

CBT 4 AOD: FUNCTIONAL ANALYSIS & FORMULATION GUIDE

NAME:

DATE:

PRESENTING ISSUE(S) Reason(s) for entering the service.

ONSET FORMULATION

PREDISPOSING Early childhood, social, cultural & life experiences that may have contributed (e.g. developmental factors, family history & relationships, coping styles, core beliefs, rules etc.) that contribute to the presenting issue(s)

PROTECTIVE Things that may have stopped the substance use from escalating. Internal and external resources that can be used to support change.

PLAN

SITUATIONAL FORMULATION

PRECIPITATING FACTOR / TRIGGER (What sets up the use):

PERPETUATING

THOUGHTS

PHYSICAL SENSATIONS

EMOTIONS / MOOD



BEHAVIOUR

LIKE

DON'T LIKE

Beck, A. T., Wright, F. D., Newman, C. F., & Liese, B. S. (1993). Cognitive therapy of substance abuse. The Guilford Press.

DeMarce, J. M., Gnys, M., Raffa, S. D., & Karlin, B. E. (2014). Cognitive Behavioral Therapy for Substance Use Disorders Among Veterans: Therapist Manual. Washington, DC: U.S. Department of Veterans Affairs.

Mitcheson, L., Maslin, J., Meynen, T., Morrison, T., Hill, R., & Wanigaratne, S. (2010). Applied Cognitive and Behavioural Approaches to the Treatment of Addiction: A Practical Treatment Guide. John Wiley & Sons.

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