







Metacognitive Therapy



THERAPY UNIT 3: CASE FORMULATION

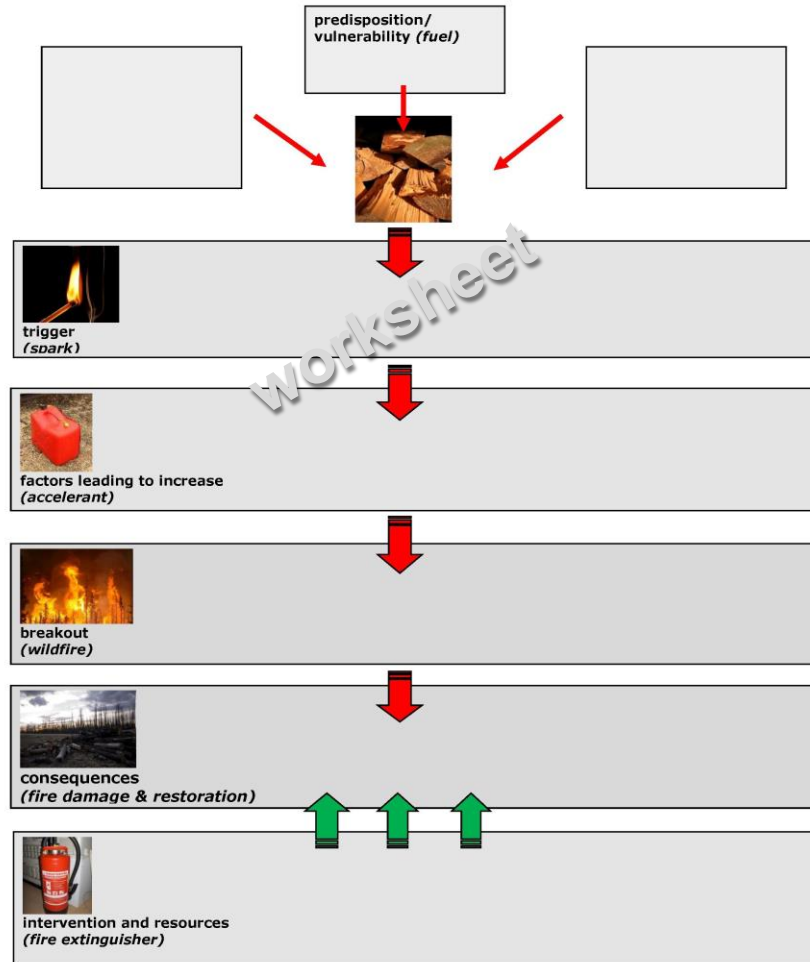
predisposition	 <p>fuel</p>	e.g. parent also had psychotic episode; traumatic experiences in childhood
trigger	 <p>spark</p>	e.g. stress (work, relationship); other particular stress factors, like moving to a new city
factors leading to increase and perpetuation	 <p>fire accelerant</p>	e.g. abuse of alcohol/drugs; discontinuing medication against therapeutic advice; irregular sleep; ruminating
breakdown	 <p>wildfire</p>	delusions, illusions, hallucinations/hearing voices, exhaustion, depression
consequences	 <p>fire damage & restoration</p>	Withdrawal, unemployment, loneliness
intervention and resources	 <p>fire extinguisher</p>	<p>intervention: medication, psychotherapy, some therapy methods already adopted (e.g. relaxation techniques)</p> <p>resources: motivation for therapy, good social network</p>

Individual case formulation



Therapy Unit 3: Case Formulation

Worksheet 3.1. Individual Case Formulation



→ worksheet 3.1

Development of particular ideas



Therapy Unit 3: Case Formulation

Worksheet 3.2. How special ideas develop – own examples

Content	Why this and not any other theme?	How is this associated with fear?	Why now?
(e.g. my neighbours are listening in on me)	(e.g. flat is in a troubled area; parents have sued neighbours before; flat has very thin walls etc.)	(e.g. latent conflict with neighbours; neighbour is a lot stronger than me and quick tempered)	(e.g. themes present in the media (bugging operations etc.); reports about landlords who bug flats)

worksheet



→ worksheet 3.2