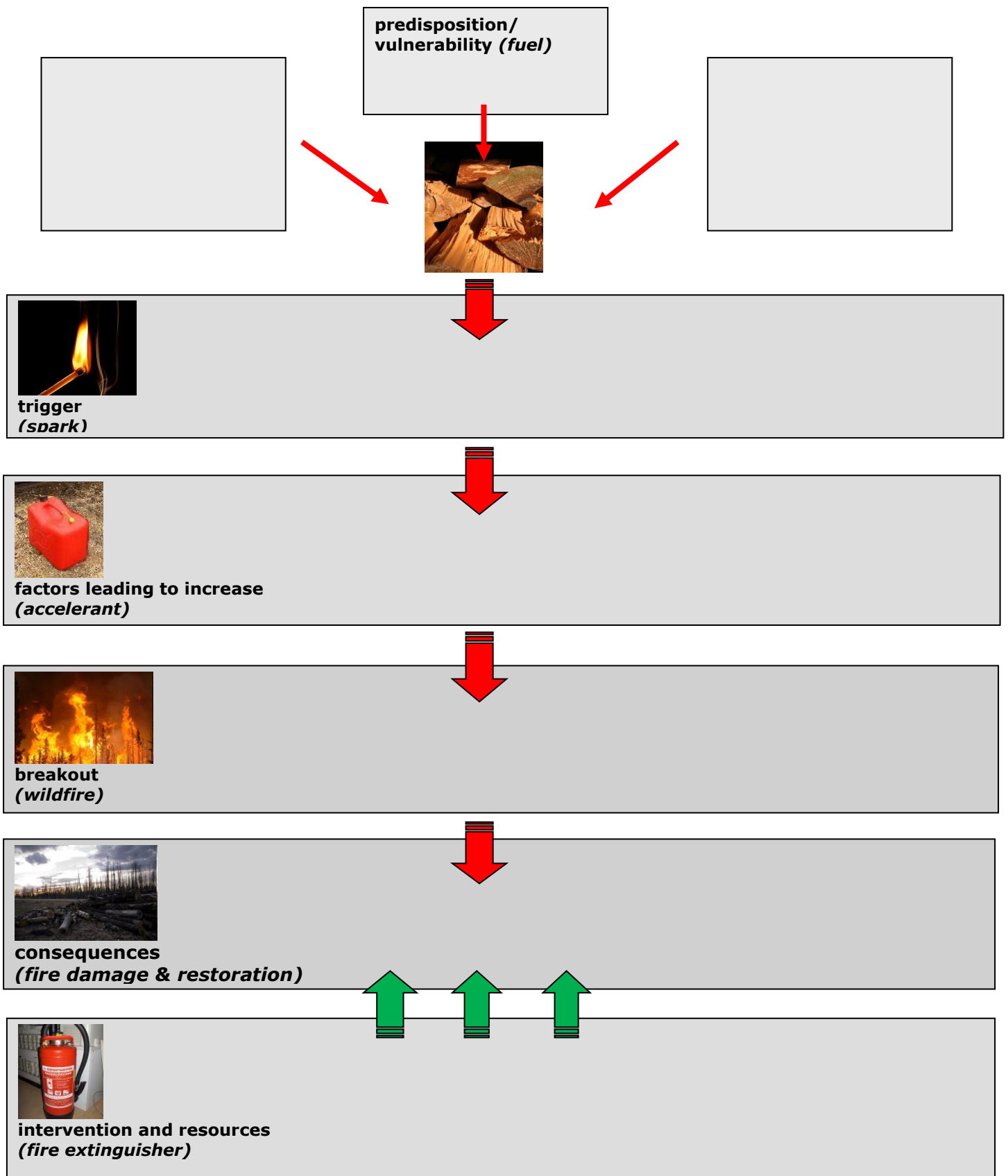




Therapy Unit 3: Case Formulation

Worksheet 3.1. Individual Case Formulation



(f.t.t.b.: "wood" by senfgurke; "Match on Fire" by Ambient Ideas; "jerry cans and chemicals" by colchu; "Banff Prescribed Burn 2009" by Eggs&Beer; "Wood Pile" by dani0010; "Feuerlöscher" by rudolf schuba)



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)