

Psychological Formulation as an Alternative to Psychiatric Diagnosis

Journal of Humanistic Psychology
2018, Vol. 58(1) 30–46
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DOI: 10.1177/0022167817722230
journals.sagepub.com/home/jhp



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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

Christine M. Nezu, Arthur M. Nezu



Psychological Formulation Manual:

The Biopsychosocial Formulation Manual William H. Campbell, Robert M. Rohrbaugh, 2013-08-21 Based on George Engel's model The Biopsychosocial Formulation Manual presents ways to help psychiatry residents and students effectively gather and organize patient data to arrive at a complete mental health history in a limited timeframe While most current models only take one factor into account Campbell and Rohrbaugh emphasize and analyze three essential components biological social and psychological The process of identifying pertinent data for each component of the biopsychosocial formulation is explicated in detail A separate section outlines how to use the biopsychosocial formulation to generate treatment recommendations This volume includes a complete package for practicing the biopsychosocial method this easy to use guide includes a data record sheet and downloadable resources to facilitate organization and assessment appealing to both the psychiatric professional and the trainee *The Psychiatry Resident Handbook* Sallie G. De Golia, M.D., M.P.H., Raziya Wang, M.D., 2023-03-31 The Psychiatry Resident Handbook delivers a holistic approach for making the most of the training years addressing issues of identity clinical practice skill building career development and balancing work and a personal life

Handbook of Assessment and Treatment Planning for Psychological Disorders, Third Edition Martin M. Antony, David H. Barlow, 2020-08-18 This authoritative clinical reference and text now revised and updated with 50% new content presents the assessment tools and strategies that every evidence based psychotherapy practitioner needs Unlike most assessment texts the volume is organized around specific clinical problems It explains how to select and use the best measures to assess clients symptoms generate diagnoses plan appropriate treatments and monitor progress Clinician and student friendly features include tables comparing and contrasting relevant measures sample forms and case examples Every chapter addresses considerations for primary and managed care settings New to This Edition Chapters on new topics assessment of well being and transdiagnostic assessment New chapters on core topics eating disorders personality disorders and insomnia Updated throughout with DSM 5 diagnostic changes new and updated instruments current research and increased attention to transdiagnostic concerns Expanded coverage of obsessive compulsive and related disorders See also *Clinical Handbook of Psychological Disorders Sixth Edition* edited by David H Barlow which presents evidence based treatments step by step

The Trainee Handbook Robert Bor, Mary Watts, 2016-11-08 Written by a team of leading trainers practitioners and supervisors this bestselling classic is the trainee therapist's best friend It identifies and guides trainees through the practical skills and knowledge they'll need to make a success of their training from writing essays through to case formulation and on to preparing for their first meeting with a client Along the way it addresses and allays the concerns which are common to all students Now in its fourth edition the book has been fully updated to take account of the significant changes in the therapy professions in recent years It now includes new and important chapters on Evidence based practice Working with diversity Reflective practice Using social media technology and online therapy The Trainee Handbook is an invaluable companion and

source of information and guidance for all trainees in counselling psychotherapy and counselling psychology and newly qualified therapists entering into practice

Oxford Handbook of Psychiatry David Semple, Roger Smyth, 2019-07-30 This new fourth edition of the Oxford Handbook of Psychiatry is the essential evidence based companion to all aspects of psychiatry from diagnosis and conducting a clinical interview to management by subspecialty Fully updated to reflect changes to the legislature and classification of psychiatric disorders and with coverage of the anticipated ICD 11 coding this Handbook provides the latest advances in both clinical practice and management today As in previous editions the Handbook is indexed alphabetically by ICD 10 and DSM 5 codes as well as a list of acute presentations for quick access in emergency situations The practical layout helps the reader in making clinical diagnosis and suggested differential diagnosis makes this title an invaluable guide to provide reassurance to health professionals when dealing with psychiatric issues With a new chapter on Neuropsychiatry and a re written section on gender dysphoria to reflect the biological and cultural developments in understanding and research since the previous edition and filled with clinical observations guidance and commentary that reflects the authors practical experiences of working in psychiatry this Handbook is the indispensable guide for all trainee and practising psychiatrists

