

CASE FORMULATION WORKSHEET

IOCDF BTTI

Instructions: The purpose of this worksheet is to assist you in conceptualizing your training case and organizing your thoughts in preparation for developing a treatment plan. In **Section I**, identify the obsession you believe will be the first target of treatment. Your subsequent formulation and notes should be in reference to this obsession only. **Section II** provides an opportunity for you to summarize your case by specifying the nature of obsession triggers, compulsions, and the core fear. In **Section III**, identify specific examples of external triggers (e.g., contaminated objects, things that are asymmetrical, etc.) and/or internal triggers (e.g., intrusive thoughts related to violence, sex, blasphemy, etc.) relevant to the target obsession. For each trigger, note the compulsions you believe are performed to neutralize the trigger. **Section IV** provides a place for you to enter your thoughts about potential response prevention guidelines for each compulsion. In **Section V**, you can begin to organize the triggers you have identified into a hierarchy that will guide to procession of exposure. Finally, **Section VI** provides space for you to note other factors that might need to be addressed in treatment.

I. TARGET OBSESSION: _____

II. SUMMARY STATEMENT: OCD APPRAISAL OF THREAT

Formulation Statement	Content Of Component	Component
If I am exposed to this trigger:		<i>Obsession Trigger</i>
And I do not neutralize the threat taking this action:		<i>Compulsion</i>
Then this catastrophe will occur:		<i>Core Fear</i>

III. OBSESSION TRIGGERS AND RELATED COMPULSIONS

EXTERNAL TRIGGERS?	RELATED COMPULSIONS
INTERNAL TRIGGERS?	RELATED COMPULSIONS

IV. RESPONSE PREVENTION GUIDELINES

COMPULSION	GUIDELINES

V. EXPOSURE HIERARCHY

LEVEL OF DIFFICULTY	TASK
<i>Very High</i>	
<i>High</i>	
<i>Medium</i>	
<i>Low</i>	

PLANS FOR OTHER EXPOSURE: {This section is for your notes to help plan exposure if a format other than hierarchy-based exposure is indicated. One example is exposure to triggers that cannot be graded along a hierarchy (e.g., exposing to intrusive thoughts that are all equally anxiety provoking). Another example is imaginal exposure to feared catastrophes. }

VI. OTHER TREATMENT CONSIDERATIONS

MOTIVATION: { Are there any motivational issues that need to be addressed? If so, write your plan for addressing these issues below. }

BELIEFS: { Are there any core beliefs that should be addressed prior to implementation of ERP? If so, write your plan for addressing these issues. }

ENVIRONMENT: { Are there any family/other environmental factors that need to be addressed? If so, write your plan for addressing these issues below. }

OTHER FACTORS: { Are there any other factors that need to be addressed? If so, write your plan for addressing these issues below. }

