

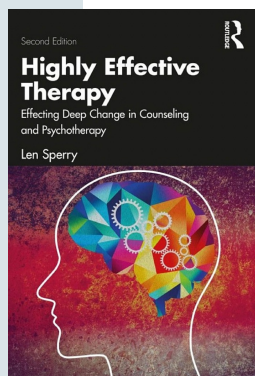
# CASE CONCEPTUALIZATION & TREATMENT PLANNING

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**Sunshine Coast  
Health Centre**  
A Non-12 Step Mental Health Program

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Markers of Therapeutic Effectiveness	Minimally Effective	Adequately Effective	Highly Effective
1. Make and implement effective clinical decisions		(+)	x
2. Develop an effective therapeutic alliance	x	x	x
3. Assess readiness and treatment-promoting factors			x
4. Resolve resistance and ambivalence		x	x
5. Resolve therapeutic alliance strains and ruptures	(+)	(+)	x
6. Resolve transference-countertransference enactments	x	x	x
7. Perform an integrative diagnostic assessment			x
8. Specify an accurate DSM diagnosis	(+)	x	x
9. Develop a CC*—clinical formulation			x
10. Develop a CC*—cultural formulation			x
11. Develop a CC*—treatment formulation			x
12. Draft an integrative clinical case report	x	x	x
13. Establish a treatment focus			x
14. Maintain the treatment focus			x
15. Effect therapeutic change		(+)	x
16. Plan and implement culturally-sensitive interventions	x	x	x
17. Resolve treatment-interfering factors		(+)	x
18. Monitor progress and revise treatment accordingly			
19. Evaluate progress and prepare clients for termination			
20. Utilize supervision to add, enhance, evaluate competencies			

\* = Case conceptualization, x = present, (+) = partially present.



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Markers of Therapeutic Effectiveness	Minimally Effective	Adequately Effective	Highly Effective
1. Make and implement effective clinical decisions		(x)	x
2. Develop an effective therapeutic alliance	x	x	x
3. Assess readiness and treatment-promoting factors			x
4. Resolve resistance and ambivalence		x	x
5. Resolve therapeutic alliance strains and ruptures	(x)	(x)	x
6. Resolve transference-countertransference enactments	x	x	x
7. Perform an integrative diagnostic assessment			x
8. Specify an accurate DSM diagnosis	(x)	x	x

9. Develop a CC*—clinical formulation	(x)	x	x
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- Highly effective therapists think, act, and reflect differently
- Critical thinking, analysis, and professional judgement in assessing and making clinical decisions
- Goal directed and intentional- balance client direction with goal achievement
- Evidenced based interventions

## EXAMPLE- SKILL VERSUS COMPETENCY

EMPATHY- can be practiced by almost anyone

COMPETENCY IN EMPATHY-

KNOWLEDGE- empathy knowledge

SKILL- empathetic communication skills

ATTITUDE- empathetic stance

### CASE CONCEPTUALIZATION –

clinical strategy for obtaining and organizing information about a client, explaining the client's situation and maladaptive patterns, guiding and focusing treatment, anticipating challenges and roadblocks, and preparing for successful termination (Sperry & Sperry, 2020)



When case conceptualizations are communicated to clients it increases their trust and belief in the work as effective



Case conceptualizing increases therapist confidence (Sperry & Sperry, 2021)



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**Table 9.1** Elements of a Clinical Formulation

Element	Description
<b>Presentation</b>	The client's characteristic response to precipitants. The type and severity of symptoms, history, course of illness, diagnosis, and individual, relational and systemic behaviors including collusion, coalitions, communications, and level of well-being
<b>Precipitant</b>	The triggers or stressors that activates the pattern resulting in the Presentation
<b>Predisposition</b>	All the intrapersonal, interpersonal, and systemic factors, including attachment style and trauma, which render a client vulnerable to maladaptive functioning; includes strengths and protective factors as well as risk factors
<b>Perpetuants</b>	Also referred to as maintaining factors, these are processes by which a client's pattern is reinforced and confirmed by both the client and the client's environment
<b>Pattern</b>	The client's characteristic way of perceiving, thinking, and responding, which is reflected in the client's presentation or presenting symptoms or concern as well as related precipitants, predispositions, and perpetuants

