

Formulation Template

The patient presents at this time with _____(Diagnosis), in the context of _____(current stressors).

There are a number of factors that need to be considered which may have predisposed this individual to _____(Diagnosis).

The patient has a _____(known positive/negative/unknown) family history of _____ which creates genetic vulnerability to _____(Diagnosis).

Developmental factors in this patient which are important to consider in this context include _____.

The patient grew up in a family environment characterized by _____, with a mother/father/primary caregiver who was _____.

These experiences impacted the patient's self-view of themselves as _____ which in turn may; have led to a _____ (relationship pattern).

Educationally, the patient has achieved _____. This facilitated later work in _____(field), which has _____(enhanced/further damaged) their self-esteem.

Together, all the above factors help us understand why the above named recent stressors contributed towards precipitating the current episode of illness.

Socially, this individual has a history of establishing _____(many/few supports), which further contributes as a _____(protective/predisposing and/or perpetuating) factor in the illness.

The patient tends to cope with adversity by _____, which suggests a _____ coping style. This patient's strengths include _____. These factors may _____(perpetuate/protect) the patient from the impact of this illness.

Therefore, treatment options for this patient would include:

1. Biological:
2. Psychological:
3. Social/Lifestyle:

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