

# Psychological Formulation as an Alternative to Psychiatric Diagnosis

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Lucy Johnstone<sup>1</sup>

## Abstract

The article gives an overview of psychological formulation, a rapidly expanding practice in the United Kingdom that is supported by the British Psychological Society. It is argued that formulation can provide a credible alternative to psychiatric diagnosis in the context of public admissions about lack of reliability and validity of current diagnostic systems. However, vigilance and best-practice principles are essential to ensure that this approach is not assimilated back into the status quo.

## Keywords

formulation, team formulation, psychiatric diagnosis, *DSM-5*

Psychiatric diagnosis has been criticized on many grounds over many years—lack of reliability and validity, excluding social contexts, causing stigma, and so on (see, e.g., Bentall, 2009; Boyle, 2002; Kirk & Kutchins, 1997). Rather than repeat these arguments here, I will note that the fundamental reason they are so long-standing, heated, and inconclusive is because “diagnosis is the Holy Grail of psychiatry and the key to its legitimation” (Kovel, 1981, p. 86). In the psychiatric system, diagnosis supports the idea that psychiatry is a branch of medicine—just like neurology, oncology, pediatrics, and so on—in

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# Psychological Formulation Manual

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