ACT Simple Case Formulation Blank

Client: ______________________  Counsellor: ___________________________

# Sessions completed: __  Dx? __________________________________________

Client Background and presenting issues:

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

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)
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

3. What experiences such as emotions, thoughts, reminders, contexts and
behaviours is the client avoiding or having difficulty accepting (Experiential
avoidance or unwillingness)?
_____________________________________________________________________
_____________________________________________________________________
4. What is the client’s story about self? (Self as Content)

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)

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)