-driven-formulation/>
 Resource format: Professional
 Version: 20230721
 Last updated by: EB

Terms & conditions

This resource may be used by licensed members of Psychology Tools and their clients. Resources must be used in accordance with our terms and conditions which can be found at: <https://www.psychologytools.com/terms-and-conditions/>

Disclaimer

Your use of this resource is not intended to be, and should not be relied on, as a substitute for professional medical advice, diagnosis, or treatment. If you are suffering from any mental health issues we recommend that you seek formal medical advice before using these resources. We make no warranties that this information is correct, complete, reliable or suitable for any purpose. As a professional user, you should work within the bounds of your own competencies, using your own skill and knowledge, and therefore the resources should be used to support good practice, not to replace it.

Copyright

Unless otherwise stated, this resource is Copyright © 2023 Psychology Tools Limited. All rights reserved.