The Handbook of Counselling Psychology Barbara Douglas, Ray Woolfe, Sheelagh Strawbridge, Elaine Kasket, Victoria Galbraith, 2016-02-12 This fourth edition provides the most comprehensive guide to the field of counselling psychology exploring a range of theories and philosophical underpinnings practice approaches and contexts and professional issues It has been updated to reflect current issues and debates and to map onto the training standards and offers the ultimate companion for your journey through counselling psychology training and into the workplace New to the fourth edition Chapters on Person Centred Therapy Mindfulness Neuroscience Engaging with and Carrying out Research Reflective Practice International Dimensions and Ecopsychology A companion website offering hours of video and audio including conversations with counselling psychology practitioners and trainees and articles exercises and case studies Other new features include Further Reading Day in the Life of dialogues with practitioners Reflective Exercises and Discussion Points and new case studies Special attention has been paid to the topic of research both as a theme throughout the book and through four new chapters covering the use carry out and publication of research at different stages of training and practice The handbook is the essential textbook for students and practitioners in the field of counselling psychology and allied health professions at all stages of their career and across a range of settings both in the UK and internationally

International Handbook Of Psychiatry: A Concise Guide For Medical Students, Residents, And Medical Practitioners Laura Weiss Roberts, Joseph B Layde, Richard Balon, 2013-03-22 This handbook will be a concise guide to important topics in psychiatry with an international focus It constitutes a pr cis of the field of psychiatry with emphases on the therapeutic approach to the patient and on the proper diagnosis of major psychiatric disorders All psychiatric diagnoses are encoded using both the US Diagnostic and Statistical Manual DSM and the International Statistical

Classification of Diseases and Related Health Problems ICD Treatment options for psychiatric disorders will include approaches used in developed nations in North America Europe Asia as well as in the developing world Furthermore an invaluable brief history of psychiatry allows readers to trace the beginnings of their chosen field and gain awareness of the ethical and legal contexts This handbook will provide a comprehensive introduction to psychiatry appropriate for students trainees and practitioners seeking an international approach **Clinical Manual of Cultural Psychiatry** Russell F.

Lim,2015-04-01 The interaction of culture and mental illness is the focus of the Clinical Manual of Cultural Psychiatry which is designed to help mental health clinicians become culturally competent and skilled in the treatment of patients from diverse backgrounds The product of nearly two decades of seminar experience the book teaches clinicians when it is appropriate to ask Is what I am seeing in this patient typical behavior in his or her culture The ability to see someone else s worldview is essential for working with ethnic minority and culturally diverse patients and the author who designed the course that was this handbook s precursor has expanded the second edition to take into account shifting demographics and the changing culture of mental health treatment The content of the new edition has been completely updated expanded to include new material and enhanced by innovative features that will prove helpful for mental health clinicians as they encounter diverse patient populations The new chapter on women reflects the fact that mental health disparities extend beyond ethnic minorities Women have significantly higher rates of posttraumatic stress disorder and affective disorders for example yet research on women has been limited largely to the relationship between reproductive functioning and mental health Two new chapters address the alarming number of unmet mental health needs that lesbian gay bisexual and transgender patients suffer from These chapters emphasize the need for mental health providers and policy makers to remedy these disparities A new chapter has been added to help clinicians determine the role religious and spiritual beliefs play in psychological functioning because religious and spiritual beliefs have been found to have both positive and negative effects on mental health The newly introduced DSM 5 Cultural Formulation Interview CFI is addressed in the book s introduction and is included in its entirety along with an informant module 12 supplementary modules and guidelines for their use in a psychiatric assessment In addition the reader has access to videotaped examples using simulated patients to illustrate practical application of the DSM 5 Outline for Cultural Formulation and CFI Extensive information on ethnopsychopharmacology reviewing clinical reports of ethnic variation with several different classes of psychotropic medications and examining the relationship of pharmacogenetics ethnicity and environmental factors to pharmacologic treatment of minorities The book updates coverage of African American Asian American Latino Hispanic and Native American Alaskan Native cultures as they relate to mental health issues while retaining the nuanced approach that was so effective in the first edition Course tested and DSM 5 compatible throughout the Clinical Manual of Cultural Psychiatry is a must read for clinicians in our diverse era *Atlas of Psychiatry* Waguih William IsHak,2023-02-27 This atlas is the first fully

visual reference to cover psychiatry broadly appealing to psychiatric as well as non psychiatric clinicians and trainees who need an easy to use visual resource with holistic approach to patient care Written by expert clinicians and educators this text describes basic clinical and scholarly information across the field utilizing an easy to understand format The rich figures and tables describe etiology pathophysiology phenomenology and treatment even in areas that are difficult to illustrate including substance related disorders neurodegenerative diseases personality disorders and others The visual approach proves valuable to some of the most innovative techniques in psychiatry including implications for neuroimaging Comprehensive and unique Atlas of Psychiatry is a landmark reference for all medical practitioners looking for an intricate yet accessible visual resource

