

Psychological Formulation as an Alternative to Psychiatric Diagnosis

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Abstract

The article gives an overview of psychological formulation, a rapidly expanding practice in the United Kingdom that is supported by the British Psychological Society. It is argued that formulation can provide a credible alternative to psychiatric diagnosis in the context of public admissions about lack of reliability and validity of current diagnostic systems. However, vigilance and best-practice principles are essential to ensure that this approach is not assimilated back into the status quo.

Keywords

formulation, team formulation, psychiatric diagnosis, *DSM-5*

Psychiatric diagnosis has been criticized on many grounds over many years—lack of reliability and validity, excluding social contexts, causing stigma, and so on (see, e.g., Bentall, 2009; Boyle, 2002; Kirk & Kutchins, 1997). Rather than repeat these arguments here, I will note that the fundamental reason they are so long-standing, heated, and inconclusive is because “diagnosis is the Holy Grail of psychiatry and the key to its legitimation” (Kovel, 1981, p. 86). In the psychiatric system, diagnosis supports the idea that psychiatry is a branch of medicine—just like neurology, oncology, pediatrics, and so on—in

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Psychological Formulation Manual

John Lauriello, Stefano Pallanti



Psychological Formulation Manual:

The Biopsychosocial Formulation Manual William H. Campbell, Robert M. Rohrbaugh, 2013-08-21 Based on George Engel's model The Biopsychosocial Formulation Manual presents ways to help psychiatry residents and students effectively gather and organize patient data to arrive at a complete mental health history in a limited timeframe While most current models only take one factor into account Campbell and Rohrbaugh emphasize and analyze three essential components biological social and psychological The process of identifying pertinent data for each component of the biopsychosocial formulation is explicated in detail A separate section outlines how to use the biopsychosocial formulation to generate treatment recommendations This volume includes a complete package for practicing the biopsychosocial method this easy to use guide includes a data record sheet and downloadable resources to facilitate organization and assessment appealing to both the psychiatric professional and the trainee [The Biopsychosocial Formulation Manual](#) William H. Campbell, Robert M. Rohrbaugh, 2013-08-21 Based on George Engel's model The Biopsychosocial Formulation Manual presents ways to help psychiatry residents and students effectively gather and organize patient data to arrive at a complete mental health history in a limited timeframe While most current models only take one factor into account Campbell and Rohrbaugh emphasize and analyze three essential components biological social and psychological The process of identifying pertinent data for each component of the biopsychosocial formulation is explicated in detail A separate section outlines how to use the biopsychosocial formulation to generate treatment recommendations This volume includes a complete package for practicing the biopsychosocial method this easy to use guide includes a data record sheet and downloadable resources to facilitate organization and assessment appealing to both the psychiatric professional and the trainee [The Washington Manual Psychiatry Survival Guide](#) Keith S. Garcia, 2003 Written by Washington University house staff and faculty this pocket guide is a quick reference for the hospital practice of psychiatric medicine in the inpatient psychiatric consultation and emergency settings Each section addresses the most frequently encountered problems in these clinical settings and offers practical suggestions on how to obtain information generate reasonable differential diagnoses discriminate among diagnoses and document clinical decisions The book includes Style Pointer sections on patient interview skills and ED Rounds that outline clinical reasoning algorithms in the emergency setting Class Notes sections explain how to concisely and thoroughly document patient encounters emphasizing difficult medical legal situations The Washington Manual Psychiatry Survival Guide is also available electronically for handheld computers See PDA listing for details The Washington Manual is a registered mark belonging to Washington University in St Louis to which international legal protection applies The mark is used in this publication by LWW under license from Washington University **A Guide to the Formulation of Plans and Goals in Occupational Therapy** Sue Parkinson, Rob Brooks, 2020-11-29 This practical guide for occupational therapists introduces a tried and tested method for moving from assessment to intervention by formulating plans and measurable goals

using the influential Model of Human occupation MOHO Section 1 introduces the concept of formulation where it comes from what it involves why it is important and how assessment information can be guided by theoretical frameworks and organised into a flowing narrative Section 2 provides specific instructions for constructing occupational formulations using the Model of Human Occupation In addition a radically new way for creating aspirational goals is introduced based on a simple acronym which will enable occupational therapists to measure sustained changes rather than single actions Section 3 presents 20 example occupational formulations and goals from a wide range of mental health physical health and learning disability settings as well as a prison service and services for homeless people and asylum seekers Designed for practising occupational therapists and occupational students this is an essential introduction for all those who are looking for an effective way to formulate plans and goals based on the Model of Human Occupation

Formulation in Psychology and Psychotherapy Lucy Johnstone, Rudi Dallos, 2013-07-18 The first edition of Formulation in Psychology and Psychotherapy caught the wave of growing interest in formulation in a clinical context This completely updated and revised edition summarises recent practice research developments and debates while retaining the features that made the first a leading text in the field It contains new chapters on personal construct formulation formulation in health settings and the innovative practice of using formulation in teams The book sees formulation as a dynamic process which explores personal meaning collaboratively and reflectively taking account of relational and social contexts Two case studies one adult and one child illustrate the use of formulation from the perspectives of expert clinicians from six different theoretical positions The book encourages the reader to take a constructively critical perspective on the many philosophical professional and ethical debates raised by the process of formulating people's problems Among the issues explored are The social and political context of formulation Formulation in relation to psychiatric diagnosis The limitations of formulation Controversies and debates about formulation This readable and comprehensive guide to the field provides a clear up to date and thought provoking overview of formulation from a number of perspectives essential for clinicians working in all areas of mental health and social care psychology therapy and counselling

