

ACT Initial 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 core thoughts, emotions, memories, sensations, scenarios is the client unwilling to experience?

Thoughts

Emotions

Memories

Other

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

- Overt behavioral avoidance (Activities/situations/people the client has stopped doing or avoids explicitly)
- Internal and external emotional control strategies (e.g., distraction, self-instruction, dissociation, drugs, self-harm)
- In-session avoidance or emotional control patterns (e.g., topic changes, argumentativeness, dropout risk)

4) Relevant 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)

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

6) Factors contributing to psychological inflexibility (e.g., excessive rule governance, being right, reason-giver, self issues (lack of a sense of-unable to describe feelings or wants), extremely low tolerance of emotional experiences, lack of present moment awareness, super-logical (figures things out), excessive attachment to conceptualized self)

7) Given the above, what parts of ACT may need to be emphasized in treatment?

8) Client Strengths:

9) Initial ACT treatment plan: