BPS Formulation Grid

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| --- | --- | --- | --- |
|  | Biological  (medical, genetic,  medications, etc. | Psychological  (emotional, cognitive,  Behavioural, etc.) | Social  (formal and informal supports,  family, internal and external  resources, etc.) |
| Predisposing  (historical factors) |  |  |  |
| Precipitating  (contributing factors) |  |  |  |
| Perpetuating  (sustaining factors) |  |  |  |
| Protective  (strengths) |  |  |  |