

CLIENT FORMULATION TEMPLATE

Each client should have their own formulation template, to be completed every session. You must insert the date for each session as you go along.

One client formulation is to be presented in supervision each month.

The purpose of this form is to evidence how you are working with the Four Pillars of Mabadiliko Therapy (Culture, Ethnicity, Identity & Spirituality), and collate the themes associated with them throughout your client work.

Please use this form to document your intercultural practice identifying the following considerations (considerations can include both past and present client experiences).

DELETE EXAMPLES BEFORE USE

CLIENT ID	DEC12X21W
SCREENING SCORES	
OPT STATUS (Found on the referral form)	<p>WHAT IS THIS? - THERE IS A DISCLAIMER ON THE REFERRAL FORM INFORMING CLIENTS THAT WE ARE COLLECTING ANONYMISED DATA REGARDING CULTURE, ETHNICITY, IDENTITY AND SPIRITUALITY - THEY HAVE THE OPTION TO OPT IN OR OPT OUT OF THIS DATA BASE. THEIR DECISION IS LOGGED AS THEIR OPT STATUS.</p> <p>IF THE CLIENT OPT STATUS IS NO, THAT MEANS WE WILL NOT USE THEIR DATA IN OUR RESEARCH AND TRAINING MATERIAL.</p> <p>IF THE OPT STATUS IS YES, THAT MEANS WE HAVE AUTOMATIC PERMISSION TO USE THEIR ANONYMISED DATA IN OUR RESEARCH AND TRAINING MATERIAL</p> <p>INSERT OPT STATUS BELOW</p>
BREIF OVERVIEW OF MAIN REASONS FOR THERAPY (Date each entry)	
<p>*Brief bullet points just to show the context of the clients' main reason for therapy and psychological concerns. This section does not need to be completed every session. Update if there is additional information to add as the sessions progress, such as if the client's goal achievements change.</p>	
	<p>01/01/21 - D has come to deal with main goal achievements include....</p> <p>07/03/21 - D experienced breakdown in relationship with partner - grief, loss and attachment to be explored</p> <p>14/05/21 - D struggling with financial security - money management skills to be explored, priorities and boundaries</p>

CULTURAL & ETHNIC CONTEXT - what were the main themes in the session related to culture and ethnicity (see examples below, examples are not exhaustive) (Date each entry)

*How does your client identify their ethnic background? (this can be found on the referral form if it has not been mentioned to you yet)

*How does your clients' ethnicity influence the cultural beliefs they have been raised in and/or their current cultural beliefs (eg are they 'obsessed' with professional success? is this influenced by their cultural expectations?)

*How has the clients' life experiences and mental health concerns been influenced by their culture (this can be in a relational, attachment, sibling dynamic, any other family or societal context)

*Any other cultural context views you have witnessed in the sessions or interpretations you have made.

01/01/21 - explored.....

07/01/21 - explored ...

14/01/21 - not discussed

21/01/21 - not discussed

28/01/21 - explored.....

SPIRITUALITY (Date each entry)

* What are your clients' spiritual beliefs (this can be found on the referral form if it has not been mentioned to you yet)

*Has your client discussed any concerns related to their spirituality (this can be either direct or indirect/explicit or implicit)

*Is the clients' life experiences or mental health concern related to religion, religious environments or spirituality? (this can include but is not limited to experiences in a place of worship or by a place of worship leader)

01/01/21 - not discussed

07/01/21 - not discussed

14/01/21 - explored.....

21/01/21 - explored.....

28/01/21 - explored.....

IDENTITY & RACIAL TRAUMA (Intersectional considerations such as race, gender, sexuality, disability, age etc). (Date each entry)

* Has your client directly or indirectly discussed any experiences related to racism, racial trauma or racial identity? (this can relate to but is not limited to - being treated unfairly at work or academic institution due to their race; the clients' presentation of trauma has associations with experiences associated with race; the client is challenged by or struggles with their identity in relation to race eg, (comments like 'don't feel black enough' or conflicts with feeling the need to 'choose sides' if mixed raced or dual heritage)

* Has your client directly or indirectly discussed any experiences related to gender, sexuality, disability etc

01/01/21 - explored.....

07/01/21 - not discussed

14/01/21 - explored.....

21/01/21 - explored.....

28/01/21 - not discussed

GENERAL (Date each entry)

*Main themes explored not covered above

01/01/21 - explored.....

07/01/21 - explored....

14/01/21 - explored.....

21/01/21 - explored.....

THEORETICAL CONTRIBUTIONS (Date each entry)

*What aspects of your main counselling theory and knowledge base have you used to support this client? (eg. if you drew on psychodynamic approaches what aspects specifically did you consider? Eg - attachment, ego development, transference, TA etc; if person centred - what did you do specifically that you consider to be PCT. etc)

TRANSFERENCE & COUNTER-TRANSFERENCE (Date each entry)

What transference issues did you notice for the client? What transference issues did you notice in yourself? How did you work with the transference/what did you do?
What was your counter-transference response? What aspects of the session do you think would benefit from exploration in supervision?