Identifying Information:

Today’s date:
Name:
Age:
Gender:
Marital status:
Ethnicity:
Occupational status:
Living situation:
Referred by:

1. Problem List:
(List all major symptoms and problems in functioning.)

  Psychological/psychiatric symptoms:
  Medical problems:
  Interpersonal difficulties:
  Occupational problems:
  Financial difficulties:
  Housing problems:
  Legal issues:
  Leisure problems:
2. Diagnosis:
   Axis I:
   Axis II:
   Axis III:
   Axis IV:
   Axis V:

3. Working Hypothesis:
   (Hypothesise the underlying mechanism producing the listed problems.)
   Assess schemas related to:
   Self:
   Other:
   World:
   Future:
   Recurrent core beliefs
   Rumination/Negative self-hypnosis:
   Hypnotic suggestibility:

4. Precipitant/Activating Situations:
   (List triggers for current problems and establish connection between under-
   lying mechanism and triggers of current problems.)
   Triggers:
   Are triggers congruent with self-schemas/rumination/self-hypnosis:

5. Origins of core beliefs:
   (Establish origin of core beliefs from childhood’s experience.)
   Early adverse negative life-events:
   Genetic predisposition:
   History of treatment (include response):

6. Summary of Working Hypothesis
   1.
   2.
   3.

7. Treatment Plan:
   1.
   2.
   3.
   4.
Modality:
Frequency:
Interventions:
Adjunct Therapies:
Obstacles:

8. **Strengths and Assets:**
(Based on the formulation, predict obstacles to treatment that may arise.)

1. 
2. 
3. 