

**Rethink Formulation
TIPS AND TRICKS FOR
FACILITATION ‘as an
Event’**

Date:
Case Sharer:
If with full care team then write this here
Agency:
Which service if doing as professionals only
Who was involved in this discussion?:
Write here who was involved and their role
Family / Key Relationships:
Use families names – so if mam is called Sophie, call her Sopic. Often we can call parents mam and dad, however they have a name and its likely they would like to be called by their name. Of course always check this with them, and if they would rather be called mam that’s what you would use, but usually people like to be called by their name as they are a mam, but also a sister, a daughter, an accountant etc

*Sophie – Mam - 35
Jimmy – child - 7
Etc etc*
Identity and cultural considerations:
Consider religion, language/s spoken, any learning needs / disabilities (some families don’t identify with this so this may be put into challenges & vulnerabilities instead)
Some people might consider themselves – ‘proud Geordie’ etc
Services involved:
Names and services involved including for all the children and family

TOP TIP:
We recommend around 1.5 hours as minimum for full formulation & next steps.

What triggers things?
(Precipitating Factors)

- *What happens before the presenting issue?*
- *If there’s a behaviour for the presenting issue this is likely to be directly before – such as ‘child shouts a lot’ what happens right before he starts shouting, what happened the night before – think about the sequence*
- *Listen out for ‘when’ statements in this box.*
- *This box can sometimes be empty, particularly if the family are not present as without asking them we don’t know for sure. If the box is empty this is fine, as when we move into the ‘What’s keeping the issue going’ box we can say we don’t know what is triggering the issue.*

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TOP TIP:
If possible sit in a circle as this helps to create openness and equality

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Family history, challenges and vulnerabilities?
(Predisposing Factors)

- *Anything which may be challenging and a vulnerability*
- *When the family are present you include what they want in here.*
- *It’s likely when asked what’s happening right now that’s causing concern, multiple things were said – it might be that some of those go in this box.*

What positives and strengths are there?
(Protective Factors)

- *Use this box to explore support networks, family, friends, neighbours, extra curricular clubs etc*
- *Consider positive and strengths which have been seen before – consider how the family have maintained these in the past*
- *Pull out the positive’s and consider how they are protective*

TOP TIP:
Start with a positive check in question. This might help to add into the strengths box

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TOP TIP:
Often people try to give solutions, try re-direct that the conversation is to deepen understanding before looking at solutions (next steps)

What could happen if things don’t change?
(Predicting Factors)

- *This is what could happen if the presenting issue doesn’t change, so a direct link.*
- *If someone lands at a predicting issue which seems unrealistic then you can ask questions such as ‘can you explain where that prediction comes from?’*

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TOP TIP:
When facilitating a full formulation with family and care team have 2 facilitators

What’s happening right now that’s causing concern?
(Presenting Issues)

- *Start in this box with this question.*
- *This tends to be the box which you sit in for a while everyone agrees what’s happening now which will be the focus of the formulation*
- *It’s recommended that one presenting issue is identified – while multiple can be used this can get complicated when moving around the boxes*
- *It may help to jot down some things on some separate paper so you keep track of the conversation*
- *It’s really important that if you have the family present (which is always encouraged) that you go with what they say is the main concern.*
- *Ensure this is clear and evidential, so if this is about low school attendance, try and establish any patterns and give the attendance percentage if this is available*
- *Sometimes people will say their worries about what might happen if things don’t change so you can say that sounds like a predicting factor so we will look at this soon (next box)*

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What’s keeping the issues going?
(Perpetuating Factors)

- *In this box we try to take a look at service involvement and consider if services have been keeping the issue going. Such as; has the social worker / school etc always used an interpreture, do we know the interpreture is speaking in the same dialect. Are the family happy with the interpreture or is it someone from their community and do they feel ashamed of talking openly with them present.*
- *Have services been flexible to the families working arrangements as an example.*
- **CONSIDER IN THIS BOX – ENGAGEMENT, ALIGNMENT, UNKNOWNNS, FAMILY VIEWS.** For example ‘we don’t know what is triggering the presenting issue’
- **IT IS FROM THIS BOX THAT YOU DEVELOP YOUR NEXT STEPS.** It’s advisable to pick 3 points from this section as your priorities to develop the next steps. (we recommend you say to the participants while there’s a lot here, lets focus on these as to not overwhelm. ‘we can continue to formulate moving forward’)

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Next Steps Planning

- **Hypothesis:** What has the above discussion told us about where we need to start in terms of perpetuating factors and the presenting issue? Remember *IF* and *THEN* statements can help you to create a hypothesis.

Example 'the child protection plan isn't progressing IF we can develop a trusting relationship with parent, we may know better how to support THEN we may see the child protection plan progressing'
Sometimes facilitators feel this part is difficult, and we advise this does not need to be complicated. The simpler the better as easier to understand. Example: I'm tired in the mornings, IF I go to bed earlier, THEN I might feel less tired in the mornings.

- **Goals & Actions:**

We will start by addressing ...

Prioritized perpetuating factor(s)

Write out the 3 picked perpetuating (keeping the issue going) factors here.

Example:

- *We don't know what is triggering the presenting issue*
- *We haven't got Child's views*
- *The care team have different views about the level of risk*

TOP TIP:
This isn't one off event, it's something that should be continuously revisited to build upon hypothesis / next steps

We will do this by ...

Next steps planning: Think SMART (Specific, Measurable, Achievable, Relevant, Timebound) Who will be responsible for each next step (use your protective factors to identify strengths and relationships that can help) ? When will the next step be completed? How will this be reviewed?

This is how we can test out the hypothesis.

Really consider working WITH in these next steps. If there is going to be a difficult conversation ask the person where they might want this to take place. For example some places may be triggering if past decisions about their children have been made there etc.

Example:

- *Laura from school has a positive relationship with parent, on Thursday when parent comes into school to see Laura, Laura will ask parent what happens before XYZ*
- *The welfare officer from school has a good relationship with the child and meets with the child regularly. On Wednesday when they meet the welfare officer will do some direct work with the child to gain their views. The welfare officer is going to meet with the Social Worker prior to get some advice on the best way forward with direct work*

Share the outcome / next steps from today's formulation with family members / young people that were not in attendance (please consider how this will be done)