

# **Formulation in Psychology and Psychotherapy**

Making sense of people's  
problems

Second Edition

*Edited by*  
**Lucy Johnstone and Rudi Dallos**



# Formulation In Psychology And Psychotherapy Making Sense Of Peoples Problems

**Albert A Gayle**



## **Formulation In Psychology And Psychotherapy Making Sense Of Peoples Problems:**

*Formulation in Psychology and Psychotherapy* Lucy Johnstone, Rudi Dallos, 2013-07-18 The first edition of *Formulation in Psychology and Psychotherapy* caught the wave of growing interest in formulation in a clinical context This completely updated and revised edition summarises recent practice research developments and debates while retaining the features that made the first a leading text in the field It contains new chapters on personal construct formulation formulation in health settings and the innovative practice of using formulation in teams The book sees formulation as a dynamic process which explores personal meaning collaboratively and reflectively taking account of relational and social contexts Two case studies one adult and one child illustrate the use of formulation from the perspectives of expert clinicians from six different theoretical positions The book encourages the reader to take a constructively critical perspective on the many philosophical professional and ethical debates raised by the process of formulating people s problems Among the issues explored are The social and political context of formulation Formulation in relation to psychiatric diagnosis The limitations of formulation Controversies and debates about formulation This readable and comprehensive guide to the field provides a clear up to date and thought provoking overview of formulation from a number of perspectives essential for clinicians working in all areas of mental health and social care psychology therapy and counselling

**Formulation in Psychology and Psychotherapy**  
Lucy Johnstone, Rudi Dallos, 2013 The first edition of *Formulation in Psychology and Psychotherapy* caught the wave of growing interest in formulation in a clinical context This completely updated and revised edition summarises recent practice research developments and debates while retaining the features that made the first a leading text in the field It contains new chapters on personal construct formulation formulation in health settings and the innovative practice of using formulation in teams The book sees formulation as a dynamic process which explores personal meaning collaboratively and reflectively taking account of relational and social contexts Two case studies one adult and one child illustrate the use of formulation from the perspectives of expert clinicians from six different theoretical positions The book encourages the reader to take a constructively critical perspective on the many philosophical professional and ethical debates raised by the process of formulating people s problems Among the issues explored are The social and political context of formulation Formulation in relation to psychiatric diagnosis The limitations of formulation Controversies and debates about formulation This readable and comprehensive guide to the field provides a clear up to date and thought provoking overview of formulation from a number of perspectives essential for clinicians working in all areas of mental health and social care psychology therapy and counselling EBL

CBT for Beginners Jane Simmons, Rachel Griffiths, 2008-12-22 Simmons and Griffiths provide a well thought out introduction to the subject area of standard CBT This text should be on the shelves of trainee cognitive behavioural psychotherapists for a considerable time to come Dr Alec Grant University of Brighton This practical guide to cognitive behaviour therapy CBT will interest a wide range of professionals and trainees across health and social care

Focusing on case formulation the authors show how to build a picture of each individual client using their case history to inform interventions The book covers the fundamentals of practicing CBT such as the CBT model and how to explain it to clients CBT assessment and formulation cognitive and behavioural interventions Packed full of practical features like exercises case dialogue and therapy materials the book also covers a range of extra topics including assessing referrals for suitability working with motivational issues getting the most out of supervision managing therapeutic endings Given the abundance of CBT texts available and the host of theoretical and conflicting positions that have arisen it can be difficult for trainees to get to grips with the practical skills necessary to carry out CBT effectively The book addresses this by equipping the CBT therapist with the essential nuts and bolts to practice CBT with confidence Dr Jane Simmons and Dr Rachel Griffiths are practising NHS Adult Mental Health Clinical Psychologists

**The SAGE Handbook of Counselling and Psychotherapy** Colin Feltham,Terry Hanley,Laura Anne Winter,2017-09-20 At over 700 pages and with more than 100 contributions this Fourth Edition brings together the essentials of counselling and psychotherapy theory research skills and practice Including new content on assessment theory applications and settings and with new chapter overviews and summaries this continues to be the most comprehensive and accessible guide to the field for trainees or experienced practitioners