Clinical Case Formulation Peter Sturmey, 2009-11-02 Case formulation is a key skill for mental health practitioners and this book provides examples of ten case formulations representing the most common mental health problems in a variety of populations and contexts offering commentary on contrasting formulations of the same case Provides an overview of the general features of case formulation and how it can drive treatment Features clinical cases from a variety of populations focusing on a range of different problems Covers all the major theoretical perspectives in clinical practice behavioural cognitive behavioural psychodynamic medical and eclectic Offers commentary on contrasting formulations of the same case for five different clinical problems

Clinical Manual for the Psychiatric Interview of Children and Adolescents Claudio Cepeda, Lucille Gotanco, 2016-10-17 The psychiatric interview is the foundation of the psychotherapeutic process and is critically important to establish trust elicit useful

responses assess patient behavior and psychopathology and establish treatment goals and plans Building on the success of its predecessor a highly regarded guide to interviewing young patients and their families *Psychiatric Interview of Children and Adolescents* has been thoroughly updated and painstakingly revised to address emerging issues and evolving treatment strategies in an accessible down to earth and comprehensive style and structure The book retains its comprehensive coverage of the principles of interviewing use of the AMSIT model for mental status examinations and evaluation of both internalizing and externalizing symptoms as well as its coverage of neuropsychiatric assessment psychiatric formulation comorbidities resistances and countertransference Additional features either notable or new to this book include The importance of diagnostic and therapeutic engagement in establishing trust with the patient and family and techniques for forging a positive emotional connection which the authors view as an essential responsibility for the clinician and a linchpin of successful practice A new chapter on the psychiatric evaluation of preschoolers and very young children which recognizes that assessment cannot be conducted based solely on adult report and which presents the multiples model multiple sessions multiple informants multiple experts multiple modes of assessment multicultural approach and multiaxial emphasis Expanded coverage of bullying including cyber bullying which has a pervasive and potentially pernicious effect on young people steeped in social media Recognition both throughout the book and in a separate chapter on family assessment that behavior problems in a child or young adult cannot be understood without the relational context of the family and that any family member s problems are best understood as manifestations of dysfunctions within the broader family unit Expanded coverage of the factors and issues involved in evaluating children and adolescents from special populations including those with neurodevelopmental disorders or intellectual disabilities those who are disadvantaged displaced or victims of discrimination and those with posttraumatic stress disorder related to terrorism or burn trauma The book s instructional aims are enhanced by the use of carefully chosen and compellingly crafted clinical vignettes that illustrate vital concepts and techniques and key points at the end of each chapter help the reader identify and remember the most important material *Psychiatric Interview of Children and Adolescents* will help clinicians master the skills and attain the insight they require to accurately assess and effectively treat this most vulnerable of patient populations

Handbook of Psychotherapy Case Formulation Tracy D. Eells, 2022-03-23 Now in a significantly revised third edition featuring 60% new material this is the authoritative clinical reference and course text on a crucial psychotherapy skill Leading practitioners of major psychotherapies describe step by step how to construct sound case formulations and use them to guide individualized treatment Following a standard format chapters cover the historical background of each case formulation approach its conceptual framework and evidence base multicultural considerations steps in implementation application to treatment planning and practice and training resources Rich case material includes examples of completed formulations New to This Edition Chapters on additional models mindfulness based cognitive therapy acceptance and commitment therapy couple therapy and thematic mapping Chapters on

specific approaches for personality disorders suicidality and panic disorder Expanded case examples now go beyond crafting the initial formulation to show how it shapes the entire course of therapy Prior edition chapters are all updated or rewritten to reflect 15 years of advances in research clinical practice and training

Manual of Commercial Methods in Clinical Microbiology, 2016-03-28 The Manual of Commercial Methods in Clinical Microbiology 2nd Edition International Edition reviews in detail the current state of the art in each of the disciplines of clinical microbiology and reviews the sensitivities specificities and predictive values and subsequently the effectiveness of commercially available methods both manual and automated This text allows the user to easily summarize the available methods in any particular field or for a specific pathogen for example what to use for an Influenza test a Legionella test or what instrument to use for identification or for an antibiotic susceptibility test The Manual of Commercial Methods in Clinical Microbiology 2nd Edition International Edition presents a wealth of relevant information to clinical pathologists directors and supervisors of clinical microbiology infectious disease physicians point of care laboratories professionals using industrial applications of diagnostic microbiology and other healthcare providers The content will allow professionals to analyze all commercially available methods to determine which works best in their particular laboratory hospital clinic or setting Updated to appeal to an international audience The Manual of Commercial Methods in Clinical Microbiology 2nd Edition International Edition is an invaluable reference to those in the health science and medical fields

Clinical Manual for Treatment of Schizophrenia John Lauriello, Stefano Pallanti, 2012 Clinical Manual for the Treatment of Schizophrenia provides a uniquely multicultural and supremely patient centered perspective on schizophrenia s core symptoms its psychosocial effects and its psychopharmacological and psychotherapeutic management

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