

### ACT Case Conceptualization Form

1) Presenting problem(s) in client's own words:

Client initial goals (What does he/ she want from therapy?):

ACT reformulation of presenting problem:

2) What thoughts, emotions, memories, sensations, situations is the client fused with or avoiding?

Thoughts

Emotions

Memories

Other

3) What does the client do to avoid these experiences?

- Internal emotional control strategies(e.g., distraction, excessive rumination/worry, dissociation, numbing, daydreaming)
- External emotional control strategies (e.g., drugs, self-harm, avoided situations)
- In-session avoidance or emotional control patterns (e.g., topic changes, argumentativeness, dropout risk)

Pervasiveness of experiential avoidance: Limited 1 2 3 4 5 Very extensive

4) Describe the domains and ways in which the client's behavior is narrowed and inflexible (e.g., family, couples, parenting, friends/social, work, education, recreation, spirituality, community, self care)

5) Consider other domain of psychological inflexibility and their implications (*fusion; dominance of conceptualized past and future; limited self-knowledge; attachment to conceptualized self; lack of values clarity; inaction, impulsivity, or avoidant persistence*)

Domain	Pattern	Treatment Implications

6) Motivational factors (e.g., what is the cost of this behavior in terms of daily living, client's experience of unworkability, values clarity, therapeutic relationship)

Motivational Pattern	Treatment Implications

7) Environmental barriers to change (e.g., unsupportive home/social environment, unchangeable circumstances, financial circumstances, costs of changing).

8) Client Strengths (and how you might use them in treatment):

9) Initial ACT treatment plan: