



# The Case Formulation Approach to Cognitive Behavior Therapy and Practice-Based Research: A Personal History of My Approach to Integrating Science and Practice

Jacqueline B. Persons<sup>1,2</sup>

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## Abstract

I offer a personal and biographical account of my approach to integrating science and practice in my clinical practice, my clinical writing, and my research. I developed the case formulation approach to cognitive behavior therapy (CBT), which relies heavily on evidence and science. I also integrate science and practice by collecting data in my clinical practice to contribute to research, using a method that (Castonguay et al. Bergin and Garfield's handbook of psychotherapy and behavior change (50th Anniversary Edition). Wiley, 2021) call practice-based research.

**Keywords:** Case formulation · Practice-based research · Integration of science and practice

My approach to psychotherapy is characterized by a tight integration of science and practice. I developed the case formulation approach to cognitive behavior therapy (CBT), which relies heavily on evidence and science, as I'll describe. I also integrate science and practice by collecting data in my clinical practice to contribute to research, using a method that Castonguay et al. (2021) call practice-based research.

Both the case formulation approach to CBT and my practice-based research have their origins in my training. I was a graduate student in the Psychology Department at the University of Pennsylvania, where I began my training 50 years ago, in 1975. As a second-year student I began hearing reports of a new therapy for depression that had been developed by Aaron T. Beck in the Department of Psychiatry at Penn. At the time, I was working with my advisors in the Psychology Department on studies of cognitive mechanisms underpinning symptoms of schizophrenia. I wanted to learn more about what Beck was doing, and although Psychology graduate students were generally discouraged from seeking

training in the Department of Psychiatry, I was able to obtain permission to get some practicum training in Beck's Mood Clinic.

I was drawn to Beck's work both because it focused on cognitive mechanisms underpinning symptoms of psychopathology, which was my research interest, but also because of its empirical approach. His group was training therapists to provide CBT for depression in a randomized controlled trial (later published as Rush et al., 1977). I was fortunate to be invited to sit in on the training (all the trainees read copies of the book that would become Beck et al. (1979) that were passed around in mimeographed form) and to provide the new therapy to a few depressed patients. In a stroke of remarkable good fortune, my first clinical supervisor was David Burns, who was writing *Feeling Good* at the time, a book that presented the basics of cognitive therapy to the layperson (Burns, 1980). It was also used to train the therapists in the trial.

I learned in my training from Dr. Beck to ask my depressed patients to complete a Beck Depression Inventory just before the session, and to plot the score and review the data with the patient and use it to guide the session. This early training was formative for me, and I began collecting symptoms data from all my patients and have done so for my entire career. This assessment strategy is an essential element of both my case formulation approach to CBT described in Persons (2006, 2008) and my practice-based

<sup>1,2</sup> Jacqueline B. Persons  
Persons@oakland.edu

<sup>1</sup> Oakland Center for Cognitive Behavior Therapy, Oakland, CA, USA

<sup>2</sup> Department of Psychology, University of California, Berkeley, Berkeley, CA, USA

# Cognitive Therapy In Practice A Case Formulation Approach

**Michael Bruch**

## **Cognitive Therapy In Practice A Case Formulation Approach:**

**The Case Formulation Approach to Cognitive-Behavior Therapy** Jacqueline B. Persons, 2008-08-14 This book addresses a critical challenge in evidence based psychotherapy how to use empirically supported therapies ESTs in real world clinical contexts The author explains the basic theories of cognition learning and emotion that underlie available ESTs and shows how the theories also guide systematic case formulation By crafting a sound formulation and continually refining and monitoring it as treatment progresses the therapist can smoothly shift theoretical gears and weave together elements of different ESTs to meet the needs of individual patients who typically present with multiple problems Hands on tools reproducibles and many concrete examples are included

**Cognitive Therapy in Practice** Jacqueline B. Persons, 1989

This book gives a nitty gritty account of cognitive behavior therapy in practice The author introduces us to her patients shares her thinking about their problems and outlines interventions based on her understanding

