

Worksheet

Professional Version | US English

Longitudinal Formulation 1



Description

The *Longitudinal Formulation* is a longitudinal CBT case formulation which addresses the crucial 5 p factors (presenting, predisposing, precipitating, perpetuating, positives). This diagram also includes a cross-sectional component (thoughts, feelings, behaviors, and physical sensations associated with a specific here-and-now situation). This style of formulation can help draw client's attention to the links between their underlying beliefs (schemas), and their patterns of thinking and behaving in the here-and-now.

Instructions

This is a 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. Case formulations are best completed collaboratively, with clients positioned as the 'experts in themselves'.

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.

Case Formulation

Precipitating Events / Triggers

Early Experiences

Core Beliefs

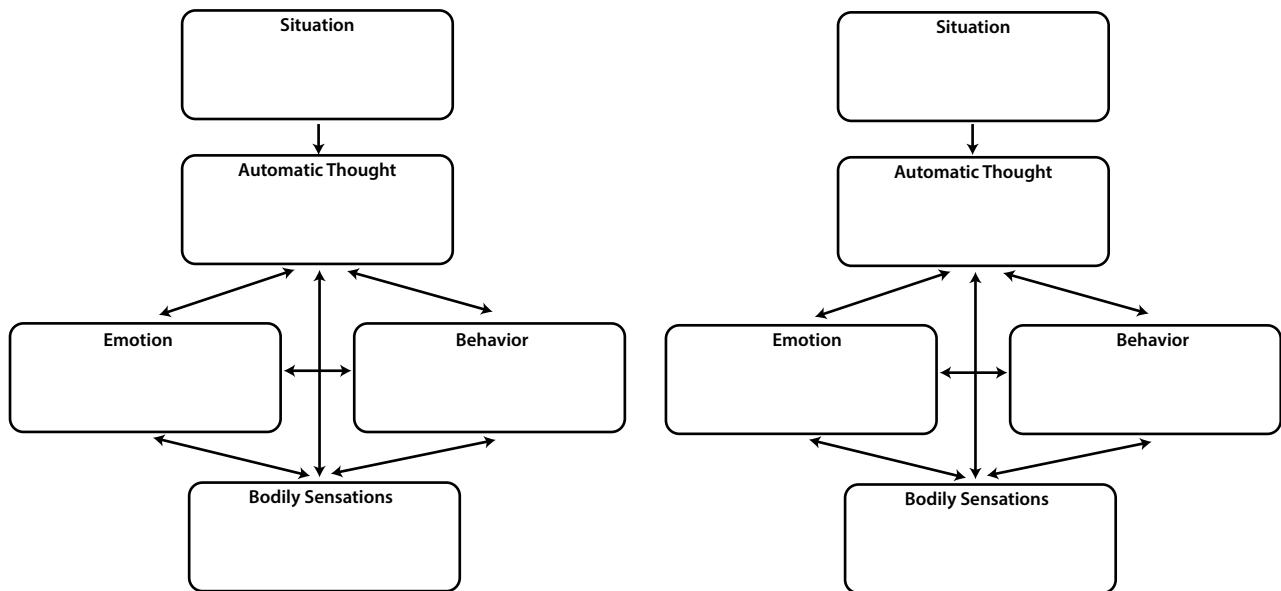
Bad
Not good enough
Unacceptable
Worthless
Unlovable
Unimportant
Inferior
Stupid

Old Rules For Living

(If... Then...)

Presenting Problems / Effects Of These Old Rules

Are these rules working for you?



Protective Factors

New Rules For Living

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