

## **The Case Formulation Approach to Cognitive-behavior Therapy**

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**International Congress of Cognitive Psychotherapy**  
Hong Kong, June 24, 2014, 9:30 a.m. – 18:00 p.m.

Introductions and plan for the day

Why do case formulation-guided treatment?

Developing a formulation and using it to guide intervention

Formulation and intervention at the level of the symptom/behavior

11:00 – 11:30 COFFEE BREAK

Formulation and intervention at the level of the disorder

Formulation and intervention at the level of the case

13:00 – 14:30 LUNCH BREAK

Audiotape exercise: Develop an initial formulation of the case of Judy based on the first 12 minutes of the initial interview

Monitoring progress

16:00 – 16:30 COFFEE BREAK

Putting it all together: Using the formulation and progress monitoring data to overcome failure

Finishing up: Review of goals and action plans

Handouts are available at [www.cbtscience.com](http://www.cbtscience.com) on the Training page

## Goals for the Workshop Today



- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Action Items



- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Plan for the Day

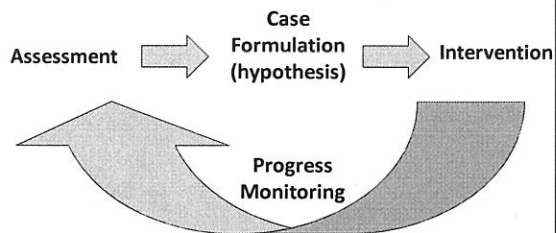


- Why do case formulation-guided treatment?
- Developing formulations and using them to guide intervention
  - Symptom/behavior
  - Disorder/problem
  - Case
- Progress monitoring
- Putting it all together

## case formulation-driven CBT helps the therapist solve these problems

- ✓ Multiple disorders and problems
- ✓ No ESTs for many disorders
- ✓ Problem behaviors impede treatment
- ✓ Nonresponse is common

## A Case Formulation-driven Approach to Cognitive-behavior Therapy



## case formulation-driven CBT helps the therapist solve these problems

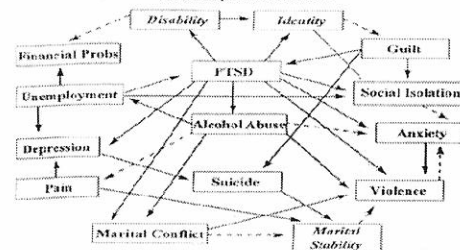
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## Definition of Formulation

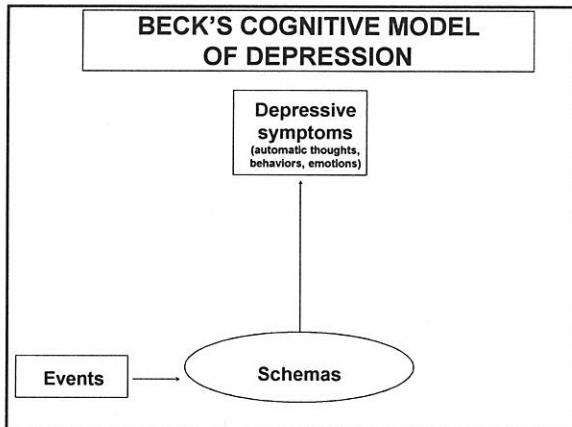
A formulation is a hypothesis about the mechanisms (e.g., schemas, contingencies) that cause and maintain a patient's symptoms, problems, and disorders.

## Most clients have multiple disorders and problems

Initial Schematic of the Interrelations Among the Identified Problems For a Complex Case of PTSD

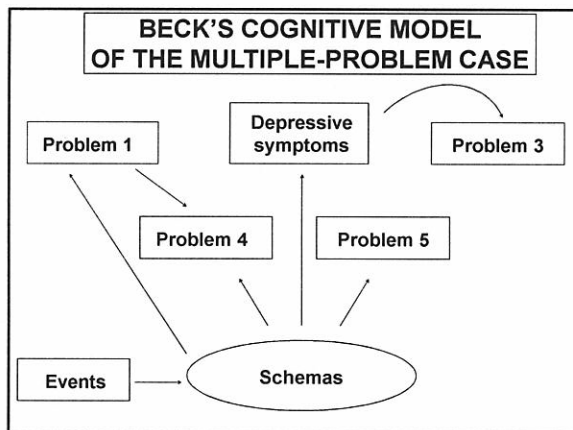


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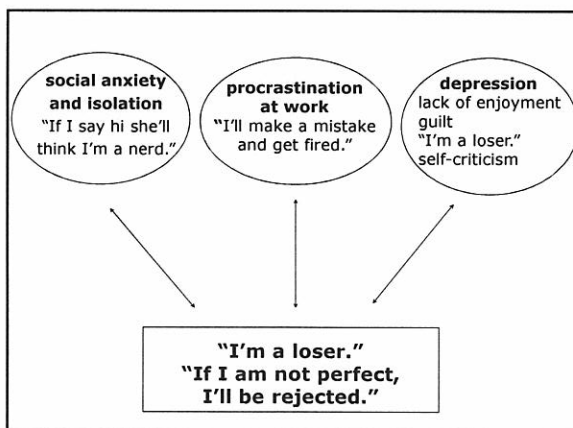
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**No empirically-supported treatment is available for many disorders and problems**

- Dysthymia
- Most personality disorders
- Asperger's syndrome
- Somatization disorders
- Dissociative disorders
- "I want to get married and have a family."



**Case Formulation-driven CBT can guide treatment when no EST exists**

- Steve, a young man who had psychogenic vomiting and mental retardation

Formulation of Steve's case was based on a  
transdiagnostic model:  
**OPERANT CONDITIONING**

