

ACT Case Conceptualization Form (from *Learning ACT* (2nd Ed.))

1. Presenting problem in the client's own words:

The client's initial goals (what the client wants from therapy):

ACT reformulation of the presenting problem:

Assessment measures (including scores and interpretation):

2. Inflexibility: Assess rigidity due to avoidance and fusion related to private experiences. What thoughts, emotions, memories, and sensations is the client avoiding? What stories or thoughts is the client fused with?

What behaviors is the client engaging in to avoid or escape these experiences? Check those that apply and give examples from the client's behavior.

Internal emotional control strategies (e.g., distraction, excessive worry, numbing):

External emotional control strategies (e.g., drugs, self-harm, avoided situations):

In-session avoidance or emotional control patterns (e.g., topic changes, dropout risk):

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

What do these observed patterns reveal about how to contextualize treatment for this client? What methods and interventions should I use? What do I need to do differently for this client?

3. Inflexibility: Assess insensitivity to the present moment and limited perspective taking (e.g., dominance of the conceptualized past and future, limited self-knowledge, or attachment to the conceptualized self).

What do these observed patterns reveal about how to contextualize treatment for this client? What methods and interventions should I use? What do I need to do differently for this client?

4. Inflexibility: Assess disengagement (e.g., unclear values or limited committed action as reflected by inaction, impulsivity, or avoidant persistence).

What do these observed patterns reveal about how to contextualize treatment for this client? What methods and interventions should I use? What do I need to do differently for this client?

5. Factors that may limit motivation (e.g., the client's experience of unworkability, unclear values, or issues in the therapeutic relationship):

How should these factors affect what I do in treatment?

6. Cultural, social, environmental, and other contextual variables that may influence treatment:

7. Client strengths and how they might be used in treatment:

8. Integrate the information from all of the previous sections to develop a comprehensive treatment plan.