

Psychoanalytic Formulation

Introduction

Demographics and chief complaint

The problems

Brief summary of the problems from the patient's point of view

Bio

Biological risk factors for psychiatric illness and substance abuse

Medical history

Alcohol and substance use and abuse

Psychiatric diagnosis

Current medications

Social

Cultural, class, economic, religious, and racial issues

Transmission of family trauma

Developmental

Key familial relationships

Childhood trauma

Adolescence

Adult development

Professional career

Adult relationships

Current stressors

Psychodynamic

Developmental levels of personality organization

Characteristic defenses

Primitive defense processes – projection, splitting, denial, primitive withdrawal, dissociation, idealization and omnipotence

Higher level defenses – repression, displacement, intellectualization, turning against the self, reaction formation, sublimation

Superego functioning

Guilt and shame

Psychodynamic conflicts (from the OPD)

(1) Dependence versus autonomy;

(2) Submission versus control;

(3) Desire for care vs. autarchy;

(4) Conflicts of self-value;

(5) Guilt conflicts;

(6) Oedipal conflicts;

(7) Identity conflicts.

Acting out and enactments

Capacities and strengths

Deficits

Self and object perception

Regulation of affects

Degree of symbolization

Mentalization

Capacity for relationships

Motivation for treatment

Patient's level of insight into their own unconscious functioning

Willingness to tolerate psychic conflict and pain

Develop a positive bond with the therapist