

Rethink Formulation - Questions you can ask when formulating

<p style="text-align: center;">Precipitating Factors</p> <p>Lead question:</p> <ul style="list-style-type: none"> • What happens/has happened that triggers the issues? • Do we know what led to this/these event(s) / presenting issue(s)? • What happens/happened before we see/saw the presenting issue? <p>Follow-up questions: (<i>Listen for 'when' statements</i>)</p> <ul style="list-style-type: none"> • Can you talk me through what happens step by step? • Is that (behaviour, thought, feeling, etc.) something we see before the presenting issue? • What's recently changed / what's been different lately? • Is that something we see/saw before the presenting issue? • Do we know what X was thinking before the issue? • Do we know what X was feeling before the issue? • So, what happened before that? • Was that a one off event, or do we see a pattern? • How does that person impact on the presenting issue? 	<p style="text-align: center;">Predisposing Factors</p> <p>Lead question:</p> <ul style="list-style-type: none"> • What do we know about the family's history / background? • What vulnerabilities, challenges and experiences does this person/family have? • What challenges/experiences are they living with? <p>Follow-up questions:</p> <ul style="list-style-type: none"> • Do we know of any ACEs that (person) may have had? • What's their previous experience of services been like? • How does that (historic/current challenge/info) impact now? • Is that something that can change? • How do we know this is affecting family/people/issues currently? • Do we have any evidence that this is influencing the current issues? 	<p style="text-align: center;">Protective Factors</p> <p>Lead question:</p> <ul style="list-style-type: none"> • What positives and strengths are there that are protective? • What strengths are there in and around the family that we could utilise and build on? <p>Follow-up questions:</p> <ul style="list-style-type: none"> • What do we see that's a strength or a positive? • Is there anyone in or around that family that's supportive? • What do we see mum/dad/etc. doing that's protective? • What does the family do well? • What's going well for this family at the moment? • Have we seen positive changes/improvements before? • How did the family maintain/sustain things in the past? • How does that person support the child/family? • How is that person/relationship/skill/experience protective? • How do we know that is / they are protective? • What is it about (... the positive/strength identified) that is protective?
<p style="text-align: center;">Predicting Factors</p> <p>Lead question:</p> <ul style="list-style-type: none"> • What is likely to happen if the presenting issues continue? • What future risks relate to the presenting issues? • What could happen if the presenting issue doesn't change? <p>Follow-up questions:</p> <ul style="list-style-type: none"> • What could (a, b, c) lead to if it remains unaddressed? • What are the potential consequences/outcomes? • How might the presenting issues impact on future outcomes/relationships/development/well-being/etc.? <p>If it's difficult to link a stated prediction to the presenting issue ask them...</p> <ul style="list-style-type: none"> • Can you explain where that prediction comes from? • What presenting issue is that prediction linked to? • Can you explain how you've arrived at that prediction? 	<p style="text-align: center;">Presenting Issues</p> <p>Lead question:</p> <ul style="list-style-type: none"> • What is happening right now that is causing concern? <p>Follow-up questions:</p> <ul style="list-style-type: none"> • Can you describe the issue to me in detail? • Tell us what that looks and sounds like? Say what you see? • What are the factual and observable events/results? • How often is this happening? When did it start? • Who is being affected by this issue? • Where do we see this happening? Any other settings? • So, what safeguarding issues is that leading to / does that lead to? <p>If the answer is in the 'future tense' (predicting) or is an 'opinion' ask...</p> <ul style="list-style-type: none"> • So, what is happening now that is leading you to believe that could happen? • How do we know that is impacting on the child/ren, how are they presenting? • How do you know this? What observable evidence is there? 	<p style="text-align: center;">Perpetuating Factors</p> <p>Lead question:</p> <ul style="list-style-type: none"> • What is currently maintaining the presenting issues? • What is keeping these issues going? • What could be acting as a barrier to progress with the issues? <p>Follow-up questions:</p> <ul style="list-style-type: none"> • How do we know that's keeping things going? • Could that be something that gets in the way of progress/engagement/alignment? • What evidence do we have for that perpetuating things? • Can you explain how that keeps the presenting issues going? • What's our relationship with the family like? • How do people/services respond to the presenting issue? • Is there any way that services could be a barrier to progress? • How would the family describe that way of working? • Do we fully understand that? Do we have missing information? • Would the family see this in the same way as you do? • Do the family share your concerns/presenting issues? • Do we know what the family's views/goals are?