

Appendix D

Handout 2.2

Individual LIPI Formulation and Treatment Plan

The clinical problem(s) to be treated

- 1.
- 2.
- 3.

Problem statement: In client's words

Problem formulation

Use case formulation handout (Hot Cross Bun Model) to complete this section.

Thoughts

Behaviours

Body sensations

Emotions

Formulation

Identify specific treatment goals

- 1.
- 2.
- 3.

Identify the most appropriate LIPI modality

Consider client preference and available resources. Tick all that apply.

- Self-help: written
- Self-help: online
- Guided self-help: telephone
- Guided self-help: video-conferencing
- Face-to-Face individual (number of sessions ____)
- Face-to-face group (number of sessions ____)
- High intensity treatment is indicated (provide details):

Plan intervention

What resources are available within your service and what additional resources may be needed (e.g., psychoeducation materials, handouts, online resources; see Chapter 3).

List helpful resources for intervention (hard copy, online)

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Based on case formulation and treatment goals, which strategies are indicated:

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-

Treatment session plan

Provide a brief description of what each treatment session will involve:

Session 1

Session 2

Session 3

Session 4

Session 5

Outcome Monitoring

What measures will be used to monitor treatment targets?

How often will the measures be administered? (e.g., baseline and every session)

What would indicate treatment has been successful?

Referral to other services?

Not currently required

Required (provide details)

May be required (to be determined following the LIPI)

Consider referral to higher intensity services if symptoms persist or worsen after treatment.