Handbook of Developmental Psychiatry Hans Steiner, 2011 Mental disorders in children and adolescents have gained prominence in recent years and clinicians in the field are increasingly on the lookout for new methods in diagnosis and treatment In the last 25 years the Stanford Division of Child Psychiatry has become one of the premier clinical research and educational facilities in child and adolescent psychiatry both nationally and internationally Its faculty has distinguished itself in several key domains of psychopathology in both basic and clinical research This handbook provides a detailed description of unique diagnostic and treatment approaches to mental disorders in the Stanford Division of Child and Adolescent Psychiatry Most of the principal authors of this volume are members of or previously affiliated with the Stanford faculty Readers will thus be privy to Stanford's highly distinct approach characterized by principles of developmental approaches to psychopathology and an emphasis on integrated treatment packages Moreover clinicians will appreciate how the faculty's novel approach to diagnosis and treatment is strongly influenced by pediatric and developmental thinking Empirical support and practice based rationale for the current diagnostic and treatment algorithms and methodologies in Stanford clinics will be presented in a highly lucid manner Written with frontline mental health clinicians in mind this handbook will prove an invaluable asset to those who wish to implement Stanford's approach to mental disorders in children and adolescents or simply broaden their horizons on the cutting edge methods in the field

The Oxford Handbook of Clinical Psychology David H. Barlow, 2014-03-31 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

Mental Health and Mental Disorders Len Sperry, 2015-12-14 Serving as an indispensable resource for students and general interest readers alike this three volume work provides a comprehensive view of mental health that covers both mental well being and mental illness A three volume ready reference encyclopedia this up to date work supplies a holistic introduction to the fields of mental health and mental disorders that is written specifically for high school students and college students Covering the full continuum of mental health the set describes typical functioning including biology and neurology of the brain emotions and the traits and characteristics of mental well being It also addresses mental disorders and conditions from obsessive compulsive disorder OCD and post traumatic stress disorder PTSD to phobias and schizophrenia

Mental Health and Mental Disorders An Encyclopedia of Conditions Treatments and Well Being highlights important concepts and phenomena key individuals treatment techniques organizations and diagnostic tools to give readers a complete view of this broad field of study It also investigates all sides of wellness exploring what it means to be normal and consistently identifying the links between lifestyle and mental health The encyclopedia is consistent with the goals of AP psychology curricula and addresses the various disorders classified in the new edition of the APA Diagnostic and Statistical Manual DSM V TR

The American Psychiatric Association Publishing Textbook of Psychiatry Laura Weiss Roberts, 2019-05-02 The American Psychiatric Association Publishing Textbook of Psychiatry first published more than 30 years ago is a landmark text with a legacy of sound scholarship expert knowledge and effective pedagogy Thoroughly revised and featuring new authors and content the seventh edition raises the bar adding age related cultural societal and population considerations in the practice of psychiatry to the authoritative text that generations of students residents and clinicians have heretofore relied upon The book first focuses on foundational knowledge with chapters on psychiatric interviewing diagnostic formulation developmental assessment laboratory testing and neuroimaging and ethical and legal aspects of clinical psychiatry and then proceeds to a full presentation of psychiatric disorders in alignment with DSM 5 The third section offers an overview of treatment strategies and methods in present day psychiatry a combination of evidence based biological interventions and psychotherapies and gives a clear sense of exciting new directions in psychiatric therapeutics The final section of the textbook is focused on the care of special patient populations including women children and adolescents lesbian gay bisexual and transgender individuals older adults and culturally diverse individuals Many topics are new to this volume including the following Suicide risk assessment a critically important subject is addressed in a new chapter that provides the reader with up to date knowledge needed to conduct a thorough attuned and accurate psychiatric interview in line with best practices A

