

Formulation Group

What does Formulation mean?

Formulation is a way of understanding our life story by reflecting on our background, life experiences and ways in which we coped and how these factors have brought us to where we are now. Formulation looks at your strengths and how we can build on those.

Together with the psychologists and other group members you will explore some of the valid reasons why you are struggling, distressed or feeling stuck. Each session begins with a reflection on the previous week. The emphasis is on noticing triggers and patterns in your life. After a tea and coffee break we will focus on a new theme. Each week you are invited to notice and reflect how that theme emerges within your daily life.

When you have gained a greater understanding of your life experiences you may have a greater sense of what you need going forward. At the end of the group you will meet with one of the psychologists in an individual session. Together you will discuss what is most appropriate for you and any recommendations that are made following this meeting will be communicated with your team.



Practical details

- **Where?**
The group takes place in-person/online at St. Patrick's University Hospital.
- **When?**
From 10:00 – 13:00 o'clock every Wednesday/Thursday.
- **Who will be in the group?**
The group usually consists of 9-10 group members.
Two psychologists and one assistant psychologist will run the group.
- **How many sessions?**
There are 12 sessions with one session each week. After the first 6 weeks, there will be a two-week break. This is then followed by another 6 weeks of group sessions.
- **Is the group covered by insurance?**
Yes. An insurance check will be carried out before you start the group to ensure that you are covered.

Contact for Queries:

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