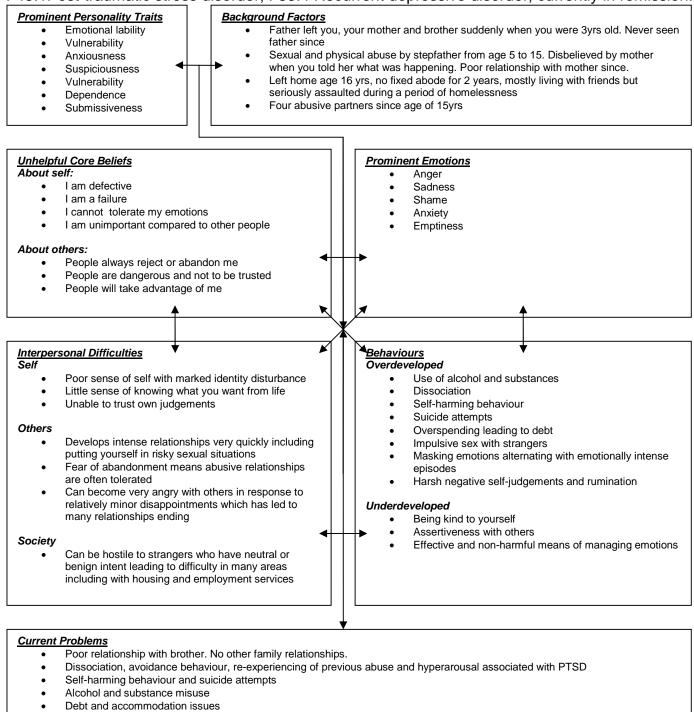
## **Formulation Diagram**

Name: Jane Smith

## Date of Birth: 130982

**Diagnoses:** F60.9 Personality disorder, unspecified (borderline and dependent traits prominent); F43.1Post-traumatic stress disorder; F33.4 Recurrent depressive disorder, currently in remission.



History of recurrent depressive disorder, currently in remission

## <u>Goals</u>

- End and avoid harmful relationships and improve relationship with brother
- Reduce and stop self-harming and suicidal behaviour
- Stop alcohol and substance misuse
- Improve sense of self and perhaps decide to pursue education or job in the future
- Reduce and stop post-traumatic symptoms (dissociation, re-experiencing of abuse, avoidance behaviour and hyperarousal)

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<u>Strengths</u>	] [	Treatment Targets and Provisional Treatment Plan Outline
Intelligent		Short to medium-term
Committed to making changes	•	Phase 1: Coordination of care and treatment under CPA. Components include reduction of parasuicidal behaviours and substance misuse together with increasing underdeveloped behaviours by learning and generalising skills of emotion regulation, mindfulness, distress tolerance and interpersonal effectiveness within DBT. CMHT input for monitoring of psychotropic medication, PTSD and recurrent depressive disorder, along with support for accommodation and debt issues. <i>Medium to long-term</i> Phase 2: DBT-PE for trauma work to reduce PTSD symptoms. Restructure core beliefs. Phase 3: CAS Day Sprice to belo with new developing new roles.

responsibilities with aim of improving sense of self and connections in the community.