

Case Conceptualization

Theory-agnostic 5 Ps template. Complete after intake, revise as the picture develops, and set a review date so the hypothesis stays a hypothesis.

Client ID: _____ Date: _____ Review date: _____ Clinician: _____

Presenting problem(s)

In the client's words; clinical description; onset, course, severity, functional impact.

Predisposing factors

Why this person: biological, psychological, social, cultural.

Precipitating factors

Why now: stressors and triggers preceding onset.

Perpetuating factors

Why it continues: maintenance cycles, avoidance, reinforcement, accommodation, ongoing stressors.

Protective factors and strengths

Supports, skills, values, past successes.

Working hypothesis

2-4 sentences linking the factors above. Tentative language: "consistent with", "suggests".

Treatment implications

Targets, ranked • interventions matched to each target • measures and baseline scores • anticipated obstacles and the plan for them.