**Cognitive-Behavioral Therapy for PTSD** Claudia Zayfert, Carolyn Black Becker, 2019-12-24 Acclaimed for providing a flexible framework for individualized treatment of posttraumatic stress disorder PTSD this empathic guide has now been revised and expanded with 50% new material The authors show how the case formulation approach enables the practitioner to adapt CBT for clients with different trauma histories co occurring problems and complicating life circumstances Vivid clinical material illustrates the implementation of exposure therapy cognitive restructuring and supplemental interventions with ample attention to overcoming common obstacles Purchasers get access to a Web page where they can download and print the book's 22 reproducible handouts in a convenient 8 1/2 x 11 size Key Words Subject Areas CBT psychotherapy posttraumatic stress disorder psychological trauma cognitive therapy cognitive behavioural therapy case conceptualization adults assessments combat dsm5 dsmv evidence based treatments exposure interventions intimate partner violence military personnel rape service members sexual assault survivors childhood sexual abuse treatment manuals treatments veterans traumatized Audience Clinical psychologists psychiatrists clinical social workers counselors and psychiatric nurses

**Handbook of Psychotherapy Case Formulation** Tracy D. Eells, 2022-04-22 Now in a significantly revised third edition featuring 60% new material this is the authoritative clinical reference and course text on a crucial psychotherapy skill Leading practitioners of major psychotherapies describe step by step how to construct sound case formulations and use them to guide individualized treatment Following a standard format chapters cover the historical background of each case formulation approach its conceptual framework and evidence base multicultural considerations steps in implementation application to treatment planning and practice and training resources Rich case material includes examples of completed formulations New to This Edition Chapters on additional models mindfulness based cognitive therapy acceptance and commitment therapy couple therapy and thematic mapping Chapters on specific approaches for personality disorders suicidality and panic disorder Expanded case examples now go beyond crafting the initial formulation to show how it shapes the entire course of therapy

Prior edition chapters are all updated or rewritten to reflect 15 years of advances in research clinical practice and training

**Beyond Diagnosis** Michael Bruch, 2015-03-16 Die 2 Auflage von Beyond Diagnostics ist eine komplett bearbeitete und erweiterte Betrachtung von Victor Meyers bahnbrechendem Ansatz der Fallformulierung und dessen Anwendung auf die kognitive Verhaltenstherapie Empfiehlt für komplexe individuelle Probleme eine dynamische und individualisierte Bewertung statt einer standardisierten diagnostischen Klassifizierung. Präsentiert eine detaillierte Analyse komplexer Fallbeispiele mit Relevanz für die klinische Praxis. Mit einem Vorwort von Ira Turkat und Erläuterungen hochaktueller klinischer Verfahren durch eine weltweite Gruppe von Experten im Bereich Fallformulierung

### **The Oxford Handbook of Clinical Psychology**

David H. Barlow, 2011 The exponential growth of clinical psychology since the late 1960s can be measured in part by the extensive perhaps exhaustive literature on the subject. This proliferation of writing has continued into the new century and the field has come to be defined as much by its many topics as its many voices. The Oxford Handbook of Clinical Psychology synthesizes these decades of literature in one extraordinary volume. Comprising chapters from the foremost scholars in clinical psychology, the handbook provides even and authoritative coverage of the research, practice, and policy factors that combine to form today's clinical psychology landscape. In addition to core sections on topics such as training, assessment, diagnosis, and intervention, the handbook includes valuable chapters devoted to new and emerging issues in the clinical field, including health care reforms, cultural factors, and technological innovations and challenges. Each chapter offers a review of the most pertinent literature, outlining current issues and identifying possibilities for future research. Featuring two chapters by Editor David H. Barlow, one on changes during his own 40-year odyssey in the field, the other projecting ten themes for the future of clinical psychology, The Oxford Handbook of Clinical Psychology is a landmark publication that is sure to serve as the field's benchmark reference publication for years to come. It is an essential resource for students, clinicians, and researchers across the ever-growing clinical psychology community.

**A Clinical Introduction to Psychosis** Johanna C. Badcock, Georgie Paulik, 2019-10-19 This practical guide outlines the latest advances in understanding and treating psychotic symptoms and disorders, articulating step by step the clinical skills and knowledge required to effectively treat this patient population. A Clinical Introduction to Psychosis takes an evidence-based approach that encourages a wider perspective on clinical practice with chapters covering stigma and bias, cultural factors, the importance of social functioning, physical health, sleep, and more. A broad array of treatment modalities are discussed, including cognitive behavioral therapy, cognitive remediation, psychosocial interventions, trauma-informed therapies, and recovery-oriented practice. The book also provides a concise overview of the latest advances regarding cognitive profiles in people with psychotic disorders, the developmental progression of cognitive abilities, and the clinical relevance of cognitive dysfunction. The book additionally familiarizes readers with issues and controversies surrounding diagnostic classification, transdiagnostic expression, and dimensional assessment of symptoms in psychosis. Provides treatment and assessment methods for psychotic symptoms and disorders. Looks at how

psychosis develops and the impact of stigma on clinicians and clients Studies the links between trauma PTSD and psychosis as well as sleep and psychosis Covers digital technologies for treating and assessing psychosis Outlines strategies for treating visual and auditory hallucinations Examines how to incorporate consumer and clinician perspectives in clinical practice

