**FORMAL CASE STUDY TEMPLATE**

1. **Client name, age, ethnicity (Details changed to preserve anonymity)**
2. **Referral source, information and services sought**

* Referral source
* Referral information
* Services sought

1. **A comprehensive assessment, formulation and differential diagnosis report (not all details may be relevant to all cases)**

* Mental state examination
* History of presenting problem
* Family and developmental history/major life events
* Medical/psychiatric history
* Licit and illicit drug, alcohol & stimulant use
* Current psychosocial setting
* Current stressors
* Strengths, achievements and assets
* Formal assessment – tests, tasks, questionnaires, structured interviews
* or observations
* Provisional formulation
* Multi-axial DSM/ICD diagnoses
* Differential diagnoses
* Risk assessment

1. **Description of treatment conducted and case outcome**

* Treatment/management plan
* Description of treatment provided
* Client rapport and engagement across course of treatment
* Measured progress of treatment and treatment outcomes
* Revisions of formulation and treatment plan in light of client response and issues arising during treatment
* Termination and relapse prevention

1. **Evaluation of the therapist’s** **practice, strengths and areas for further professional development; conclusions**
2. **General.**

* Ethical issues considered
* APA format
* Case adequately de-identified