DIT Formulation

|  |
| --- |
| Depression Trigger |
|  |
|  |
|  |
|  |
| Significant life events and relationships |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
| Cost of the problem |
|  |
|  |
| Previous experience of help |
|  |
|  |

IPAF

***Other***

***Self***

***Affect***

Attachment style

Secure Fearful Preoccupied Dismissive

|  |
| --- |
| Cautionary tale |
|  |
|  |
| Patient’s Goals |
|  |
|  |