

ACT Case Conceptualization Form

1) Presenting problem(s) in client's own words:

Client initial goals (What does he/ she want from therapy?):

ACT reformulation of presenting problem:

2) What thoughts, emotions, memories, sensations, situations is the client fused with or avoiding?

Thoughts

Emotions

Memories

Other

3) What does the client do to avoid these experiences?

- Internal emotional control strategies(e.g., distraction, excessive rumination/worry, dissociation, numbing, daydreaming)
- External emotional control strategies (e.g., drugs, self-harm, avoided situations)
- In-session avoidance or emotional control patterns (e.g., topic changes, argumentativeness, dropout risk)

Pervasiveness of experiential avoidance: Limited 1 2 3 4 5 Very extensive

4) Describe the domains and ways in which the client's behavior is narrowed and inflexible (e.g., family, couples, parenting, friends/social, work, education, recreation, spirituality, community, self care)

5) Consider other domain of psychological inflexibility and their implications (*fusion, attachment to conceptualized self, dominance of conceptualized past and future; weak self-knowledge; lack of values clarity; dominance of pliance and avoidant tracking; inaction, impulsivity, or avoidant persistence*)

Domain	Pattern	Treatment Implications

6) Motivational factors (e.g., what is the cost of this behavior in terms of daily living, client's experience of unworkability, clarity of values, therapeutic relationship)
Motivational factors Treatment Implications

7) Environmental barriers to change (e.g., unsupportive home/social environment, unchangeable circumstances, financial circumstances, costs of changing (social losses etc.)).

8) Client Strengths (and how you might use them in treatment):

9) Initial ACT treatment plan:

Very Brief Therapy
Kirk Strohsahl working with "Maggie"
ACT Case Conceptualization Form

<p>1) Presenting problem(s) in client's own words: Client is upset with her brother's behavior around his health Client initial goals (What does he/ she want from therapy?): Better relationship with her brother</p> <p>ACT reformulation of presenting problem: Client's avoidance of having difficult feelings about her brother's behavior & fusion with thoughts about his brother's behavior aren't working w/ her or in line</p>	
<p>2) What thoughts, emotions, memories, sensations, situations is the client fused with or avoiding? <u>Thoughts</u> "I should know better" (fusion) "I should stop making judgements" (fusion) "My brother <u>should</u> take better care of himself" (fusion) "I'm right & he's wrong" (fusion) <u>Emotions</u> Negative feelings around brother's self care (avoidance) <u>Memories</u> she used to smoke (hypothetical - should investigate further) <u>Other</u></p>	with her stated values of relationship with her brother
<p>3) What does the client do to avoid these experiences?</p> <ul style="list-style-type: none"> • Internal emotional control strategies (e.g., distraction, excessive rumination/worry, dissociation, numbing, daydreaming) trying not to have judgmental thoughts • External emotional control strategies (e.g., drugs, self-harm, avoided situations) makes snide comments to brother looks disdainfully at brother holds back physically from brother (stiffens) • In-session avoidance or emotional control patterns (e.g., topic changes, argumentativeness, dropout risk) Initially claims brother isn't available for relationship, but later talks about him trying to hug her (hypothetical - should investigate further) <p>Pervasiveness of experiential avoidance: Limited 1 2 3 4 5 Very extensive</p>	
<p>4) Describe the domains and ways in which the client's behavior is narrowed and inflexible (e.g., family, couples, parenting, friends/social, work, education, recreation, spirituality, community, self care)</p> <p style="text-align: center;">relationship with her brother relationship with her family</p>	

5) Consider other domain of psychological inflexibility and their implications (fusion, attachment to conceptualized self, dominance of conceptualized past and future; weak self-knowledge; lack of values clarity; dominance of pliance and avoidant tracking; Inaction, impulsivity, or avoidant persistence)

Domain	Pattern	Treatment Implications

6) Motivational factors (e.g., what is the cost of this behavior in terms of daily living, client's experience of unworkability, clarity of values, therapeutic relationship)

Motivational factors Treatment Implications

clearly values relationship w/ brother
 cost - better relationship w/ brother

7) Environmental barriers to change (e.g., unsupportive home/social environment, unchangeable circumstances, financial circumstances, costs of changing (social losses etc.)).

possibly limited opportunities to be with brother

8) Client Strengths (and how you might use them in treatment):

Cares about her brother - might look at whether particular behaviors serve this value in terms of actual results in her experience

9) Initial ACT treatment plan:

- defusion from thoughts (see list on front page)
- acceptance work around difficult emotions when exposed to brother's poor self-care in service of value (relationship with brother)
- committed action work (actual commitments to try different behaviors with her brother that are in line with her stated value)
- acceptance of judgemental thoughts as thoughts that she can change her own behavior while experiencing