

## Rethink Formulation - Questions you can ask when formulating

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