**Cognitive-Behavioral Case Formulation and Treatment Design** Arthur M. Nezu,Christine Maguth

Nezu,Elizabeth R. Lombardo,2004-03-15 This user friendly guide will help the clinician develop Cognitive Behavioral treatment plans for 11 common psychological disorders e g major depressive disorder generalized anxiety borderline personality disorder anger problems Based on a problem solving model and empirical literature the authors focus on two major clinical tasks involved in this process case formulation and treatment design They delineate short term goals long term goals treatment targets and potential interventions Appendices include quick guides to CBT treatment planning for the 11 disorders and selected major CBT clinical intervention strategies noted throughout the book

**Assessment and Case Formulation in Cognitive Behavioural Therapy** Alec Grant,2008-04 An important contribution to the development of cognitive therapy that synthesizes the best of traditional cognitive therapy with important new developments emerging from a range of different areas Combining practical accessibility with theoretical sophistication this book will be invaluable

reading for both beginning therapists and experienced clinicians Jeremy D Safran Ph D Professor and Director of Clinical Psychology New School for Social Research New York Like a powerful river with many tributaries this book somehow manages to weave influences from all kinds of diverse sources into an exciting coherent whole It is everything you'd want of a new CBT book for students and practitioners fresh practical accessible James Bennett Levy Oxford Cognitive Therapy

Centre Assessment and Case Formulation in Cognitive Behavioural Therapy is a comprehensive guide to key areas of professional knowledge and skill The successful outcome of therapy depends on the therapist's ability to work collaboratively with clients to create rounded assessments and formulations as a solid basis for therapeutic work Drawing directly on their own clinical work the authors describe how assessment and formulation should evolve throughout the process The case examples chosen include helping individuals with axis I and II problems such as psychosis depression borderline personality disorder and family case formulation The authors also discuss the importance of the therapist taking into account their own beliefs and emotions in formulating each case and present suggested self practice self reflection trajectories to support continuous professional development in this area Alec Grant is Principal Lecturer and Course Leader MSc in Cognitive Psychotherapy at INAM University of Brighton Michael Townend is Reader in Cognitive Behavioural Psychotherapy and Programme Leader for the MSc in Cognitive Behavioural Psychotherapy and Postgraduate Certificate in Clinical Supervision University of Derby Jem Mills is Managing Director Aurora CBT Ltd and also Cognitive Psychotherapist in Private Practice Adrian Cockx is Community Psychiatric Nurse and MSc in Cognitive Psychotherapy student at University of Brighton

Clinical Case Formulation Peter Sturmey,2009-08-20 Case formulation is a key skill for mental health practitioners and

this book provides examples of ten case formulations representing the most common mental health problems in a variety of populations and contexts offering commentary on contrasting formulations of the same case Provides an overview of the general features of case formulation and how it can drive treatment Features clinical cases from a variety of populations focusing on a range of different problems Covers all the major theoretical perspectives in clinical practice behavioural cognitive behavioural psychodynamic medical and eclectic Offers commentary on contrasting formulations of the same case for five different clinical problems

**Case Formulation in Cognitive Behaviour Therapy** Nicholas Tarrier, Judith

Johnson, 2015-07-06 Since the successful first edition of Case Formulation in Cognitive Behaviour Therapy there has been a proliferation of psychological research supporting the effectiveness of CBT for a range of disorders Case formulation is the starting point for CBT treatment and Case Formulation in Cognitive Behaviour Therapy is unique in both its focus upon formulation and the scope and range of ideas and disorders it covers With a range of expert contributions this substantially updated second edition of the book includes chapters addressing the evidence base and rationale for using a formulation driven approach in CBT disorder specific formulation models the formulation process amongst populations with varying needs formulation in supervision and with staff groups New to the book are chapters that discuss Formulation amongst populations with physical health difficulties Formulation approaches to suicidal behaviour Formulation with staff groups Case Formulation in Cognitive Behaviour Therapy will be an indispensable guide for experienced therapists and clinical psychologists and counsellors seeking to continue their professional development and aiming to update their knowledge with the latest developments in CBT formulation