# EXAMPLE- Case Conceptualization- CBT



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**STRENGTH-BASED COGNITIVE CONCEPTUALIZATION  
DIAGRAM QUESTIONS**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**RELEVANT LIFE HISTORY (including accomplishments, strengths, personal qualities and resources prior to current difficulties)**  
What experiences contributed to the development and maintenance of the adaptive core belief(s)? What have the client's strengths, skills, personal and material assets, and positive relationships been like? What are the client's skills, strengths and positive qualities? What internal and external resources does the client have?

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**ADAPTIVE CORE BELIEFS (prior to onset of current difficulties)**  
What are the client's most central adaptive beliefs about themselves? others? the world?

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**ADAPTIVE INTERMEDIATE BELIEFS: ASSUMPTIONS, RULES, ATTITUDES (prior to onset of current difficulties)**  
What general assumptions, rules, attitudes and values does the client have?

---

**ADAPTIVE PATTERNS OF BEHAVIOR (prior to onset of current difficulties)**  
What adaptive coping strategies and behaviors does the client display?

SITUATION #1 What was the problematic situation?	SITUATION #2	SITUATION #3
<b>AUTOMATIC THOUGHT(S)</b> What went through the client's mind?	<b>AUTOMATIC THOUGHT(S)</b>	<b>AUTOMATIC THOUGHT(S)</b>
<b>EMOTIONS</b> What emotions were associated with the automatic thought?	<b>EMOTIONS</b>	<b>EMOTIONS</b>
<b>BEHAVIOR</b> What did the client do that was helpful?	<b>BEHAVIOR</b>	<b>BEHAVIOR</b>

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**RELEVANT LIFE HISTORY (including accomplishments, strengths, personal qualities and resources prior to current difficulties)**

What experiences contributed to the development and maintenance of the adaptive core belief(s)? What have the client's strengths, skills, personal and material assets, and positive relationships been like? What are the client's skills, strengths and positive qualities? What internal and external resources does the client have?

**ADAPTIVE CORE BELIEFS (prior to onset of current difficulties)**

What are the client's most central adaptive beliefs about themselves? others? the world?

**ADAPTIVE INTERMEDIATE BELIEFS: ASSUMPTIONS, RULES, ATTITUDES (prior to onset of current difficulties)**

What general assumptions, rules, attitudes and values does the client have?

<b>ADAPTIVE PATTERNS OF BEHAVIOR (prior to onset of current difficulties)</b> What adaptive coping strategies and behaviors does the client display?		
<b>SITUATION #1</b> What was the problematic situation?	<b>SITUATION #2</b>	<b>SITUATION #3</b>
<b>AUTOMATIC THOUGHT(S)</b> What went through the client's mind?	<b>AUTOMATIC THOUGHT(S)</b>	<b>AUTOMATIC THOUGHT(S)</b>
<b>EMOTIONS</b> What emotions were associated with the automatic thought?	<b>EMOTIONS</b>	<b>EMOTIONS</b>
<b>BEHAVIOR</b> What did the client do that was helpful?	<b>BEHAVIOR</b>	<b>BEHAVIOR</b>

**PART FIVE: TREATMENT PLAN**

**OVERALL TREATMENT PLAN:**

**PROBLEM LIST/CLIENT'S GOALS AND EVIDENCE-BASED INTERVENTIONS (INCLUDE UP TO FIVE):**

**Problem/Goal #1:**  
**Interventions:**

**Problem/Goal #2:**  
**Interventions:**

**Problem/Goal #3:**  
**Interventions:**

**Problem/Goal #4:**  
**Interventions:**

**Problem/Goal #5:**  
**Interventions:**

# EXAMPLE- Case Conceptualization- F-ACT

## Four Square Tool

	Avoidance / Controls Suffering	Approach / Supports Flourishing
Actions		
Thoughts		
Emotions		
Sensations		

**Note:** The full list of internal events you may wish to record in the two bottom squares are thoughts, emotions, action tendencies, memories, and sensations. Choose those that are appropriate for the case.

