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| Nota di bibliografia    | Includes bibliographical references (p. [359]-389) and index.   |
| Nota di contenuto       | Cover; Copyright; Contents; List of Exercises; Acknowledgements; About The Authors and Guest Contributors; Prologue: Telling stories; Introduction; PART I: FORMULATION: AN INTRODUCTION TO KEY DEBATES AND A FRAMEWORK FOR DEVELOPING A SYSTEMATIC APPROACH; Chapter One: Case formulation and its role in professional practice; Chapter Two: A framework for formulation: purpose, perspective, and process; PART II: WORKING WITH PURPOSE, PERSPECTIVE, AND PROCESS: ELABORATING THE FRAMEWORK TO ENHANCE YOUR APPROACH; Chapter Three: Defining the purpose of the enquiry<br>Chapter Four: Identifying the perspective that informs the journey<br>Chapter Five: Devising a process that is fit for purpose; PART III: THE MANY FACETS OF FORMULATION: AN INTERDISCIPLINARY PERSPECTIVE; Chapter Six: Introducing our guest contributors; Chapter Seven: Case formulation: the dilemmas posed by child sex offenders; Chapter Eight: Every child does matter: preventing school exclusion |

through the Common Assessment Framework; Chapter Nine: The role of formulation in cognitive-behaviour therapy: a concept hidden in plain view?; Chapter Ten: Existential formulations of therapeutic practice

Chapter Eleven: What story are you in? Four elements of a narrative approach to formulation in coaching

Chapter Twelve: Fabricating

fictions, telling tales; Chapter Thirteen: Acting as narrative; Chapter

Fourteen: Understanding character: an actor's approach to formulation;

PART IV: IMPLICATIONS FOR THE FUTURE; Chapter Fifteen: Creating

stories for complex times; Conclusion: Formulation and the future;

Epilogue: Formulation and developing the creative practitioner;

References

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## Sommario/riassunto

Formulation remains one of the most important activities that those using psychological approaches undertake as part of their work. Arguably, however, formulation is an activity that remains poorly understood. In a current climate demanding quick fix solutions there is a tendency, which the authors refuse, towards over-simplification. Instead this book sets out to explore the challenging complexity of psychological formulation. By drawing on a wide range of sources from psychology and the arts the authors find ways to honour the stories clients tell yet offer key psychological insights to facilitate change. They provide a clear guide to enable the reader to think about the purpose of their work with clients, the perspectives which inform it and the process used to ensure effective outcomes. The chapters, supported by exercises on key issues, examine key debates on the role of formulation in professional practice, a framework for developing a systematic approach to formulation and a detailed account of the purpose, perspective and process of formulation.

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