

HALCYON PODCAST SEASON 1 E02

What happens in a CAMHS session?

An interview with Dr Carl Harris, Consultant Clinical Psychologist

A resource to further develop the ideas and recommendations in this podcast.

5 P's of formulation – an assessment process used by CAMHS

This process is used by CAMHS and maybe helpful to understand current difficulties, triggers, internal and external influences and current strengths. It is then possible to plan actions and goals for the student.

1. **Presenting issues:** student's presenting problems in terms of emotions, thoughts and behaviours

2. **Precipitating factors:** external and internal factors that triggered the current presenting issues

3. **Predisposing factors:** the external and internal factors that increased the student's vulnerability to their current problems

4. **Perpetuating factors:** the internal and external factors that maintain the current problems (social, environment and peers)

5. **Protective factors:** the student's resilience and strengths that help maintain emotional health

Further Info:

Northumberland, Tyne and Wear NHS:

Understanding what influences your mental health and well-being

www.ntw.nhs.uk/content/uploads/2018/02/5-Ps-and-formulation-A5.pdf

Join the Halcyon Education Academy

We run a [12 week online course](#) giving you the tools and strategies to put mental wellbeing at the heart of your school. It stems from our

10 Steps to a Mentally Healthy School document which you [can download here](#), along with our [progress tracker](#) to help you prioritise your work.

"The course allowed me to work at my own pace and complete the tasks needed. We have changed our practice as a result and now do a whole school assessment."

For further help or advice, please feel free to [book a call](#) with me or send an email to anna@halcyon.education



PE02OCT19