



## PARTICIPANT INSTRUCTIONS

### “IMPROVING CASE FORMULATION COMPETENCY IN COGNITIVE BEHAVIOUR THERAPISTS

Dear

Please read the following instructions carefully before you start.

First of all to remind you:

A case formulation is defined as:

*“a hypothesis about the causes precipitants and maintaining influences of a person’s psychological, interpersonal and behavioural problems. A case formulation helps to organize often complex and contradictory information about a person. It should serve as a blueprint guiding treatment, as a marker for change, and a structure for helping the therapist understand the patient better.”* (Tracy Eells, 1997)

The formulation is a hypothetical guide to treatment planning and is often revised as new information becomes available to the therapist as treatment progresses.

#### INSTRUCTIONS

After reading each case vignette (there are **TWO** in your pack) you have 20 minutes to produce a written case formulation for each. When you have finished you will have a further 10 minutes to think about how you might treat this patient. Please write down your ideas.

**Please conform to the time allocated and STOP when time runs out.**

You need to think about the case formulation conceptually and try and address everything that you think is important within the time limit. Speculation and hypotheses generation is part of this process. This exercise is to be conducted in a “think on your feet” mode.

**There is no right or wrong answer!**

- Please try and be relaxed about this exercise, scribbled down incomplete sentences etc are very acceptable.
- Please do not confer with each other about your response.

<p><b>YOU HAVE A TOTAL OF 30 MINS FOR EACH VIGNETTE</b></p> <p><b>20 MINUTES FOR THE FORMULATION AND 10 MINUTES FOR TREATMENT</b></p>
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**Please complete the following questions.**

<b>Date:</b>
<b>Gender:</b>
<b>Age:</b>
<b>Profession:</b>
<b>Academic qualifications:</b>
<b>Years of experience as a mental health practitioner:</b>
<b>Work setting (hospital, private practice, community health, drug and alcohol etc):</b>
<b>Circle year of Massey University Post graduate Diploma in Cognitive Behaviour therapy: 2000, 2001, 2002, 2003.</b>
<b>Previous Cognitive Behaviour Therapy training:</b>
<b>Approximate hours per week spent doing Cognitive Behaviour Therapy:</b>

**Thank you very much for your time. Please return the entire pack in the envelope provided.**

**Kind Regards**

**Bev Haarhoff**

**Approval Statement**

This project has been reviewed and approved by the Massey University Human Ethics Committee, PN Application 04/58. If you have any concerns about the conduct of this research, please contact Professor Sylvia V Rumball, Chair, Massey University Human Ethics Committee: Palmerston North, telephone 06 350 5249, email [humanethicsspn@massey.ac.nz](mailto:humanethicsspn@massey.ac.nz)

VIGNETTE NUMBER 1
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YOU HAVE 30 MINUTES IN TOTAL TO COMPLETE THIS TASK

20 MINUTES FOR THE CONCEPTUALISATION/FORMULATION

10 MINUTES FOR TREATMENT

PLEASE KEEP TO TIME AND CHECK YOURSELF BY NOTING THE

START AND FINISH TIMES

Start time vignette 1: \_\_\_\_\_

Finish time vignette 1: \_\_\_\_\_

VIGNETTE NUMBER 2
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YOU HAVE 30 MINUTES IN TOTAL TO COMPLETE THIS TASK

20 MINUTES FOR THE CONCEPTUALISATION/FORMULATION

10 MINUTES FOR THE TREATMENT

PLEASE KEEP TO TIME AND CHECK YOURSELF BY NOTING THE

START AND FINISH TIMES

Start time vignette 2: \_\_\_\_\_

Finish time vignette 2: \_\_\_\_\_

<b>VIGNETTE NUMBER 3</b>
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**YOU HAVE 30 MINUTES IN TOTAL TO COMPLETE THIS TASK**

**20 MINUTES FOR THE CONCEPTUALISATION/FORMULATION**

**10 MINUTES FOR TREATMENT**

**PLEASE KEEP TO TIME AND CHECK YOURSELF BY NOTING THE**

**START AND FINISH TIMES**

**Start time vignette 3: \_\_\_\_\_**

**Finish time vignette 3: \_\_\_\_\_**

<b>VIGNETTE NUMBER 4</b>
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**YOU HAVE 30 MINUTES IN TOTAL TO COMPLETE THIS TASK**

**20 MINUTES FOR THE CONCEPTUALISATION/FORMULATION**

**10 MINUTES FOR THE TREATMENT**

**PLEASE KEEP TO TIME AND CHECK YOURSELF BY NOTING THE**

**START AND FINISH TIMES**

**Start time vignette 4: \_\_\_\_\_**

**Finish time vignette 4: \_\_\_\_\_**



## **CHECKLIST**

**Please tick each item on completion of the exercise before returning.**

- ✓ Formulation for Vignette one completed in allocated time
- ✓ 20 minutes for formulation
- ✓ 10 minutes for treatment plan
- ✓ Formulation for vignette 2 completed in allocated time
- ✓ 20 minutes for formulation
- ✓ 10 minutes for treatment plan
- ✓ Demographic questions on the back page completed

**PLEASE RETURN THE ENTIRE PACK WITH YOUR TWO COMPLETED  
CASE FORMULATIONS IN THE PREPAID POSTAGE ENVELOPE  
PROVIDED.**