

AMALYSE:

YOUR PERSONAL PSYCHOLOGICAL ROADMAP

Fast and Flexible Written Therapeutic Support

Coaching Product 1.



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PART ONE:

ABOUT THIS PRODUCT

What Your Written Response Includes

1. Compassionate Formulation Diagram



2. Emotional Validation & Grounding



3. Practical Therapeutic Suggestions



Designed for Real Life



PART TWO:

YOUR CLINICAL FORMULATION



A clinical formulation is a structured, evidence-based explanation of why a person is experiencing their current psychological difficulties, how those difficulties developed, and what keeps them going. It brings together your history, symptoms, context, and meaning into one coherent story that guides treatment.

Formulations help us see things clearly. When you can see a patterns and connect dots you acknowledge yourself. When you acknowledge yourself, you create space to create change but also possible to decide what you want to work on.

HELPFUL QUESTIONS TO ASK YOURSELF



PART 3:

Emotional Validation and Grounding

VALIDATE- BY AMA



THE DOUBLE STANDARD

This CBT skill helps challenge harsh self-talk by comparing what you say to yourself with what you would say to a friend in the same situation.

If this were happening to a friend (everything that you see in your formulation), what would you say to them?

Please keep this written somewhere you can return to. This will act as a compassionate anchor. A reminder that your situation is valid, not small, and deserves space.



PART 3:

Emotional Validation and Grounding

NETS AND CAPES

Safety Nets



Your Hidden Superpower



SAFE



ADDITIONAL SUPPORT

If your motivation is slipping or you're struggling to keep momentum, you can book a **20-minute check-in session**. These are designed to help you refocus, troubleshoot barriers and get back on track.

Updating Your Formulation

Sometimes new information comes to light after you've had time to reflect. If there's something important that wasn't included something that changes your understanding of your difficulties or would influence the treatment plan let me know. We can review and update the formulation together.

Additional Self-Help Resources

If you'd like to build on what you've learned independently, I can recommend additional CBT resources, worksheets and materials tailored to your goals.

Further Therapy Sessions

If working through these techniques with support would be more beneficial, you're welcome to book additional sessions. Sometimes having guidance, accountability and space to reflect can help you make greater progress.

A Final Word

Thank you for taking the time to engage with this workbook.

Although it's designed as a self-help guide, I want you to remember that you don't have to work through it alone. Change takes time, and it's perfectly normal to have setbacks along the way.

If you have questions or concerns, please get in touch. Before contacting me, it may be helpful to refer to the **Frequently Asked Questions**, **Risk Management Information** and your **Therapy Contract**, as many common questions are answered there.

