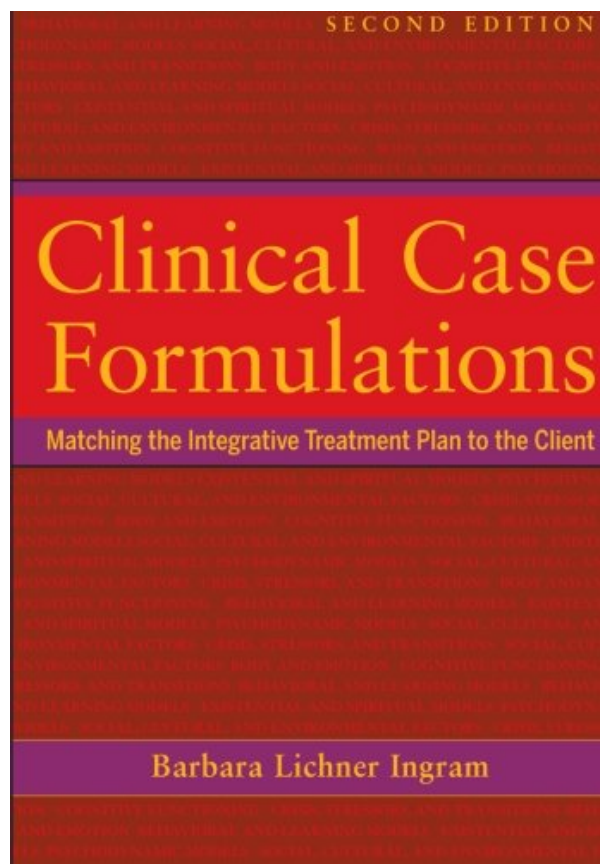
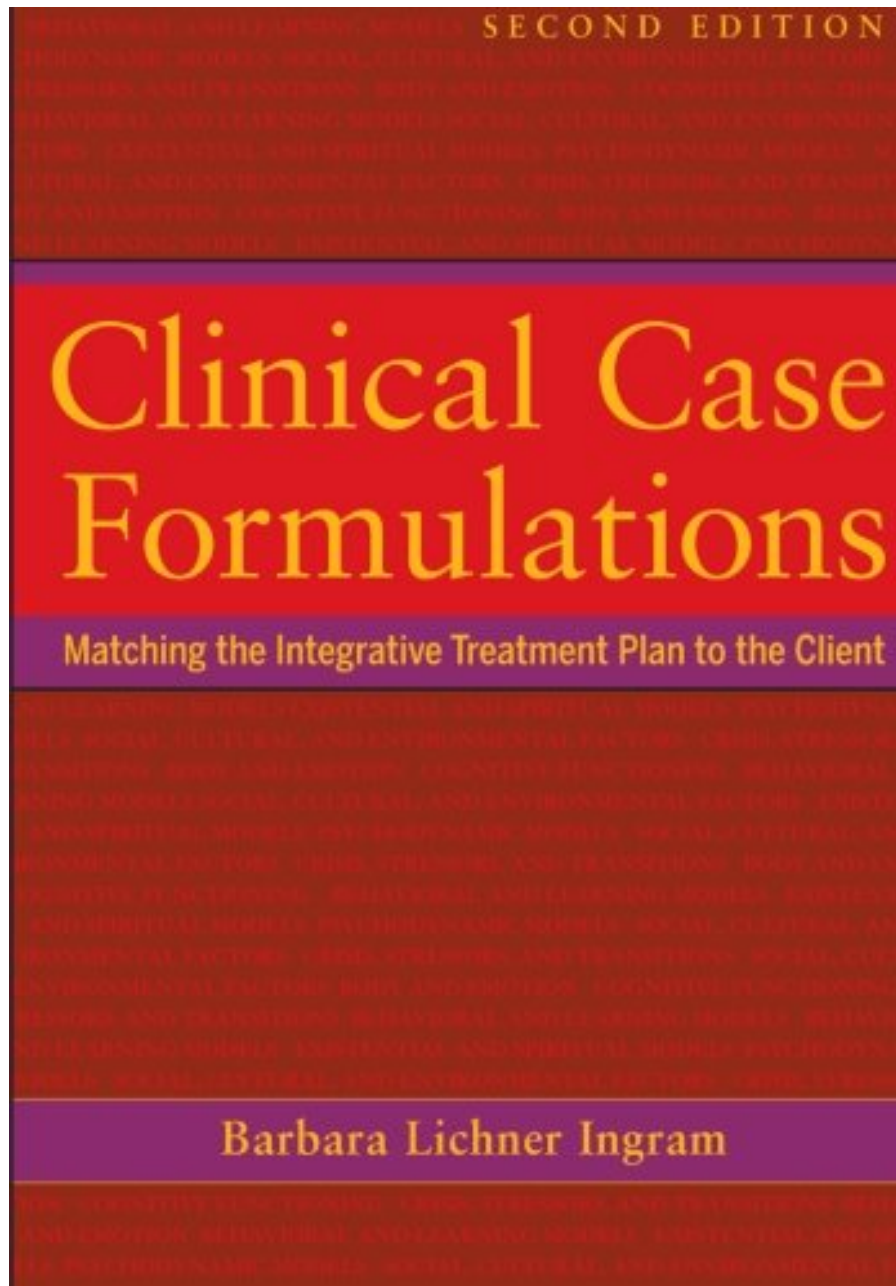


