



Practice strategies for formulation e-learning course

The process of 'formulation' brings together a practitioner's theoretical knowledge and clinical experience, and their client's expertise about their own life, relationships and circumstances. Sometimes known as 'case formulation' or 'case conceptualisation', it is increasingly being used to understand the complexity faced by children and families.

About this course

This course emphasises the importance of incorporating children's participation into your existing case formulation practices. It describes four practice strategies for facilitating children's involvement in formulation processes:

1. Understanding children's perspectives on presenting problems.
2. Uncovering children's agency in context.
3. Exploring obstacles to the child's best life.
4. Collaboratively documenting case formulations.

These strategies can help you to work in ways that are collaborative and affirming of children's strengths, skills, know-how and values, especially when it comes to navigating the difficult circumstances they are facing.

This course is part of a suite of products designed to support collaborative engagements with children and their families. It focuses on work with children aged 5-12.

Why was this course developed?

Different professional disciplines, theoretical perspectives and practice modalities have resulted in an abundance of case formulation definitions, approaches and frameworks. As a result, specialist mental health practitioners often have extensive experience and established approaches to case formulation.

This course is designed to strengthen your existing case formulation practices. It will help you to identify opportunities and strategies to increase children's participation in the formulation process.

How was this course developed?

This course was developed in collaboration with stakeholders from academia, child and family services, child mental health experts and parents with lived experience of mental health difficulties.

Who is this course for?

This course is designed for practitioners who work with children and who draw on case formulation processes to inform their practice. This includes accredited mental health professionals, such as psychiatrists, psychologists, paediatricians, mental health social workers, mental health nurses, mental health speech therapists and mental health occupational therapists.

What is included in the course?

This course features fictional video demonstrations of conversations between practitioners and parents, along with reading materials and reflective activities. It is designed to be undertaken individually, but can also be used as a prompt for conversations between colleagues.