Case formulation template

VULNERABILITIES
or predisposing factors

Q: What are the factors that predispose this individual to the development of this or these presenting problem(s)?

STRESSORS/TRIGGERS
or precipitating factors

Q: What are the factors that act as precipitants to the presenting problem(s)?

MAINTAINING FACTORS
or perpetuating factors

Q: What are the factors that serve to maintain the presenting problem(s)?

POSITIVE AND NEGATIVE PROGNOSTIC
or predictive factors

Q: What are the factors that serve to predict the outcome?

HYPOTHESIS ABOUT WHAT MAINTAINS PROBLEM(S)

HYPOTHESIS ABOUT WHAT WILL PROMOTE AND HINDER CHANGE