

Acceptance and Commitment Therapy Case Formulation Template (version 2.2)

What problems or issues is the client looking for help with?			
What internal experiences is the client struggling with as part of this problem or issue/			
Thoughts / Beliefs / Self Stories	Emotions	Physiological sensations	Urges (if any)
What do they typically do (or have done in the past) when these difficult internal experiences come up?			
What they do	Actual consequences Short term	Actual consequences Long term	

How flexible or inflexible is the person's behaviour and what ACT processes seem to be most prominent?												
CLOSED (avoidant / fused)	0	1	2	3	4	5	6	7	8	9	10	OPEN (willing / defused)
HOOKED (autopilot / dominated by stories)	0	1	2	3	4	5	6	7	8	9	10	CENTRED (present / perspective taking)
DISENGAGED (inactive, defeated, not chosen)	0	1	2	3	4	5	6	7	8	9	10	ENGAGED (acting on chosen values)
If this wasn't such a struggle for them, how would life be different, what could they do?												
Valued life area						Possible goals / ideas						
How stuck or 'dug in' to control strategies is this person? How much will workability / creative hopelessness need to be emphasised?												
What aspects of this person's situation 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. interventions, strategies, monitoring, likely pace, potential obstacles, memos to self, things to watch for etc.)												