

Case formulation: 5P

Client: _____ Last updated: _____

Factor	What belongs here	Your notes
Presenting problem	The request and complaints in the client's words, why they came now	
Precipitating factors	Events that triggered or worsened the problem	
Predisposing factors	Early experience, family history, attachment style	
Perpetuating factors	What keeps the problem going: avoidance, beliefs, surroundings	
Protective factors	Resources and strengths: relationships, skills, motivation	

Treatment plan

- Goals you agreed on with the client
- Which perpetuating factors you address first
- When you will revisit the formulation
