

## Case Formulation Worksheet

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**Instructions:** Case formulation is the clinical bridge between assessment and treatment planning. It is the process of developing a hypothesis about what factors are contributing to and maintaining the client's problem. These factors have been referred to as the *Five P's* of case formulation: presenting problem, predisposing factors, precipitants, perpetuating factors and protective/positive factors. Use this form as tool in developing your case formulation.

1. **Presenting Problem:** State the problem in one or two sentences. Write a DSM-5 diagnosis.
2. **Predisposing Factors:** Over the course of this person's lifetime, what factors contributed to the development of the problem?
3. **Precipitating Factors:** Why is the client coming to treatment now? What factors have triggered or exacerbated the problem?
4. **Perpetuating Factors:** What factors maintain the problem and contribute to it persisting?
5. **Protective/Positive Factors:** What strengths, talents, and supports help to enhance resiliency and can be drawn upon to deal with the problem?
6. **Case formulation:** State the case formulation in a brief paragraph. You can use the following format as a guide: The client presents with...(state the problem or principle diagnosis). The problem seems to be precipitated by...(state precipitants, why now). Predisposing factors include...The current problem seems to be maintained by.... However, the client has a number of strengths and supports including...
7. **Treatment Planning:** Considering the case formulation, what are your treatment recommendations?