

Melbourne ACT Peer Supervision Group

ACT Simple Case Formulation Blank

Client: \_\_\_\_\_ Counsellor: \_\_\_\_\_

# Sessions completed: \_\_ Dx? \_\_\_\_\_

Client Background and presenting issues:

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Case Formulation Questions

1. What thoughts or feelings are fused and unworkable? (Fusion)

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2. What values is the client removed from? (Remoteness from values)

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3. What experiences such as emotions, thoughts, reminders, contexts and behaviours is the client avoiding or having difficulty accepting (Experiential avoidance or unwillingness)?

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4. What is the client's story about self? (Self as Content)

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5. What is the quality of the client's presence? How do they absent themselves from life, engagement or connection? (Contact with the present moment)

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6. What does the client fail to start or fail to finish? Where does the client fail to or lose focus, or fail to engage in committed action? (Committed Action)

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