

Case Formulation

Predisposing factors

- Family history
- Upbringing
- Pre-existing illnesses

Precipitating factors

- Triggering event(s)

Presenting problem

- Current issues

Perpetuating factors

- Worsen the problem
- Triggers problem again
- Maintaining cycles

Protective factors

- Strengths & resources
- Prevents problem from worsening



Case Formulation

Predisposing factors

- How has your upbringing increased your chances of developing these problems?
- Does anyone in your family have similar problems?

Precipitating factors

- What caused the problem to begin?
- When did it first become a problem?

Presenting problem

- What are the problems you are facing?
- How does it affect you?
- How often does it happen?

Perpetuating factors

- What stops the problem from getting better?
- What triggers the problem each time?
- What maintaining cycles are there?

Protective factors

- What stops the problem from getting worse?
- What resources (skills, traits, people) do you have?



Case Formulation

(Sample)

Predisposing factors

- Father was addicted to gambling
- Father left family when I was 12
- Mother had depression

Precipitating factors

- Lost job due to COVID
- Lost touch with friends from work

Presenting problem

- Drinking until blackout drunk 2-4x/week
- Unable to find job
- Feeling down and hopeless

Perpetuating factors



Protective factors

- Friends from previous workplace supportive
- I'm good at problem-solving
- I want to be a good son



