

Worksheet 5.1: UP Case Conceptualization Worksheet

UP Case Formulation

Patient: _____

PRESENTING PROBLEMS:

STRONG UNCOMFORTABLE
EMOTIONS:

AVERSIVE REACTIONS:

AVOIDANT COPING

SITUATIONAL AVOIDANCE/ESCAPE:

SUBTLE BEHAVIORAL AVOIDANCE:

COGNITIVE AVOIDANCE:

SAFETY SIGNALS:

TREATMENT PLAN: FOCUS / APPLICATION OF CORE MODULES

MODULE 3:

MODULE 4:

MODULE 5:

MODULE 6:

MODULE 7: