

Biopsychosocial		This biopsychosocial assessment is organized for noting historic and current factors that may explain the client's present situation and need for change. Knowledge is used to answer clinical questions. case formulation, and treatment planning.		
Key factors	Biological domain	Psychological domain	Social domain	
Examining the client's life circumstances / problems	Genetic, developmental, medical, temperament, biological effects of substance use	cognitive style intrapsychic conflicts, defense mechanisms, self-image, meaning of symptoms	Social relationships / family /peers / others	Social environment cultural / ethnicity, social risk factors
predisposing vulnerabilities that tend to increase risk of presenting problems	family psychiatric history talk exposure in euro birth complications developmental disorders regulatory disturbances traumatic brain injury substance use	insecure attachment problems with affect modulation rigid or negative cognitive thinking low self-image	childhood exposure neglect or abuse trauma lead adoption to permit mismatch marital conflicts	poverty low social economic situation teenage parenthood poor access to health or mental health care culture and stigma in early in current years
Precipitating - stressors in life events have a time relationship with the onset of symptoms and may serve as triggers	serious medical issues illness injury increasing use of alcohol drugs	conflicts around identity /separation arising at developmental transitions such as puberty onset or graduation from high school	loss or separation from close family members loss of friendships removal from home interpersonal trauma	recent immigration loss of home, loss of supportive services
Perpetuating - ongoing life challenges and sources of needs	chronic illness functional impairment caused by cognitive deficits or learning disorder	use of self-destructive coping mechanisms help projecting personality style traumatic reenactments	chronic martial / family discord lack of empathy from parent inappropriate parental expectations	chronically dangerous neighborhood transgenerational problems of immigration
Protective - functional strength skills talents interest assets work supported elements of a person's relationships	above average intelligence easy temperament special talents or abilities physical attractiveness factors related to emotional intelligence	ability to be reflective ability to modulate affect positive sense of self adaptive coping mechanisms other skills that build resiliency	positive parent child relationship supportive community extended family resources, spiritual resources	community cohesiveness availability of supportive social network well-functioning neighborhood or family
Predictive - potential for change areas most immutable to change as well as potential obstacles to positive change	sustained good health or worsening illness persisting pattern of sobriety or addiction	adaptive to unfolding life changes or resistant to current change efforts	supportive friends and family members or destructive friends or toxic family relationships	positive supports for life changes or ongoing unsolved social issues or legal matters