**Assessment and Case Formulation in Counselling and Psychotherapy** Biljana van Rijn,2014-12-01 This is a thorough and well structured piece of work which brings in the recent work of excellent authorities such as Barbara Ingram It is well arranged with many examples and case vignettes which bring the material to life in an engaging way I enjoyed reading it and would recommend it unreservedly John Rowan humanistic therapist private practice This is a must read book for students on courses in counselling psychotherapy clinical psychology and psychiatry Heather Fowlie Head of the Transactional Analysis Department Metanoia Institute London Conducting a competent assessment and case formulation can be a daunting task for trainee therapists engaging in clinical assessment for the first time This book is designed to help by unpicking the many aspects involved in assessment and case formulation across modalities practice settings and client groups The book Explores key elements of clinical assessment including diagnosis risk assessment ethical considerations and accounting for difference Highlights the necessary skills techniques and legal requirements at each stage of the process Takes into account the impact of culture context and theoretical and practical considerations Uses case studies and reflective questions to illustrate difficult concepts in context Equipping you with the knowledge and tools to make successful assessments and case formulations this is an essential read for trainees and for qualified practitioners wishing to brush up on their understanding Dr Biljana van Rijn Faculty Head of Applied Research and Clinical Practice Metanoia Institute

*A Beginner's Guide to Cognitive Analytic Therapy* Sarah Craven-Staines,Jayne Finch,2024-07-09 This text provides an accessible reader friendly guide to conducting Cognitive Analytic Therapy CAT on a one to one basis developed in partnership with service users who have lived experience of CAT The book will cover the applications of CAT in clinical

practice including assessment introducing CAT the main concepts and how to build a therapeutic relationship mapping the middle phase and the integration of other models monitoring developing exits the ending and saying goodbye Grounded in CAT theory the content will be ordered sequentially as one would conduct the therapy and will feature first hand accounts from CAT experienced service users including their own perspectives on the model and the impact it had on their wellbeing A straightforward beginner s introduction to practicing CAT this book will be useful for trainee practitioners assistant and trainee clinical counselling psychologists and those practising CAT informed therapy in supervision

**The Pocket Guide to Therapy** Stephen Weatherhead, Graeme Flaherty-Jones, 2011-11-10 Trainees in all mental health professions need basic knowledge of the key therapeutic approaches in counselling and psychotherapy The Pocket Guide to Therapy is therefore the essential companion placing specific emphasis on practical application to guide the reader in the how to of conducting each therapeutic model Approaches covered include established models such as Cognitive Behavioural Therapy and Psychodynamic Psychotherapy narrative therapies such as Systemic Therapy and Solution Focussed Brief Therapy and more recent additions to mainstream therapy such as Mindfulness and Narrative Therapy Each chapter is written by an up and coming name in the field of counselling and psychotherapy offering a unique insight into the challenges and possibilities of training in each model The book includes case examples from a wide range of mental health care settings is embedded with extensive pedagogy including worksheets sample questions and diagrams highlights the challenges strengths and weaknesses of each approach details the background to each model focuses on the practical application of therapeutic models discusses evidence based practice and outcomes Written in language familiar to first year trainees and using a range of features to enhance learning this pocket guide is ideal for those embarking on mental health training across counselling psychotherapy psychology health nursing and social work It will also serve as a reference point for more experienced readers looking to refresh their understanding of other approaches

**Psychopathology** Alison Lee, Robert Irwin, 2018-04-05 In Psychopathology A Social Neuropsychological Perspective Lee and Irwin demonstrate that mental distress often defies traditional forms of medical classification Integrating both psychosocial and neuropsychological frameworks they present a unique and balanced perspective on psychopathology emphasising the importance of context relationships and neuroplasticity Written to support teaching and learning at the undergraduate level Psychopathology A Social Neuropsychological Perspective encourages students to explore alternatives to traditional diagnostic models Pedagogical features such as reflection points in each chapter encourage critical engagement and classroom debate The result is an original examination of mental distress and a stand alone resource for students in this area

**The Wiley International Handbook of Correctional Psychology** Devon L. L. Polaschek, Andrew Day, Clive R. Hollin, 2019-02-08 A two volume handbook that explores the theories and practice of correctional psychology With contributions from an international panel of experts in the field The Wiley International Handbook of Correctional Psychology offers a comprehensive and up to date

review of the most relevant topics concerning the practice of psychology in correctional systems The contributors explore the theoretical professional and practical issues that are pertinent to correctional psychologists and other professionals in relevant fields The Handbook explores the foundations of correctional psychology and contains information on the history of the profession the roles of psychology in a correctional setting and examines the implementation and evaluation of various interventions It also covers a range of topics including psychological assessment in prisons specific treatments and modalities as well as community interventions This important handbook Offers the most comprehensive coverage on the topic of correctional psychology Contains contributions from leading experts from New Zealand Australia Europe and North America Includes information on interventions and assessments in both community and imprisonment settings Presents chapters that explore contemporary issues and recent developments in the field Written for correctional psychologists academics and students in correctional psychology and members of allied professional disciplines The Wiley International Handbook of Correctional Psychology provides in depth coverage of the most important elements of the field