Case Formulation

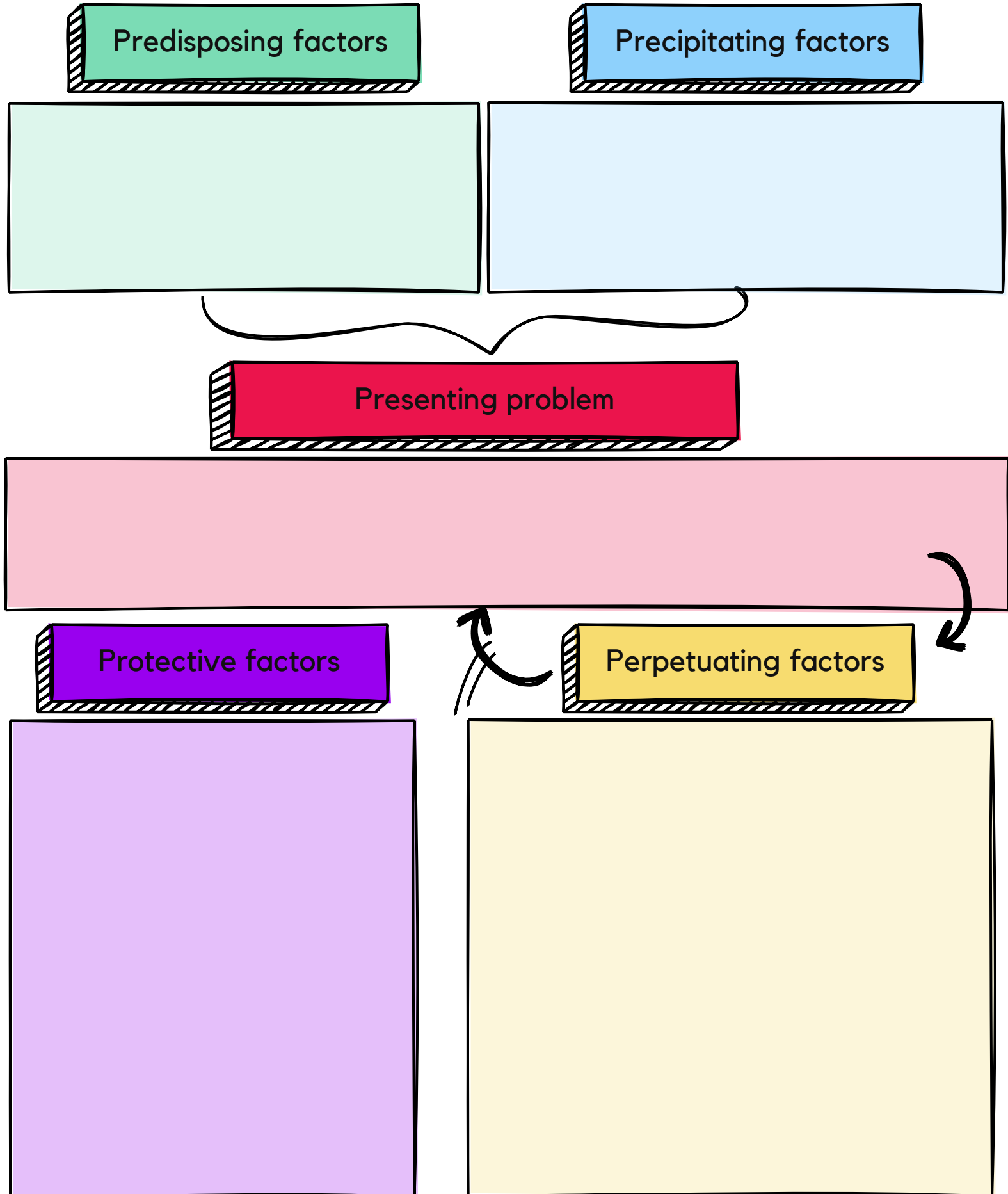
Predisposing factors

Precipitating factors

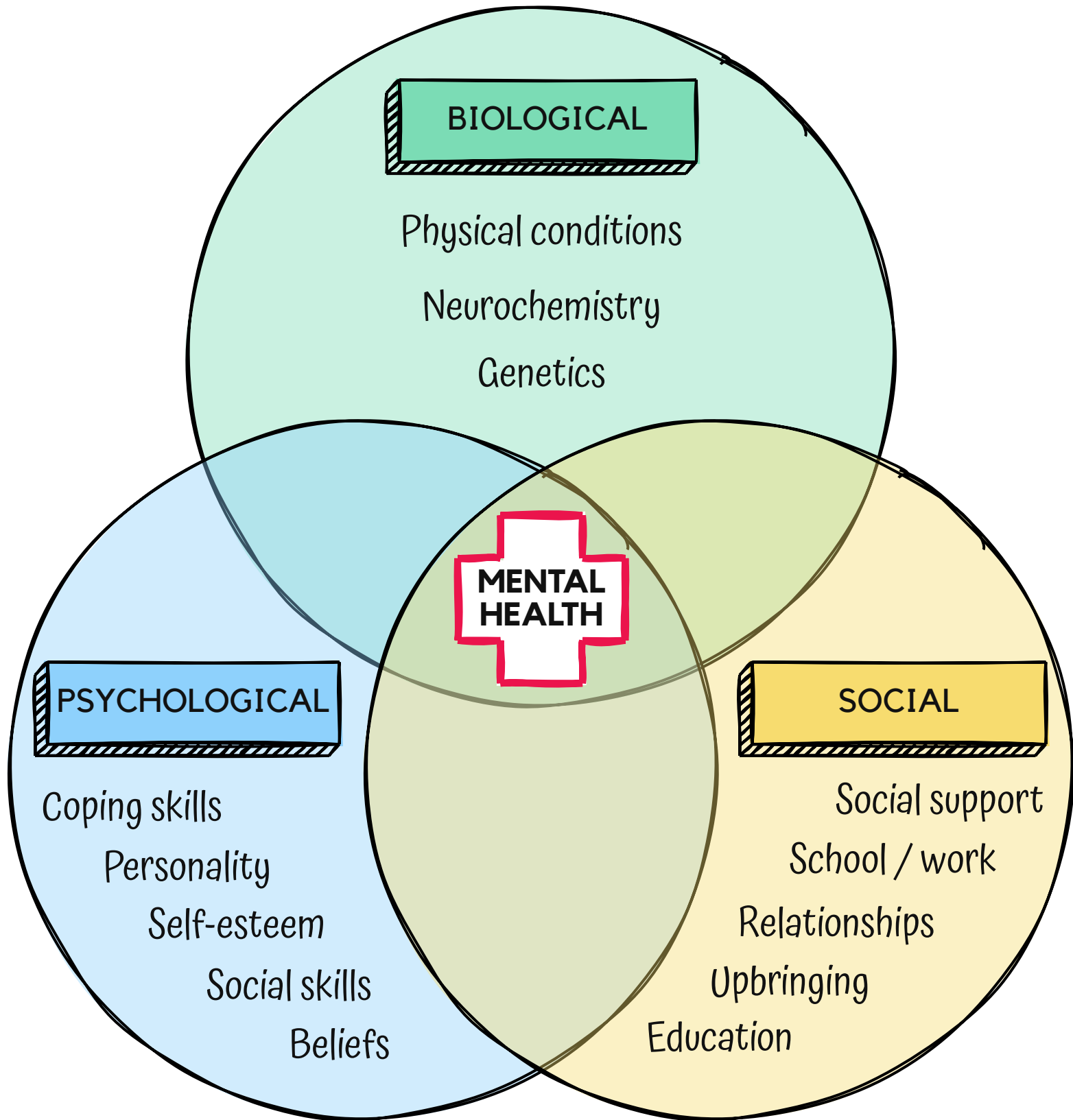
Presenting problem

Protective factors

Perpetuating factors



BIOPSYCHOSOCIAL MODEL



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