**DBT Case Conceptualization Worksheet**

Patient initials:

Date treatment began:

Date of this case conceptualization:

Background Information and Presenting Problem

Demographic information:

Brief history:

Diagnostic information:

Presenting problem/symptom presentation:

Biosocial assessment:

 Sensitivity:

 Reactivity:

 Slow to return to baseline:

 Invalidating environment(s):

Formulation – Primary Treatment Targets

Current stage of treatment:

Target behaviors/symptoms of treatment:

 Life threatening:

 Therapy interfering:

 Quality of life threatening:

Formulation – Secondary Treatment Targets

Identify secondary targets:

 Active passivity/apparent competence:

 Emotional reactivity/self-invalidation:

 Unrelenting crisis/inhibited grieving:

Skill Assessment

Assess skills across domains:

 Core mindfulness:

Interpersonal effectiveness:

Emotion regulation:

Distress Tolerance:

Complete Chain Analysis of One/Two Target Behaviors:

Common Links: