



Psychotherapy Case Formulation (Theories of Psychotherapy)

Tracy D. Eells

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Formulating cases is an essential component of psychotherapy training and practice. Yet beginning therapists often struggle to organize their ideas about the client and apply theory to the case. This concise and engaging book is based on the author's extensive experience teaching case formulation to graduate students. It describes a highly adaptable and evidence-based framework for conceptualizing clients and planning treatment. Applicable to both simple and complex cases, the model can be used regardless of one's theoretical orientation. Readers are introduced to basic concepts that include the benefits of case formulation, sound decision making, and the importance of cultural considerations, and then are led step-by-step through the action-oriented components of the model. The volume is an indispensable aid for novice therapists seeking to develop this core competency.



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