**Introduction**

This document is offered as a standard template for the practitioner in order to complete a formulation in collaboration with clients, both internal and external to Aberdeen City Council.

**(Cut and Paste from top section of the ICE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Family Name(s)** | |  | | **Life Stage -** |
| **P Number(s):** | |  | | |
| **Referrers Name:** | |  | | |
| **Consultant/Team Leader/Team/Unit:** | |  | | |
| **Date of ICE:** | |  | | |
| **Names of those present at ICE:** | |  | | |
| **Other family members/people involved:** | |  | | |
| **Existing supports/organisational interventions:** | |  | | |
| **Strand One:** | **Strand Two:** | | **Strand Three:** | |

**Why Case Formulation?**

Case Formulation is utilised as “it improves practice by explaining clients’ presentations in a theoretically informed, coherent and meaningful way which leads to effective interventions”. (Dudley and Kuyken, 2014).

**Notes for the writer and the reader.**

This formulation aims to work towards meeting the purpose of the intervention only, it is not a comprehensive piece of work that will meet all the wants and needs of the client, but aims to document the factors behind the presenting problem/issues only and the writer will need to keep this in mind within the social work context so as to prevent a movement outside the boundaries of the referral.

Agreement on the presenting problem is discussed at the ICE and through the initial meetings with families. This should be contracted and agreed upon at each session regardless of it being with internal and external clients.

**Using the 5P’s framework**

Attached at Appendix A is a formulation template that may assist those accessing this document in completing the formulation and subsequent Intervention, however The following diagram is an aid to understand the interactions between the Factors within the 5P’s framework.

**Formulation 5P’s framework**

*Feedback template for relationship of factors and presenting problem for the client family can be found at Appendix C*

**Predisposing Factors**

(=Vulnerabilities and Historical Factors)

**Factors contributing to the persons’ risk**

e.g. brain injury, family history, trauma, personal beliefs, personality characteristics

**Incudes Static and Stable risk factors?**

**Precipitating Factors**

(=Trigger Factors)

**Significant events/situations preceding the episode/crisis situation.**

e.g. stressful situation (relationships, physical), work, money, substance misuse.

**Includes Stable and Dynamic risk factors**

**Presenting Problem**

(=current/immediate difficulties)

**e.g. symptoms and their immediate consequences/impact**

**Perpetuating Factors**

(=Maintaining Factors)

**Factors that maintain current difficulties**

e.g. behavioural patterns (avoidance, withdrawal, escape), biological patterns (insomnia), cognitive patterns (suspiciousness, paranoia), ongoing substance misuse.

**Includes Stable and dynamic risk factors**

**Positive/Protective Factors**

(=strengths/resources/abilities)

**Strengths or supports that may mitigate the impact of the difficulties.**

e.g. personal characteristics, social supports

**Purpose[[1]](#footnote-1)**

**(Taken from the goals section of the ICE)**

**Note: The following headlines are for sequencing guide only and can be removed for fluidity of the prose, however the factors should remain obvious to the reader.**

**Presenting Problem(s)** (**insert from ICE/family/Systems Sessions -agreement)**

***Tool****: To work alongside the family, please find Family Formulation Template Appendix B.*

**Predisposing Factors**

**Precipitating factors**

**Perpetuating Factors**

**Protective Factors.**

|  |
| --- |
| **Observations/Additional Notes** |
|  |

**Intervention Plan**

**Purpose**

**The purpose of the Intervention plan is give an initial roadmap for working and collaboration with the family, the whole document is a living document and needs to be revisited through the intervention to ensure that the family needs are met.**

Once the Presenting Problem and all the factors involved with those presenting problems are accepted, The Practitioner would be informed of the vulnerabilities of the client family and one of three things may happen

1. The Practitioner is naive to the theory/practice behind those vulnerabilities so a complete practice and theoretical research task would be undertaken that would lead to a practical intervention situated within a theoretical context.
2. The Practitioner would be aware of a practice approach to meet the vulnerabilities of the client family and then underpin this practice approach to a theory. (AMT)
3. The Practitioner would be aware of a theoretical basis related to the vulnerabilities and then research best practice to meet those vulnerabilities.

**Specific Theoretical Underpinning(s) for practice[[2]](#footnote-2)**

**Goals for intervention (what is the family wanting to change)?**

Note: this can be stated in an over-arching goal/desire change etc. however this would be stated in more specific goals for the family and revisited during the intervention

**Method – How and where we will do what we do (Contract)**

**Intervention (Practice) Planning**

Note: This is a roadmap of what we are doing on a weekly basis..it is noted that this can change as we relate and get to know our families more. So detailed planning is not required, outlines and aims related to the goals agreed and are considered here and again reviewed with the family as the intervention is ongoing.

**Formulation Template**

|  |
| --- |
| Introduction/Overview |
| Purpose – Taken from the goals section of the ICE |
| *Theoretical Approach* |
|  |
| Presenting problem - Issues |
| *Insert from ICE here.* |
| Predisposing factors - *vulnerability factors* |
|  |
| Precipitating factors - *likely triggers* |
|  |
| Perpetuating factors - *maintaining factors* |
|  |
| Protective -*positive* factors |
|  |
| Observations in Brief/Additional Notes |
|  |
| Recommendations  Bullet point |

Appendix B Family Template (NWT)

Appendix C Feedback Template (circular Template

Foot Note

Static Risk Factors

Stable Risk Factors

Dynamic Risk Factors

1. The purpose of the formulation and intervention informs the reader the reasoning why the family where referred to the Family Network Team, it can include some of the risks, concerns, issues being observed and/or experienced by the client family. This may form part of the Presenting Problem. It is also worthy to remember this is not a formulation on the entire family, structure, relationships etc. it is restricted to the purpose of intervention in the context of the presenting Problems. [↑](#footnote-ref-1)
2. The theoretical approach should be specific and meet the vulnerability of the family, it should not be the title of a set of theories, e.g. Trauma and attachment…this should be a specific element within those theories based on the information gleaned form the formulation e.g. client family is experiencing ‘presenting problem of…due to Abuse, death of a parent and substance misuse has resulted in disorganised attachment styles in their parenting , therefor = intervention [↑](#footnote-ref-2)