new chapter on the social determinants of mental health has been added reflecting an increased emphasis on populations whose specific concerns have been historically underappreciated in American psychiatry and illuminating factors that influence mental health needs and barriers to care in specific patient populations Precision psychiatry an integrative approach that pulls together the scientific foundation of the discipline and recent technological advances and directs them toward closing the gap between discovery and clinical translation is explored in a new chapter E health strategies in mental health have become increasingly available to psychiatrists and other health professionals especially in the mobile and monitoring spheres A new chapter offers insights into these intriguing new options for delivering treatment A chapter on complementary and integrative therapies explores the integration of conventional medicine with alternative treatments for which there is an evidence base providing an overview of nutrients phytochemicals hormones mind body practices and electromagnetic treatments With features such as key clinical points and recommended readings for further study The American Psychiatric Association Publishing Textbook of Psychiatry is a comprehensive course book an indispensable reference and the ultimate resource for clinical care

Comprehensive Handbook of Psychological Assessment, Volume 3 Stephen N. Haynes, Elaine M. Heiby, 2003-09-18 In one volume the leading researchers in behavioral assessment interpret the range of issues related to behavioral tests including test development and psychometrics clinical applications ethical and legal concerns use with diverse populations computerization and the latest research Clinicians and researchers who use these instruments will find this volume invaluable as it contains the most comprehensive and up to date information available on this important aspect of practice

The Routledge Handbook of Mindshaping Tadeusz Wiesław Zawidzki, Rémi Tison, 2025-05-29 Of all species human beings are uniquely capable of coordinating on long term large scale cooperative projects with unfamiliar and genetically unrelated others According to the mindshaping hypothesis this relies on mechanisms and practices like imitation pedagogy normative cognition and narrative self constitution which shape us into expert coordinators without requiring time consuming and epistemically fraught attempts to read each other's minds Mindshaping has been applied to many areas of inquiry including game theory shared agency communication the ontogeny of human cognition the dissemination of scientific knowledge in popular media mental illness and the influence of social media technologies The Routledge Handbook of Mindshaping is the first volume of its kind Comprising 37 chapters by an international team of leading scholars this Handbook is organised into seven sections Mindshaping and coordination Mindshaping and cognitive psychology Mindshaping and normativity Mindshaping and epistemology Social and political dimensions of mindshaping Nonhuman mindshaping Mindshaping applied Within these sections key topics are addressed including game theory social signalling and shared agency folk psychology the emotions language acquisition and memory stereotyping and consciousness raising moral agency self knowledge rationality epistemic norms primate sociality human elephant relations artificial intelligence mental illness and neurodiversity aesthetic expression and politics An outstanding

survey of a vibrant and emerging field The Routledge Handbook of Mindshaping will be of great interest to those studying and researching philosophy of psychology philosophy of cognitive science philosophy of mind and applied epistemology It will also be of interest to those in related disciplines such as cognitive psychology sociology and anthropology *The Oxford Handbook of Positive Psychology* Shane J. Lopez, C. R. Snyder, 2011-10-13 This book is the definitive text in the field of positive psychology the scientific study of what makes people happy The handbook's international slate of renowned authors summarizes and synthesizes lifetimes of research together illustrating what has worked for people across time and cultures Now in paperback this second edition provides both the current literature in the field and an outlook on its future

Clinician's Handbook of Adult Behavioral Assessment Michel Hersen, 2011-04-28 Given the vast amount of research related to behavioral assessment it is difficult for clinicians to keep abreast of new developments In recent years there have been advances in assessment case conceptualization treatment planning treatment strategies for specific disorders and considerations of new ethical and legal issues Keeping track of advances requires monitoring diverse resources limited to specific disorders many of which are theoretical rather than practical or that offer clinical advice without providing the evidence base for treatment recommendations This handbook was created to fill this gap summarizing critical information for adult behavioral assessment The Clinician's Handbook of Adult Behavioral Assessment provides a single source for understanding new developments in this field cutting across strategies techniques and disorders Assessment strategies are presented in context with the research behind those strategies along with discussions of clinical utility and how assessment and conceptualization fit in with treatment planning The volume is organized in three sections beginning with general issues followed by evaluations of specific disorders and problems and closing with special issues To ensure cross chapter consistency in the coverage of disorders these chapters are formatted to contain an introduction assessment strategies research basis clinical utility conceptualization and treatment planning a case study and summary Special issue coverage includes computerized assessment evaluating older adults behavioral neuropsychology ethical legal issues work related issues and value change in adults with acquired disabilities Suitable for beginning and established clinicians in practice this handbook will provide a ready reference toward effective adult behavioral assessment

