## Psychological Practice

### Psychological Formulation

**TSC Description**

Develop psychological formulations that are informed by theories and evidences about relevant individual, systemic, cultural and biological factors.

<table>
<thead>
<tr>
<th>Knowledge</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
<th>Level 5</th>
<th>Level 6</th>
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<tbody>
<tr>
<td>Articulate client issues and needs, provisional diagnostics and approaches in support of formulating the appropriate intervention</td>
<td>Incorporate theoretical knowledge, evidence-based and multidisciplinary approaches to determine appropriate psychological formulations</td>
<td>Assess empirical bases of assessment, specialised psychological and multidisciplinary approaches and modalities, as well as contextual variables for integration into psychological formulations and intervention plans</td>
<td>Evaluate psychological formulations based on knowledge in specialised psychological fields and/or domains and in different settings to ensure validity of psychological formulations</td>
<td>Advise on psychological formulations and approaches in various settings, drawing upon specialised psychological expertise and resources to facilitate a comprehensive and evidence-based psychological formulations</td>
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- **Types of psychological issues**
- **Psychological concepts and intervention frameworks**
- **Intervention planning, including formulating diagnosis and case conceptualisation**
- **Types of psychological issues from different multidisciplinary modalities**
- **Strengths and limitations of types of evidences and intervention models**
- **Scientific, theoretical, and contextual bases of intervention**
- **Relationship between assessment and intervention and how intervention choices are informed by assessment**
- **Factors influencing intervention planning**
- **Theoretical foundations, evidence-based approaches, practices and integration of interventions**
- **Medical and legal frameworks applicable to psychological formulations**
- **Multiple evidence-based intervention models and their application**
- **Impact of relationships, individual and cultural diversity, ethics and legal foundations in psychological formulations**
- **Scientific, theoretical, empirical and contextual bases of intervention, Considerations in developing a working model of the aetiology and maintenance of current psychological functioning**
- **Contextual variables that influence intervention planning**
- **Medical and legal frameworks in psychological formulations**
- **Specialised clinical or professional skills in an area of psychology**
- **Multiple areas of psychology and their applications in different settings**
- **Medical and legal frameworks in psychological practices in national or international contexts**
- **Multidisciplinary evidence, contexts and data for application to psychological formulations**
- **Types of multidisciplinary intervention models**
- **Mediation techniques**
- **Organisational processes for reviewing clinical judgments**
<table>
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<tr>
<th>Abilities</th>
<th>• Identify potential psychological issues present in the case</th>
<th>• Plan interventions and set goals based on formulations</th>
<th>• Translate knowledge of evidence-based practices into intervention planning</th>
<th>• Evaluate psychological and other relevant research and evidence-based hypotheses to inform psychological formulations</th>
<th>• Perform role as a knowledge broker for the appraisal and selection of evidence-based intervention approaches/programmes</th>
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<td>• Discuss diagnostic formulation and case conceptualisation with one’s supervisor</td>
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<td>• Utilise theoretical frameworks with an evidence-based and multi-model perspective to inform formulations and choice of interventions</td>
<td>• Incorporate presenting variables relating to the client, including cognitive deficit, personality and trauma, to inform intervention strategies and planning</td>
<td>• Evaluate the potential validity and reliability of psychological formulations</td>
<td>• Initiate the review of psychological formulations to ensure quality standards are met</td>
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<td>• Discuss how interventions are derived from assessments with one’s supervisor</td>
<td>• Consider and integrate multidisciplinary perspectives in the formulations</td>
<td>• Identify breadth of contextual variables that influence intervention and consider them for inclusion in intervention approaches</td>
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<td>• Integrate perspectives from different areas in psychology and/or specialised knowledge into psychological formulations</td>
<td>• Evaluate clinical judgments for complex cases</td>
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<td>• Identify breadth of contextual variables that influence intervention and consider them for inclusion in intervention approaches</td>
<td>• Recognise the implications of client and assessment factors</td>
<td>• Integrate assessment data from different sources and modalities to develop a working models of the aetiology and maintenance of current psychological functioning</td>
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<td>• Provide various perspectives from different areas in psychology to guide psychologists in the formulations</td>
<td>• Mediate between differences in formulations</td>
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<td>• Recognise the limitations of the evidence available</td>
<td>• Adapt formulations to suit circumstances and context of the client, accounting for individual, systemic, cultural and biological factors</td>
<td>• Express formulations in an accessible language and in a non-discriminatory manner</td>
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<td>• Ensure formulation is consistent with a modality’s main ethos and theoretical framework</td>
<td>• Balance different factors in intervention planning, including client preferences, multidisciplinary perspectives, contextual information, and medical and legal complications</td>
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<td>• Discuss impact of case formulations on intervention planning</td>
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<td>• Negotiate mutually agreeable terms and conditions with the client and caregivers for interventions within ethical boundaries</td>
<td>• Provide clinical judgement for complex cases</td>
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