**CLINICAL CASE FORMULATIONS:
MATCHING THE INTEGRATIVE
TREATMENT PLAN TO THE CLIENT BY
BARBARA LICHNER INGRAM**



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Review

"[Barbara Ingram has put] a career into the development of this book and it is wonderful! My students love that it is written with them in mind and they love the statements designed to reduce anxiety and normalize the learning process. This is an excellent book!"

—Amy M Reese-Turyn, PhD, Associate Professor of Counseling Psychology, Lewis & Clark College

"Dr. Ingram's book is a tremendous accomplishment and contribution. She provides a step-by-step, systematic guide to case formulation and treatment planning that is simultaneously creative, integrative, evidence-based, practical and wise. All clinicians, regardless of experience or theoretical orientation, would benefit from reading it."

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principles from a wide variety of theoretical orientations, vividly showing how the different approaches can provide complementary perspectives on the same case. This complementarity in turn provides more options for treatment planning and intervention so as to best shape the therapy to the specific clinical needs and contexts of the individual client, while at the same time providing rich material to facilitate the further development and refinement of the theories."

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Praise for Clinical Case Formulations

Matching the Integrative Treatment Plan to the Client, Second Edition

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A step-by-step model for individualized case conceptualization

Fully revised and updated, the second edition of Clinical Case Formulations provides step-by-step tools and insightful guidance for moving from first contact with a client to the development of an effective, personalized treatment plan. Addressing the essential question every therapist faces—How do I create a treatment plan that is the best match for my client?—this unique resource provides a systematic and thoughtful method for integrating ideas, skills, and techniques from different theoretical approaches. It combines empirical research and clinical experience to create a case formulation that is tailor-made for the client.

This comprehensive resource offers two tools to guide case formulations: a problem-oriented framework, with a list of 28 standards for evaluating its application, and a set of 30 core clinical hypotheses derived from the knowledge bases of psychology, psychiatry, counseling, and social work professions.

The new edition includes:

- Hypotheses on Emotional Focus, Trauma, and Metacognitive Perspective
- More detailed attention given to empirically supported therapies such as Dialectical Behavior Therapy (DBT) and Acceptance and Commitment Therapy (ACT)
- Discussion on the importance of bringing cultural competence to case formulation tasks with every client
- Skill-building activities throughout the text

Offering a thorough framework to help clients experience effective clinical service, practitioners will learn to conceptualize clients' needs in ways that lead to strong and individualized treatment plans, as well as advice and guidance on what to do when selected interventions fail to produce the expected benefits.