**The SAGE Handbook of Counselling and Psychotherapy** Terry Hanley, Laura Anne Winter, 2023-02-02 The SAGE Handbook of Counselling and Psychotherapy is the most comprehensive and accessible introduction to the field of counselling and psychotherapy This handbook supports all levels of training and modalities providing an essential entry point to theory practice and research At over 600 pages and with more than 100 contributions from leading authors in the field this Fifth Edition brings together the essentials of counselling and psychotherapy theory research skills and practice Each chapter includes a Further Reading section and case studies Now updated to include the latest research and developments and with new content on online counselling and working with difference and diversity it is the most comprehensive and accessible guide to the field for trainees or experienced practitioners Sections cover Counselling and psychotherapy in context Social justice and intersectionality Core therapeutic and professional skills What do people come to therapy for Theories and approaches Lifespan modalities and technology Settings

**Practical Guide to Obesity Medicine** Jolanta Weaver, 2017-09-29 Get a quick expert overview of the many key facets of obesity management with this concise practical resource by Dr Jolanta Weaver Ideal for any health care professional who cares for patients with a weight problem This easy to read reference addresses a wide range of topics including advice on how to unpack the behavioral causes of obesity in order to facilitate change manage effective communication with patients suffering with weight problems and future directions in obesity medicine Features a wealth of information on obesity including hormones and weight problems co morbidities in obesity genetics and the onset of obesity behavioral aspects and psychosocial approaches to obesity management energy and metabolism management and more Discusses pharmacotherapies and surgical approaches to obesity Consolidates today s available information and guidance in this timely area into one convenient resource

**The Trainee Handbook** Robert Bor, Mary Watts, 2011-01-19 The Trainee Handbook is a supportive guide to the practical technical

and administrative issues faced by trainees in counselling psychology and psychotherapy The Perception of People Perry R. Hinton, 2015-09-16 What are other people like How do we decide if someone is friendly honest or clever What assumptions do we develop about them and what explanations do we give for their behaviour The Perception of People examines key topics in psychology to explore how we make sense of other people and ourselves Do our decisions result from careful consideration and a desire to produce an accurate perception Or do we jump to conclusions in our judgements and rely on expectations and stereotypes To answer these questions the book examines models of person perception and provides an up to date and detailed account of the central psychological research in this area focusing in particular on the social cognitive approach It also considers and reflects on the involvement of culture in cognition and includes coverage of relevant research in culture and language that influence the way we think and speak about others As well as providing a valuable text in social psychology The Perception of People also offers a direction for the integration of ideas from cognitive and social psychology with those of cultural psychology anthropology sociology philosophy and social history Clear explanation of modern research is placed in historical and cultural context to provide a fuller understanding of how psychologists have worked to understand how people interpret the world around them and make sense of the people within it Ideal reading for students of social psychology this engaging text will also be useful in subject areas such as communication studies and media studies where the perception of people is highly relevant

**Key Concepts in Mental Health** David Pilgrim, 2022-11-18 A classic and long trusted resource that provides short summaries of all the key theories concepts and terminology associated with mental health Each entry is neatly summarised and thoroughly referenced giving the reader an immediate and thorough entry point to the subject Structured into four sections the text starts with entries related to Mental Health and Mental Abnormality before moving onto Mental Health Services and Society The new edition offers 70 concise chapters including new entries on social networks and loneliness Updates across all chapters to align with contemporary critical debates in mental health Appropriate consideration of the intersection of Covid 19 and mental health An essential guide for students of mental health studies health nursing social work education psychology counselling and psychotherapy

Young People in Forensic Mental Health Settings Joel Harvey, Andrew Rogers, Heather Law, 2015-08-17 Youth crime and youth violence blights our communities and shapes the lives of many whether they are victims perpetrators or family members This book examines the application of psychological thinking and practice when working with young people who display high risk behaviours across a broad range of forensic mental health settings in the UK It provides an up to date account of current thinking and practice in the field and the challenges of applying effective psychological approaches within forensic settings for young people The contributors to Young People in Forensic Mental Health Settings are drawn from a range of environments including universities youth offending services secure in patient settings young offender institutions Community Forensic Child and Adolescent Mental Health Services F CAMHS and secure children s homes This volume serves as an important platform for

debate and as a forum for discussing the future delivery of psychologically informed services intervention and mental health provision with young people who display high risk behaviours **The Guts & Skills to Talk it Out** Lindis

