



Clinical Case Formulations: Matching the Integrative Treatment Plan to the Client

Barbara Lichner Ingram

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A step-by-step model for individualized case conceptualization This innovative new guide addresses the essential question facing every therapist with a new client: How do I create a treatment plan that is the best match for my client? This unique resource provides a systematic method to integrate ideas, skills, and techniques from different theoretical approaches, empirical research, and clinical experience to create a case formulation that is tailor-made for the client. Clinical Case Formulations is divided into three parts: Getting Started--provides an overview that sets forth a framework for case formulation and data gathering. 28 Core Clinical Hypotheses--offers a meta-framework embracing all theories, orientations, and mental health intervention models and presents clinical hypotheses within seven categories: Biological Hypotheses; Crisis, Stressful Situations, and Transitions; Behavioral and Learning Models; Cognitive Models; Existential and Spiritual Models; Psychodynamic Models; and Social, Cultural, and Environmental Factors. These hypotheses are combined and integrated to develop a coherent conceptualization of the client's problems. Steps to a Complete Case Formulation--provides a structured framework known as the Problem-Oriented Method (POM). Using the POM and integrating multiple hypotheses, the therapist learns how to think intelligently, critically, and creatively in order to develop a tailor-made treatment plan. A list of thirty-three standards for evaluating the application of this method is provided. With this practical guide you will learn to conceptualize your clients' needs in ways that lead to effective treatment plans while finding the tools for troubleshooting when interventions fail to produce expected benefits.

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