Acceptance and Commitment Therapy Case Formulation Template (version 2.0)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| What problems or issues is the client looking for help with? | | | | | | | | |
| What private events is the client struggling with? | | | | | | | | |
| Thoughts / beliefs | Emotions / feelings | | | Physiological sensations | | | Urges | |
| What do they typically do (or have done in the past) when these private events come up? | | | | | | | | |
| What they do | | | What they hope will happen | | Actual consequences  Short term | | Actual consequences Long term | Workability  (High or Low) |
|  | | |  | |  | |  |  |
| If this wasn't such a struggle for them, how would life be different, what could they do? | | | | | | | | |
| Valued life area | | Specific goals | | | | What things get in the way most? | | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| How flexible or inflexible is the person’s behaviour and what ACT processes seem to be most prominent? | | | | | | | | | | | | |
| Pervasive avoidance of  private events | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Reliably carries private events willingly, openly, non defensively |
| Pervasive entanglement in thinking, dominated by rules and unhelpful ‘mindyness’ | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Experiences thoughts as mental events, holding them lightly |
| Unhelpful attachment to and dominance of the story of self and what is possible | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Flexible perspective taking on self, can reliably experience a sense of ‘containing’ and not being defined by difficult self content |
| Dominated by past and future, pervasive difficulty being here and now | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Can reliably and persistently contact the present moment |
| Lack of clarity or contact with values, doesn't know what matters, not freely chosen | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Clarity and contact with values, knows what they care about and chooses it freely |
| Pervasive pattern of inactivity or impulsive actions, or acting to avoid situations and private events, not acting on values | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Regular and persistently takes actions towards values, reliably commits and follows through |
| How much will workability / creative hopelessness need to be emphasised with this client? | | | | | | | | | | | | |
| What aspects of this client’s context may undermine or support the work? (E.g. poverty, access to resources, unsupportive partner, harassing environment, supportive partner, stable upbringing, etc.) | | | | | | | | | | | | |
| Plan for your first few therapy sessions (e.g. early therapist’s goals, stance, interventions, strategies, monitoring, likely pace, potential obstacles, memos to self, things to watch for etc.) | | | | | | | | | | | | |

*This ACT case formulation template is provided free of charge and is not for profit. It can be copied and distributed for any clinical or research purpose without permission. (David Gillanders November 2013)*