Cognitive Behavior Therapy in Nursing Practice Arthur Freeman, EdD,

ABPP, 2005 Designated a Doody's Core Title span This is a manual on integrating cognitive behavior therapy CBT into advanced practice psychiatric nursing The distinguished contributors provide an overview of CBT and how it fits into nursing practice and theory The book incorporates chapters on psychiatric conditions most commonly treated with CBT including depression and anxiety as well as chronic pain and substance abuse The special needs of families couples the elderly and groups are also addressed Contributors include Sister Callista Roy and Bruce Zahn This is a valuable text for students as well as a reference and resource book for clinicians For Further Information Please Click Here

Psychiatric Case Formulations

Len Sperry, 1992 *DVD Counseling and Psychotherapy Theories in Context and Practice* John Sommers-Flanagan, Rita Sommers-Flanagan, 2004-01-16 Learn the various counseling theories through authentic examples led by actual practitioners working with real clients This comprehensive two DVD set promotes student learning by illustrating each of the counseling theories covered in the textbook Counseling and Psychotherapy Theories in Context and Practice Second Edition by John and Rita Sommers Flanagan However the DVDs can be used in conjunction with this text or as a stand alone teaching tool in any course covering psychotherapy theories and techniques Unique in its presentation of real clinicians from a variety of work settings including school and college counselors working with actual clients the DVDs Feature practitioners and clients who

represent ethnic gender age and religious diversity Model how to develop a positive therapeutic relationship from any theoretical perspective Help students not only understand the differences between theories but also the difference between theory and technique Offer commentary by the authors on how the counselor in the session made decisions from a theoretical perspective as well as why a particular counseling theory was appropriate for the client's situation Exploring Psychoanalytic Adlerian Existential Person Centered Gestalt Behavioral Cognitive Behavioral Reality Feminist Solution Focused and Family Systems theories these two DVDs shed light on these theories in real practice with clients *Current Catalog*, 1989 First multi year cumulation covers six years 1965-70

**Psychiatry** Allan Tasman, 1997

**Handbook of Psychological**

**Assessment, Case Conceptualization, and Treatment, Volume 1** Michel Hersen, Johan Rosqvist, 2007-11-02 Edited by recognized experts Michel Hersen and Johan Rosqvist Handbook of Psychological Assessment Case Conceptualization and Treatment Volume 1 Adults is a thorough and practical reference for those working with adults Bringing together the most current theories and evidence based applications chapters address issues of importance including ethics medical issues panic and agoraphobia obsessive compulsive disorder and posttraumatic stress disorder Each chapter follows a structured format opening with an overview of assessment followed by case conceptualization and finally recommended treatment

*Cognitive Therapy of Borderline Personality Disorder* Mary Anne Layden, 1993 Combines developmental perspectives with intervention techniques discussing methods of conceptualizing borderline cases and developing treatment plans Includes case studies The four authors have all been associated at one time or another with the Center for Cognitive Therapy at the U of Pennsylv

**Cognitive-Behavioral Therapy** Adam M. Volungis, 2018-08-10 Cognitive Behavioral Therapy

Theory into Practice provides a formal translation of CBT theory in practice by addressing how to apply core competencies for therapists psychologists serving mental health clients This book is designed for graduate students in training and mental health professionals who want to learn the basic foundations of applied CBT but it is also an invaluable resource for experienced practitioners looking to improve their skills Adam M Volungis reviews the most common and pertinent CBT skills necessary for most clients encountered in practice from establishing a sound therapeutic alliance and structuring sessions to modifying negative automatic thoughts and behavioral exposure Each skill is first presented with a sound evidence based rationale and then followed by specific steps Most of the CBT skills covered are accompanied by therapist client therapy dialogue vignettes and many hours of supplemental videos worksheets for clinical use and PowerPoints which can be accessed on the companion website Each chapter also includes discussion questions and activities that provide the opportunity for students to practice each CBT skill individually or with peers while tables and figures conceptualize and summarize key themes and skills *Counselor Education and Supervision*, 1991

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web 1 a review of prior reports to determine where lead based paint and lead based paint hazards have been found what

controls were done and when these findings and controls happened 2 a visual assessment to identify deteriorated paint failures of previous hazard controls visible dust and debris and bare soil 3

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web 1 performing inspections by the sole use of laboratory paint chip analysis is not recommended because it is time consuming costly and requires extensive repair of painted surfaces us dept of housing and urban development guidelines for the evaluation and control of lead based paint hazards in housing p 3 1997

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