

Case Formulation Worksheet

This **Case Formulation** is a CBT case conceptualization worksheet. In psychological treatment, a case formulation allows therapist and client to come to a shared understanding of the client's presenting problem.

The four "P's" of case formulation (**Predisposing**, **Precipitating**, **Perpetuating**, and **Protective** factors) provide a useful framework for organizing the factors that may be contributing to the development and maintenance of the problem. This worksheet is designed for therapist and client to complete together in session.

This worksheet includes 4 steps:

1. **Identifying predisposing factors**, which are those factors that increase an individual's risk of developing a problem (e.g., genetics, life events, temperament).
2. **Identifying precipitating factors**, to gain an understanding of a specific event or trigger to the onset of the current problem
3. **Identifying perpetuating factors**, to understand what mechanisms may be maintaining the current problem
4. **Identifying protective factors**, to understand the client's strengths, social supports, and adaptive behavioral patterns

How Did "The Problem" Develop?

Worksheet