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## Pillars Assessment Tool

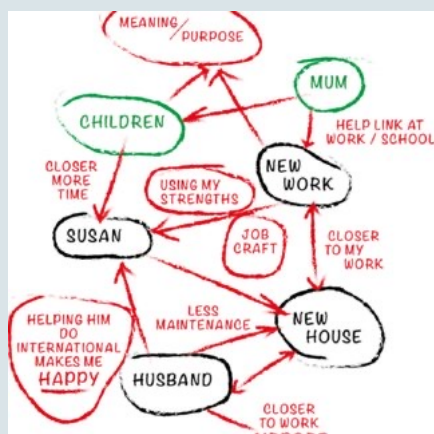
Use this tool to assess the client's functioning in each pillar and to plan interventions that might promote greater psychological flexibility. Ask yourself:

1. What are the client's strengths and weaknesses?
2. Is there a pillar that is a priority target for skill development at this point in time?

Open	Aware	Engaged
<ul style="list-style-type: none"> <li>Accepts distressing thoughts and feelings</li> <li>Creates a safe observational distance from distressing thoughts and feelings</li> <li>Uses experiences to inform behavior, rather than habits and rules</li> </ul>	<ul style="list-style-type: none"> <li>Intentionally focuses on present moment experience</li> <li>Uses self-reflective awareness to promote sensitivity to context</li> <li>Can change perspectives on stories told about self and others</li> </ul>	<ul style="list-style-type: none"> <li>Speaks about values with emotion, recalls moments of values-in-action, and accepts vulnerability that comes with caring</li> <li>Plans and implements behavior change experiments that promote vitality</li> </ul>
Strengths	Strengths	Strengths
Deficits	Deficits	Deficits
Targets	Targets	Targets

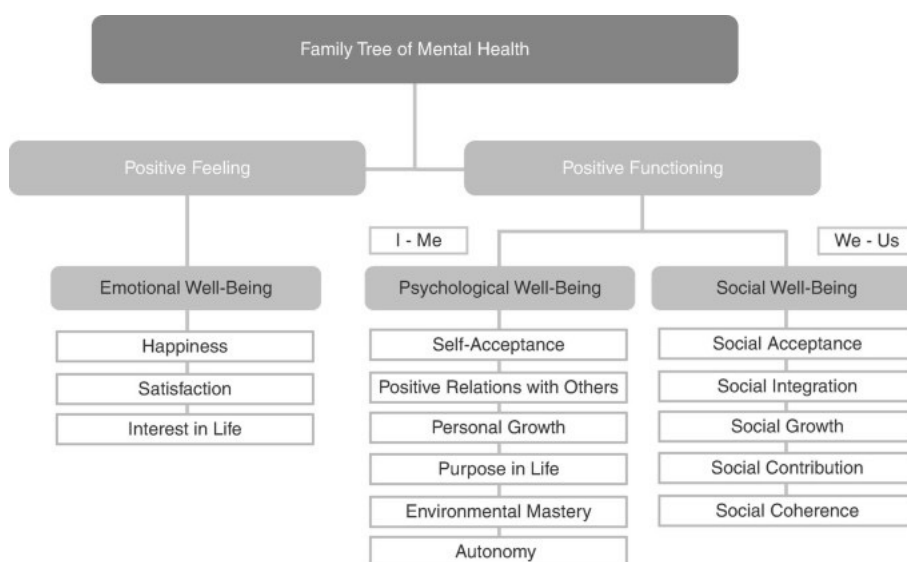
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## EXAMPLE- Case Conceptualization- Positive Psychology



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## EXAMPLE- Case Conceptualization- Prolonged Exposure Therapy

