

## **An Example of a Formulation**

British National Health Service

You had a happy childhood until your father died when you were aged eight. As a child, you felt very responsible for your mother's happiness, and pushed your own grief away. Later your mother remarried and when your stepfather started to abuse you, you did not feel able to confide in anyone or risk the break-up of the marriage. You left home as soon as you could and got a job in a shop. However, you found it increasingly hard to deal with your boss, whose bullying ways reminded you of your stepfather. You gave up the job, but long days at home in your flat made it hard to push your buried feelings aside any more. One day you started to hear a male voice telling you that you were dirty and evil. This seemed to express how the abuse made you feel, and it also reminded you of things that your stepfather said to you. You found day-to-day life increasingly difficult as past events caught up with you and many feelings came to the surface. Despite this you have many strengths, including intelligence, determination, and self-awareness, and you recognize the need to re-visit some of the unprocessed feelings from the past. You have friends who will support you in this.

*Understanding Psychosis and Schizophrenia: Why people sometimes hear voices, believe things that others find strange, or appear out of touch with reality, and what can help.* (2014). British Psychological Society Division of Clinical Psychology. Canterbury Christ Church University: Canterbury, UK, p. 62.

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