

AMALYSIS:

YOUR PERSONAL PSYCHOLOGICAL ROADMAP

Comprehensive Written Therapeutic Support

Coaching Product 2.



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PART ONE:

YOUR STORY SO FAR



A note on scores



This is why Amalyis looks at more than numbers. What you've told me in your own words carries more weight than forms alone.

These scores represent a combined, streamlined interpretation of the PHQ-9 and GAD-7, standard clinical measures used across both NHS and private healthcare services in the UK. They reflect the input data you provided and offer a clearer, less clunky overview of mood and anxiety symptoms.



PART TWO:

YOUR CLINICAL FORMULATION



them going. It brings together your history, symptoms, context, and meaning into one coherent story that guides treatment.

work on.

HELPFUL QUESTIONS TO ASK YOURSELF



PART TWO:



GLOW AND GROW

THE DOUBLE-STANDARD METHOD



NETS AND CAPES

Safety Nets



Your Hidden Superpower



PART THREE:

MY ANALYSIS (YOUR ANALYSIS)

Based on what you shared in your assessment and onboarding, I've put together an initial interpretation. This is my understanding of what you've told me. If something wasn't shared, it won't appear here. If something feels off or incomplete, we'll adjust it together.



PART 4:

YOUR THERAPY ROADMAP

Based on your formulation, I would recommend approaching this over approximately **12 weeks**. Whilst everyone's journey is different, having a structure can make the process feel much more manageable.



As these changes become more established, we'll gradually move on to exploring:

- The standards and expectations you place on yourself.
- The rules and assumptions that guide your behaviour.



Although there are many ways to approach CBT, I generally find that starting with "small" achievable changes creates momentum and confidence, making the deeper work feel much more manageable later on.



TREATMENT COMPONENTS

