

Format for Formulation of a Case

_____ is a ___ year, _____ month old m/f/t child/youth who has a _____ year history of difficulties in the following areas: _____, _____, _____, and _____. These problems began at age _____ and have been present continuously/episodically since then. (Option to describe the difficulties in self-regulation, mastery and executive function, and wellbeing)

The following therapies have helped improve the problem areas; _____ helped _____, _____ helped _____, _____ helped _____.

The following stresses have made the problems worse; _____ made _____ worse, _____ made _____ worse, and _____ made _____ worse. (can put ACE score here) The following protective factors have been supportive _____.

In addition, _____ has a family history of _____ (heritable conditions).

There is also a history of significant medical illness in the patient and in his/her family; _____, _____, _____, and _____.

The above types of difficulties and treatment responses are often found in the following mental health conditions; _____, _____, and _____. At this point it appears as if _____ has _____ (complex illness) or the following conditions; _____, _____, _____, and _____.

These conditions need specific treatment in order to reduce their impact on _____ life. I am recommending the following interventions:

- A. Psychotherapy for _____
- B. Medication for _____
- C. In home services/community support services for _____
- D. Special school placement at _____ for _____ because _____
- E. Placement at _____ for _____ because _____

The prognosis of this youth/child is _____ because of _____. The most serious condition currently is _____ because of _____.