Worksheet

Professional Version | US English

Cognitive Case Formulation



Description

The Cognitive Case Formulation is a tool to help the clinician record essential case information, to assist them in understanding the relationship between past events and current experiences, and to generate hypotheses regarding beliefs, assumptions, and coping strategies.

This case formulation tool is adapted from a Beckian approach to case conceptualization (Beck, 2011; Beck et al., 1979). It aims to help therapists derive core beliefs from an analysis of current events, and to understand compensatory assumptions and behavior. This information can be used to aid client understanding of dysfunctional reactions and behavior and to suggest treatment intervention targets.

Instructions

This is a case formulation (case conceptualization) diagram. Put simply, case formulation is one method of a client and therapist coming to a shared understanding of a difficulty. The formulation contextualizes the difficulty, making its origin and maintenance understandable. In general, case formulations are best completed collaboratively, with clients positioned as the 'experts in themselves'. The *Cognitive Case Formulation* tool is likely to be too confusing for most clients and serves better as a resource for therapists to structure their observations and reflections.

References

Beck, A. T., Rush, A. J., Shaw, B. F., Emery, G. (1979). Cognitive therapy of depression. New York: The Guilford Press.

Beck, J. (2011). Cognitive therapy: basics and beyond. New York: The Guilford Press.

Cognitive Case Formulation Situation **Automatic thought** Meaning of the **Emotion Behavior** automatic thought If that thought were true, hat would it say about you? Situation **Automatic thought** Meaning of the **Emotion Behavior** automatic thought Situation **Automatic thought** Meaning of the **Emotion Behavior** automatic thought Patterns suggest ! hypotheses regarding **Core Beliefs Triggers Early experiences** What core beliefs emerge from thought records? What core beliefs are suggested by early or significant life experiences? What kinds of situation What significant life experiences are likely to have are likely to activate these core beliefs? influenced core beliefs? **Conditional assumptions** What rules or assumptions help this individual to cope with their core beliefs? **Coping strategies** What does this individual do to cope with their beliefs? What are the intended and unintended consequences of their coping strategies? What coping strategies are well or poorly developed?

by Paul Green on 2023-11-08 at 14:31:37. Customer ID cus_Oq8EDzpNqi2edn

Cognitive Case Formulation Situation **Automatic thought** Meaning of the **Emotion** Behavior automatic thought A man touched me Scared. Froze, didn't report it. I must have 'victim' I'm weak, other people Got off at the next stop inappropriately on the written on my forehead Sad. can do what they want. train on my way to work. for people to take and walked the rest of If that thought were true, the way. advantage like that. vhat would it say about you? Situation Meaning of the **Emotion Automatic thought Behavior** automatic thought Anxious. Customer got aggressive I can't handle this. Escaped to the toilets with me at work. I'm going to cry. I'm pathetic. Tearful. and had a cry. 1'm vulnerable. Situation Meaning of the **Emotion Behavior** Automatic thought automatic thought Friend cancels an Oh this is typical! Sad. Told her not to worry This just confirms it appointment (again!) She knew this was Resigned. about it. 1 don't matter. important to me. Patterns suggest hypotheses regarding **Core Beliefs Triggers** Early experiences What core beliefs emerge from thought records? Opportunities to do · Parents not nurturing. What core beliefs are suggested by early or significant life experiences? Witnessed lots of things for people. arguments in the · Confrontation, I don't matter. household when disappointment, I'm vulnerable. growing up. criticism. Other people are critical. Bullied in all of the meeting new people. schools I went to. Nobody will help me. What kinds of situation What significant life are likely to activate experiences are likely to have these core beliefs? influenced core beliefs? **Conditional assumptions** What rules or assumptions help this individual to cope with their core beliefs?

If I'm useful / If I make myself essential then I'm OK.

If I assert my needs then I'll be ignored or rejected - don't speak up.

If I let people get too close to me then they'll hurt me.

Coping strategies

What does this individual do to cope with their beliefs?
What are the *intended* and *unintended* consequences of their coping strategies?
What coping strategies are *well* or *poorly* developed?

Quick to appease, inconveniences self for others > tired.

Doesn't speak up if mistreated - poorly developed skills in assertiveness > feels powerless in interactions with the world.

Keeps problems to self.

Doesn't socialize easily / superficial relationships > unintended consequence of not being valued by many people.

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