5 Ps formulation

Client | Date | Session no.

1. Presenting problem

What brings the client now, in their own words.

2. Predisposing factors

What made the client vulnerable: history, beliefs, temperament.

3. Precipitating factors

What triggered the problem now.

4. Perpetuating factors

What keeps the problem going.

5. Protective factors

Strengths and support that help.

5 Ps formulation: filled example

Client Anna, 34 (fictional) | Date 12/11 | Session no. 3

1. Presenting problem

Anxiety before meetings, short sleep. **"They'll fire me for a single mistake."**

2. Predisposing factors

Eldest daughter, "the responsible one". **A strict father**, belief that mistakes are unforgivable.

3. Precipitating factors

A new manager in March and a public comment on her report.

4. Perpetuating factors

Checks the report five times: **relief for an hour**, confidence does not grow. Takes work home, sleeps 5 hours.

5. Protective factors

Close to her sister, a supportive partner, **runs twice a week**. Motivated for therapy.