**Example: Danny’s 5Ps Formulation**

**Source:** Johnstone, L. & Dallos, R. (2014). Formulation in Psychology and Psychotherapy: making sense of people’s problems (2nd edition). East Sussex: Routledge.

**Precipitating Factors** (what triggers the difficulties?)

* Dad has been in contact with Mum, Danny overheard them having a conversation
* Mr Green leaning over to check Danny’s work

**Protective Factors** (What are the strengths, sources of support?)

* Brief SENCO involvement has proven beneficial
* Danny likes to play games
* Danny has a strong relationship with his Aunt (Mum’s sister)

**Perpetuating Factors** (What keeps the difficulties going?)

* Unhelpful coping strategies, including isolation.
* Danny is starting to learn strategies from Mum, Mum is struggling with her emotion regulation
* Danny struggles to understand and communicate his needs
* Danny hasn’t built a relationship with staff
* Unresolved trauma: impact of witnessing domestic abuse

**Predisposing Factors** (What has made the individual vulnerable to the problem?)

* Global developmental delay: 3 years
* Complicated birth
* Has moved to a new house and primary schools on three occasions
* Poor contact and engagement with Mum (school have had contact with Aunt)
* Mum has Obsessive Compulsive Disorder (OCD) and has been a victim of domestic abuse
* Dad drinks a lot of alcohol
* Danny has no contact with Dad
* Danny impacted by domestic abuse

**Presenting Factors** (What are the difficulties?)

* Throwing work on the floor and leaving classroom whilst knocking over the chair over and shouting at the teacher “I am coming for you”, or “Watch your back”.

**Action Plan**

* Consider where Danny is sat in the classroom, and for teachers to be aware of their position
* Regular touch-in work with SENCO to develop his emotional vocabulary and aid him to communicate how he is feeling
* Invite Aunt into the school to get more information
* Encourage development of coping strategies, which Danny can utilise in the classroom environment
* Introduce a buddy system with Yr6 peer