

Bio-Psycho-Social Worksheet

Note: This bio-psycho-social assessment organizer is used for noting historic & current factors that explain Marco's present situation and state of need. Knowledge is used to answer clinical questions and plan a case formulation.

Key Factors		Biological Domain		Psychological Domain		Social Domain			
Explaining a Person's Life Circumstances/ Problems 1. Predisposing → (Vulnerabilities that tend to increase risks of the presenting problems)		Genetic, developmental, medical, temperament, biological effects of substance use [E.G: Family psychiatric history, toxic exposures in utero, birth complications, developmental disorders, regulatory disturbances, traumatic brain injury] <ul style="list-style-type: none"> • • • 		Cognitive style, intra-psycho conflicts, defense mechanisms, self-image, meaning of symptoms [E.G: Insecure attachment, problems with affect modulation, rigid or negative cognitive style, low self-image] <ul style="list-style-type: none"> • • • • 		Social-relationships family/peers/others [E.G: Childhood exposure neglect or abuse, late adoption, temperament miss-match, marital conflicts] <ul style="list-style-type: none"> • • • 		Social-environment cultural/ethnicity, social risk factors [E.G: Poverty, low SES, teenage parenthood, poor access to health or mental health care] <ul style="list-style-type: none"> • • 	
2. Precipitating → (Stressors and life events having a time relationship with the onset of symptoms and may serve as triggers)		[E.G: Serious medical illness or injury, increasing use of alcohol or drugs] <ul style="list-style-type: none"> • • • • • • 		[E.G: Conflicts around identity or separation-individuation arising at developmental transitions, such as puberty onset or graduation from high school] <ul style="list-style-type: none"> • • • • 		[E.G: Loss or separation from close family member, loss of friendships, interpersonal trauma] <ul style="list-style-type: none"> • • • 		[E.G: Recent immigration, loss of home, loss of supportive services] <ul style="list-style-type: none"> • • 	
3. Perpetuating → (Ongoing life challenges and sources of needs)		[E.G: Chronic illness, functional impairment caused by cognitive defects or learning disorder] <ul style="list-style-type: none"> • • • • 		[E.G: Use of self-destructive coping mechanisms, help-rejecting personality style, traumatic re-enactments] <ul style="list-style-type: none"> • • • • • 		[E.G: Chronic marital/family discord, lack of empathy from parent, inappropriate parental expectations] <ul style="list-style-type: none"> • • • 		[E.G: Chronically dangerous neighborhood, trans-generational problems of immigration] <ul style="list-style-type: none"> • • • • 	
4. Protective → (Functional strengths, skills, talents, interests, assets, work, supportive elements of the person's relationships)		[E.G: Above-average intelligence, easy temperament, special talents or abilities, physical attractiveness, factors related to emotional intelligence] <ul style="list-style-type: none"> • • • • • 		[E.G: Ability to be reflective, ability to modulate affect, positive sense of self, adaptive coping mechanisms, other skills that build resiliency] <ul style="list-style-type: none"> • • • 		[E.G: Positive parent-child relationships, supportive community and extended family, family resources] <ul style="list-style-type: none"> • • • • 		[E.G: Community cohesiveness, availability of supportive social network, well-functioning team] <ul style="list-style-type: none"> • • • • 	
5. Predictive → (Potential for change, areas most amenable to change as well as potential obstacles to positive change)		[E.G: Sustained good health -or- worsening illness, persisting pattern of sobriety or addiction] <ul style="list-style-type: none"> • • • 		[E.G: Adaptive to unfolding life changes -or- resistant to current change efforts] <ul style="list-style-type: none"> • • • 		[E.G: Supportive friends and family members -or- destructive friends or toxic family relationships] <ul style="list-style-type: none"> • • • 		[E.G: Positive supports for life changes -or- ongoing unsolved social issues or legal matters] <ul style="list-style-type: none"> • • 	