

# 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)?

## **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**