The benefits of Guided Formulation

It is a portable document that is owned by you, which you can use when working with different teams within the Trust.

You decide who you are happy to share it with. It can help you to better explain yourself to your family, friends or GP.

It can be changed and updated as necessary as you get to know yourself better.

What others have said about it:

“The most helpful part was the relationship with staff, their friendliness and willingness to deal with and witness my difficult outbursts and help me understand them”.

“Try to be patient and trust the process, don’t hide anything away, take the opportunity whilst another person is there to listen to you.”

Guided Formulation

A process that helps us to gain a better understanding of the difficulties we are experiencing.
What is Guided Formulation?

It is a process where you and a member of staff, usually your care coordinator, will work together to identify and gain a fuller understanding of some of the problems that you are experiencing in your life. It will help to raise your awareness of how your thoughts, emotions and behaviour impact on your life.

We call it Guided Formulation because a member of staff works with you through a safe process which enables you to look back on your history, problems, feelings and relationships. The member of staff receives guidance from a supervisor as they support you. (Guided)

This process can help you to gain a clearer understanding or a different perspective to the cause or nature of your difficulties. (Formulation)

How will Guided Formulation help me?

It will enable you and the member of staff to stop and reflect upon your experiences, so that you can draw on your shared understanding of your difficulties and to develop ways in which you can resolve or manage them better in the future.

Your Guided Formulation will provide the basis for planning the right treatment for you to help manage your care and any risks appropriately.

It will also:

- Help you to understand yourself better and why you behave in certain ways
- Feel heard, listened to and understood
- Build greater empathy and trust with staff
- Give you strategies to help

How long will it take to complete?

Guided Formulation can take up to 3 months to complete but in most instances it will be much quicker than this. You will meet weekly with the member of staff although this can be flexible depending on your personal circumstances and can be negotiated with the member of staff.

Will I get a copy of the Guided Formulation?

You will receive regular copies of your Guided Formulation as often as you find helpful and we will also keep a copy of it on your electronic records, for future reference.

You can share your Guided Formulation with others involved in your care such as your GP, so they can also have a better understanding of your difficulties.