

# PSYCHOLOGICAL THEMES INTEGRATION TOOL

A formulation guide for assessment, intervention, and reporting

THE EDUCATION PSYCHOLOGIST

LEANNE TRAN

BPsySc (Hons), Grad Cert (Autism Studies),  
MEd&DevPsych, MAAPPI

# hello!

I'm thrilled to introduce myself and share a little bit about my journey as a supervisor, as well as offer a resource that I believe will enhance your assessment practice with children.

With over 20 years of experience working with children, particularly those with ADHD, autism, and learning difficulties, I'm passionate about helping fellow psychologists grow in their clinical skills and confidence.

This resource dives into key aspects of CHC theory, the DD-C Model and XBASS that you can use in your assessments of children and adolescents. My goal is to provide you with practical, actionable insights that you can immediately apply to your work.

In my supervision sessions, I focus on clinical skills like assessments and diagnoses, but also on navigating the challenges that come with the job, from tricky cases to self-care and career development. I truly believe that with the right support and resources, we can thrive in this profession and make a meaningful difference in the lives of the children and families we serve.

I hope you find this resource helpful, and I look forward to connecting with you further in your professional journey.

[Find out more about being my supervisee here.](#)



*you've got this,  
Leanne*



## PURPOSE OF THIS TOOL

Effective psychological formulation involves more than listing test scores or symptoms. This tool provides a **developmentally informed framework** to help you synthesise findings across key psychological themes — supporting interpretation, goal setting, and report writing.

### Use this tool to:

- Identify patterns across domains of functioning
- Connect observations, assessment results, and contextual data
- Organise your thinking before writing your summary or planning intervention
- Build a formulation that reflects the **whole child**, not just isolated test results

# HOW TO USE IT

## Using the Psychological Themes Framework

This tool is designed to help psychologists integrate information from multiple assessment sources — including formal test results, interviews, observations, rating scales, school reports, and contextual background — into a coherent and functional formulation. Rather than organising findings by test or score, this approach encourages you to think across broad psychological themes, linking data points from different methods into a unified understanding of the child's functioning.

Each theme reflects an area of psychological development that influences learning, behaviour, and wellbeing. Use the prompts provided under each theme to draw together insights from across your assessment process. By mapping data into these domains, you can clarify patterns, deepen your clinical reasoning, and generate formulation statements that support meaningful recommendations and intervention planning.

### You can use this as:

- A **thinking prompt** before report writing
- A **summary organiser** post-assessment
- A **case formulation template** for supervision or team discussion
- A **tool for bridging assessment and intervention**

Each theme includes reflective prompts to guide your synthesis.

# PSYCHOLOGICAL THEMES INTEGRATION

## WORKSHEET

### Self

Identity, confidence, independence, sense of competence, body awareness, self-concept. How does the child understand and view themselves?

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### Interpersonal

Relationships with peers and family, attachment patterns, social reciprocity, initiation, and response.

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### Thinking

Cognitive style, reasoning, flexibility, executive functioning, attention, and problem-solving approaches.

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# PSYCHOLOGICAL THEMES INTEGRATION

## WORKSHEET

### Feeling

Emotional awareness, expression, intensity, and regulation. How does the child recognise and manage their emotions?

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### Behaviour

Observable behaviours across settings, self-regulation, impulsivity, oppositionality, adaptability, routines.

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### Coping

How the child responds to stress, change, or challenge. Use of supports, resilience, avoidance, internal/external strategies.

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### Context

Family life, school setting, cultural and community background, trauma history, life events, risk and protective factors.

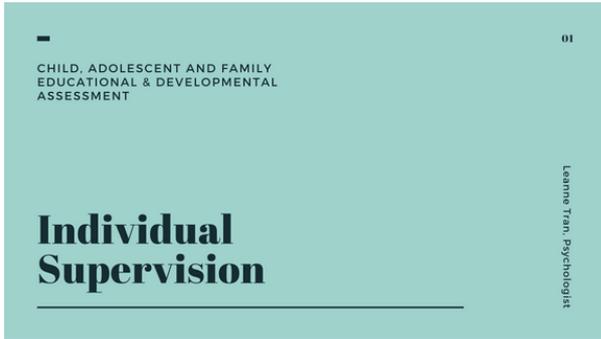
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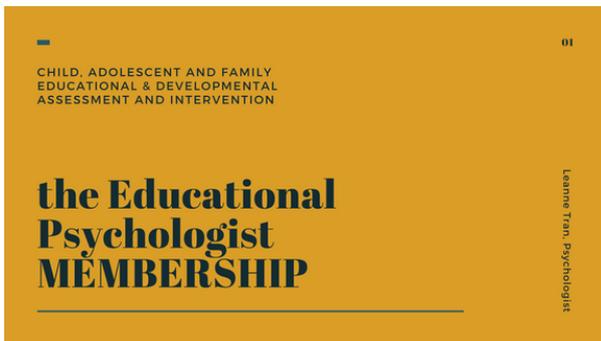
# FOR MORE SUPPORT



## INDIVIDUAL SUPERVISION

A great way to focus on your developmental goals with intention and one on one focus. Book the dates and times that suit you.

[BOOK HERE](#)



## THE EDUCATION PSYCHOLOGIST MEMBERSHIP

All my knowledge and experience rolled into one - through monthly group supervision and CPD.

### INCLUDES:

- Monthly group supervision
- Monthly CPD Masterclasses
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- Our fabulous community

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