Courtney,2024-07-19 Transform your relationship today with this 5 step guided conversation designed to identify and dissolve the underlying couple problem in just 60 minutes Based on 30 years of clinical research this highly effective approach will teach you to Identify and resolve your underlying couple problem Understand each other s deeper beliefs emotions and behaviors Learn how to actively listen and validate your partner s feelings Break negative communication patterns and learn positive ones Ask for and receive the type of love you desire You will get all the tools and knowledge you need to not only have a productive and transformative conversation but you will learn a process that you can use for any future discussions going forward Couples who have used this process report experiencing more open and bolder communication increased trust and security and more reciprocated acts of love and kindness **A Clinical Introduction to Psychosis** Johanna C. Badcock,Georgie Paulik,2019-10-19 This practical guide outlines the latest advances in understanding and treating psychotic symptoms and disorders articulating step by step the clinical skills and knowledge required to effectively treat this patient population A Clinical Introduction to Psychosis takes an evidence based approach that encourages a wider perspective on clinical practice with chapters covering stigma and bias cultural factors the importance of social functioning physical health sleep and more A broad array of treatment modalities are discussed including cognitive behavioral therapy cognitive remediation psychosocial interventions trauma informed therapies and recovery oriented practice The book also provides a concise overview of the latest advances regarding cognitive profiles in people with psychotic disorders the developmental progression of cognitive abilities and the clinical relevance of cognitive dysfunction The book additionally familiarizes readers with issues and controversies surrounding diagnostic classification transdiagnostic expression and dimensional assessment of symptoms in psychosis Provides treatment and assessment methods for psychotic symptoms and disorders Looks at how psychosis develops and the impact of stigma on clinicians and clients Studies the links between trauma PTSD and psychosis as well as sleep and psychosis Covers digital technologies for treating and assessing psychosis Outlines strategies for treating visual and auditory hallucinations Examines how to incorporate consumer and clinician perspectives in clinical practice **Psychological Therapy for Paediatric Acquired Brain Injury** Jenny Jim,Esther Cole,2019-10-18 Children young people and families living with an acquired brain injury ABI whether through accident illness injury or abuse are rarely offered psychological therapy and yet the benefits of such interventions can be profound This important new book providing a selection of practice examples and insights from frontline practitioners will be essential reading for any paediatric therapist or clinician Beginning with a life story of the brain where emphasis is placed on how brain development is fundamentally related to its environment the book offers key background knowledge before showcasing the core topics of assessment psychological formulation and intervention It features a range of therapeutic



models includes direct and indirect work group work and family therapy with settings varying from inpatient neurorehabilitation to community work and the transition to education The long term needs of those in the criminal justice system are also addressed The closing chapters focus on the debate around effective outcome measurement and outline a vision for better services Elevating the voices of our children young people and families living with ABI this pioneering book will provide practitioners with the confidence to work collaboratively across a range of children and young people with disorders of consciousness or communication to those with behaviour that challenges others to manage It offers new ways to understand both children s pasts and their futures and will be essential reading for anyone in the field **The Reality**

**Game** John Rowan,2016-05-05 In the years since it was first published The Reality Game has become a classic text For all those training and practising in humanistic and integrative psychotherapy it is an essential guide to good practice and an excellent introduction to the skills used in individual and group therapy This new edition has been updated to take into account changes in the field and John Rowan s own work while still providing guidance on establishing and developing the relationship between counsellor and client and covering assessment the initial interview the opening session aims transference resistance and supervision With the student s needs always at the forefront this extensively revised new edition responds to the questions most often asked by trainees in these disciplines and includes discussions of ethics and new chapters on transpersonal psychology and on dialogical self theory It will be a must read for psychotherapists and counsellors in practice and training especially those involved in humanistic and integrative psychotherapy **Attachment**

**Theory and Psychosis** Katherine Berry,Sandra Bucci,Adam N. Danquah,2019-11-12 Attachment Theory and Psychosis Current Perspectives and Future Directions is the first book to provide a practical guide to using attachment theory in the assessment formulation and treatment of a range of psychological problems that can arise as a result of experiencing psychosis Katherine Berry Sandra Bucci and Adam N Danquah along with an international selection of contributors expertly explore how attachment theory can inform theoretical understanding of the development of psychosis psychological therapy and mental health practice with service users with psychosis In the first section of the book contributors describe the application of attachment theory to the understanding of paranoia voice hearing negative symptoms and relationship difficulties in psychosis In the second section of the book the contributors consider different approaches to working therapeutically with psychosis and demonstrate how these approaches draw on the key principles of attachment theory In the final section contributors address individual and wider organisation perspectives including a voice hearer perspective on formulating the relationship between voices and life history how attachment principles can be used to organise the provision of mental health services and the influence of mental health workers own attachment experiences on therapeutic work The book ends by summarising current perspectives and highlighting future directions Written by leading mental health practitioners and researchers covering a diverse range of professional backgrounds topics and theroetical schools this book

is significant in guiding clinicians managers and commissioners in how attachment theory can inform everyday practice  
Attachment Theory and Psychosis Current Perspectives and Future Directions will be an invaluable resource for mental  
health professionals especially psychologists and other clinicians focusing on humanistic treatments as well as postgraduate  
students training in these areas

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