Acceptance and Commitment Therapy Case Formulation Template (version 2.0)

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| 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? | | |

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| 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.) | | | | | | | | | | | | | |

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