The Oxford Handbook of Cognitive and Behavioral Therapies Christine M. Nezu, Arthur M. Nezu, 2016 The Oxford Handbook of Cognitive and Behavioral Therapies provides a contemporary and comprehensive illustration of the wide range of evidence based psychotherapy tools available to both clinicians and researchers Chapters are written by the most prominent names in cognitive and behavioral theory assessment and treatment and they provide valuable insights concerning the theory development and future directions of cognitive and behavioral interventions Unlike other handbooks that provide a collection of intervention chapters but do not successfully tie these interventions together the editors have designed a volume that not only takes the reader through underlying theory and philosophies inherent to a cognitive and behavioral approach but also

includes chapters regarding case formulation requisite professional cognitive and behavioral competencies and integration of multiculturalism into clinical practice The Oxford Handbook of Cognitive and Behavioral Therapies clarifies terms present in the literature regarding cognitive and behavioral interventions and reveals the rich variety similarities and differences among the large number of cognitive and behavioral interventions that can be applied individually or combined to improve the lives of patients

The Wiley Handbook of What Works in Correctional Rehabilitation Leam A. Craig, Louise Dixon, Theresa A. Gannon, 2024-09-05 Theory assessment and treatment strategies for offenders across forensic populations with practical examples and discussion of often overlooked cultural considerations The Wiley Handbook of What Works in the Rehabilitation of People Who Have Offended comprehensively outlines effective rehabilitation strategies for offenders while acknowledging the challenges in implementation and discussing ethical considerations potential biases and the need for ongoing evaluation The book introduces the current state of effective practices outlines up to date risk assessment processes for various crime types investigates effective treatments for diverse forensic populations explores treatments for those in prison and mental health settings and examines the often overlooked cultural factors influencing rehabilitation efforts This Second Edition expanded from 25 to 32 chapters has been written by leading researchers seasoned professionals and academics providing a wealth of expertise and diverse perspectives Each chapter offers a well researched and balanced review of existing literature laying a solid foundation for comprehending the effectiveness of various rehabilitation approaches Practical examples enhance the content s applicability emphasizing evidence based practices crucial for accountability and effectiveness in the criminal justice system Some of the sample topics discussed in The Wiley Handbook of What Works in the Rehabilitation of People Who Have Offended include Risk Need and Responsivity principles used in the assessment and triage of offenders and evidence for the Good Lives Model in supporting rehabilitation and desistance from offending Recidivism risk in people convicted of intimate partner violence and treatment of aggressive and problematic adjudicated youth in a secure psychiatric setting Treatment of persons convicted of sexual offenses in the community including online offending Strategies to prevent and reduce gang involvement and rehabilitation of intellectually disabled individuals who have harmful sexual behavior Offering a valuable evidence based coverage in the pursuit of effective rehabilitation strategies the Second Edition of The Wiley Handbook of What Works in the Rehabilitation of People Who Have Offended is an indispensable resource for anyone involved in the criminal justice system including professionals policymakers researchers and students

Case Studies in Forensic Psychology Ruth J. Tully, Jennifer Bamford, 2025-09-26 This book shines light on the often hidden work completed by psychologists in forensic settings It follows on from Case Studies in Forensic Psychology 2019 and Further Case Studies in Forensic Psychology 2022 The case studies presented involve service users with varied presentations such as acquired brain injury and ADHD as well as a variety of offending histories including sexual terrorism related and violent offences Chapters present the individual s background assessment or treatment

completed with them and discussion of the features of the case in the context of relevant literature. Some chapters detail informative and evidence based discussion of the authors experiences working with particular groups including recommendations for others working in that field e.g. assessment of clergy so called honour based violence assessment of those with terrorism related convictions. One chapter is co produced with an expert by experience. The book demonstrates to readers the complex and individually responsive psychological work engaged in by clinicians and underscores the importance of considering diversity and individual presentation within this work. It brings together clinical practice in the context of models of treatment and research to demonstrate application at an individual level. Case studies in Forensic Psychology Diversity in Clinical Practice is key reading for psychologists allied health professionals and practitioners at any career stage. Students will also find this book useful as will those interested in real world clinical practice of psychologists in forensic contexts.

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