

Clinical Psychology in Practice | Essential Readings

Johnstone, , 2017 [Psychological Formulation as an Alternative to Psychiatric Diagnosis]

- Long-standing arguments surrounding the use of Psychiatric diagnosis in research and in practice.
- Diagnosis **establishes** psychiatry as a branch of medicine which states that the main cause of someone's difficulties is due to something gone wrong with an individual's body or brain.
- Lack of a proper classification system = fundamental questions about its legitimacy.
- The process of diagnosis is sometimes seen as helpful as it allows people to understand themselves more but also, it causes stigma, shame and worthlessness in some.
 - Some individuals advocate abandoning diagnosis completely.
- Johnstone argues that the most **damaging part** of diagnosis' is **loss of meaning**:
 - Individuals who have faced trauma, abuse, discrimination, etc turn into another 'illness' that leads them to deal with exclusion and despair.
 - "people with problems" into "patients with illnesses."
- Psychological formulation is one of the most popular alternatives to psychiatric diagnosis in clinical psychology especially.
- Formulation utilises the expertise that an individual has of their life and the clinical knowledge that clinical psychologists have to co-construct a hypothesis and interventions tailored to the individual.
- "From a formulation-based perspective, **the work of every mental health professional, whatever their training, should be based on this principle: that however unusual, confusing, risky, destructive, overwhelming, or frightening someone's thoughts, feelings, and behaviours are, there is a way of making sense of them.**"
- It can help individuals understand why they feel the way they do and make sense of the mental health issues that they may have going on.
 - While also helping them to understand that it is a normal reaction to abnormal circumstances rather than an abnormal behaviour/illness & that many may feel the same if in a similar situation.
- Formulation in teams is a newly developed concept that is used to develop formulations for service users.
 - Especially with vulnerable individuals such as children and adolescents and those with learning difficulties - widely used.
 - The positives of team formulation means that we get different opinions from different staff members which can facilitate different/new views.
- Research surrounding its use and its validity/reliability are not consistent.
 - But it can be seen as a good way to support developing hypotheses which help any evidence-based approaches.
- A lot more needs to be found out about it in terms of its accessibility and effectiveness in patients and for experts.
- Psychiatric Diagnosis vs Psychological Formulation = "Schizophrenia/psychosis triggered by the stress of job loss" vs. "Hearing hostile voices as a response to the abuse you experienced".
- Psychiatric Formulation vs. Psychological Formulation, according to the Good practice guidelines DCP = the former is an **addition** to diagnosis while the latter is an **alternative**.

Fergal Jones, , 2020 [An understanding of what Clinical Psychologists do]

- The terms 'client' and 'service user' are often used instead of the term 'patient'.
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Siddappa N.Byrareddy



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