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- Released on: 2011-11-09
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- Dimensions: 10.10" h x 1.10" w x 7.10" l, 1.99 pounds
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- 524 pages

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3 of 3 people found the following review helpful.

Clinical case Formulation

By Jack Dikian

Clinical Case Formulations: Matching the Integrative Treatment Plan to the Client by Barbara Lichner Ingram. John Wiley & sons, Inc. Hoboken, New Jersey.

Getting my hands on this book has been very timely - for the last few months myself and colleagues have been attempting to reach some sort of a consensus on a working definition for Case Conceptualisation, Case Formulation; as well as how and what tools and techniques we ought to use in our practice. I personally have been influenced by the work of Sperry and do fall back on (to some extent at least) grouping patient and client information in terms of the 5P's: presentations, predispositions, precipitants, perpetuates and prognosis.

And so, I was quite keen to read this very large book (666 pages) and look for approaches and insights we might not be familiar with. The book has three main sections, broadly;

1. Case Formulation skills,
2. Twenty-Eight Core Clinical Hypotheses, and
3. Steps to Complete Case Formulation

I should say right from the start this book is suited for the reader who has completed clinical psychology studies and is pitched at professional practitioners in this field. This is not to say students would not benefit from this text - however, in parts this book is difficult, and probably more complicated than it needs to be.

Possibly the biggest criticism I have of this book is that it [Prof Barbara Ingram] seems to avoid the therapeutic techniques or modalities that have been developed and adopted over the history of psychology. Instead, it's as if she has created her own version of psychotherapy with its own schema, approaches and language. For example, the style of case summary and evaluation is unique to her and not followed elsewhere. There are 28 "core clinical hypotheses." There are 33 "standards for evaluating case formulations."

And so, I thought Part One of the book was somewhat valuable while Part Two, mostly because of a schema which is difficult to follow and different from systems we are more accustomed to was less useful.

Part One - discusses a step-by-step method for developing a case plan consists of: gathering data, defining problems, specifying outcome goals, organizing and presenting the data-base, creating the plan by applying core clinical hypotheses, and writing a treatment plan and monitoring progress. I was particularly impressed by the explicit call for "monitoring progress" as, many may agree, that some see the development of a treatment plan as the end of the intervention.

Her method is similar to many conventional methods of creating a treatment plan as it defines goals and problems, provides possible explanations, interventions are focused on resolving problems, and monitors progress.

1 of 1 people found the following review helpful.

This is a fantastic book. The formulation technique using the 30 hypotheses

By Nicole Scott

This is a fantastic book. The formulation technique using the 30 hypotheses, I believe is brilliant. I think that adhering to one specific therapeutic approach can be foolish. You don't know the client, their specific problem, their resources or how your relationship will be, so how can you assess which is the best method of helping them? The idea of creating a problem list and determining which hypotheses fit seems like such a much more practical, real-world way of approaching this. I think these hypotheses are especially useful because you then can determine which type of therapy would be most useful in each scenario, and multiple

modalities and techniques could fit with each one. I really appreciate the flexibility this approach offers. It also makes being integrative much less intimidating. A great book to have for future reference as a counselor.

0 of 0 people found the following review helpful.

concise view

By W Boudville

This book is suited for the reader who already has taken several university level courses in psychology. It is directed at the professional in this field, but students might also benefit from the proffered advice and case examples.

The second part of the book describes 30 core clinical hypotheses. It goes over several popular theories of mind and treatment. These include Acceptance and Commitment Therapy (ACT), of which numerous books devoted to it have been published. This top down approach can be appealing to readers wanting a concise view of the entire discipline.

Some readers will also find the extensive list of references to be quite handy. These guide you often to the key texts and research papers.

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