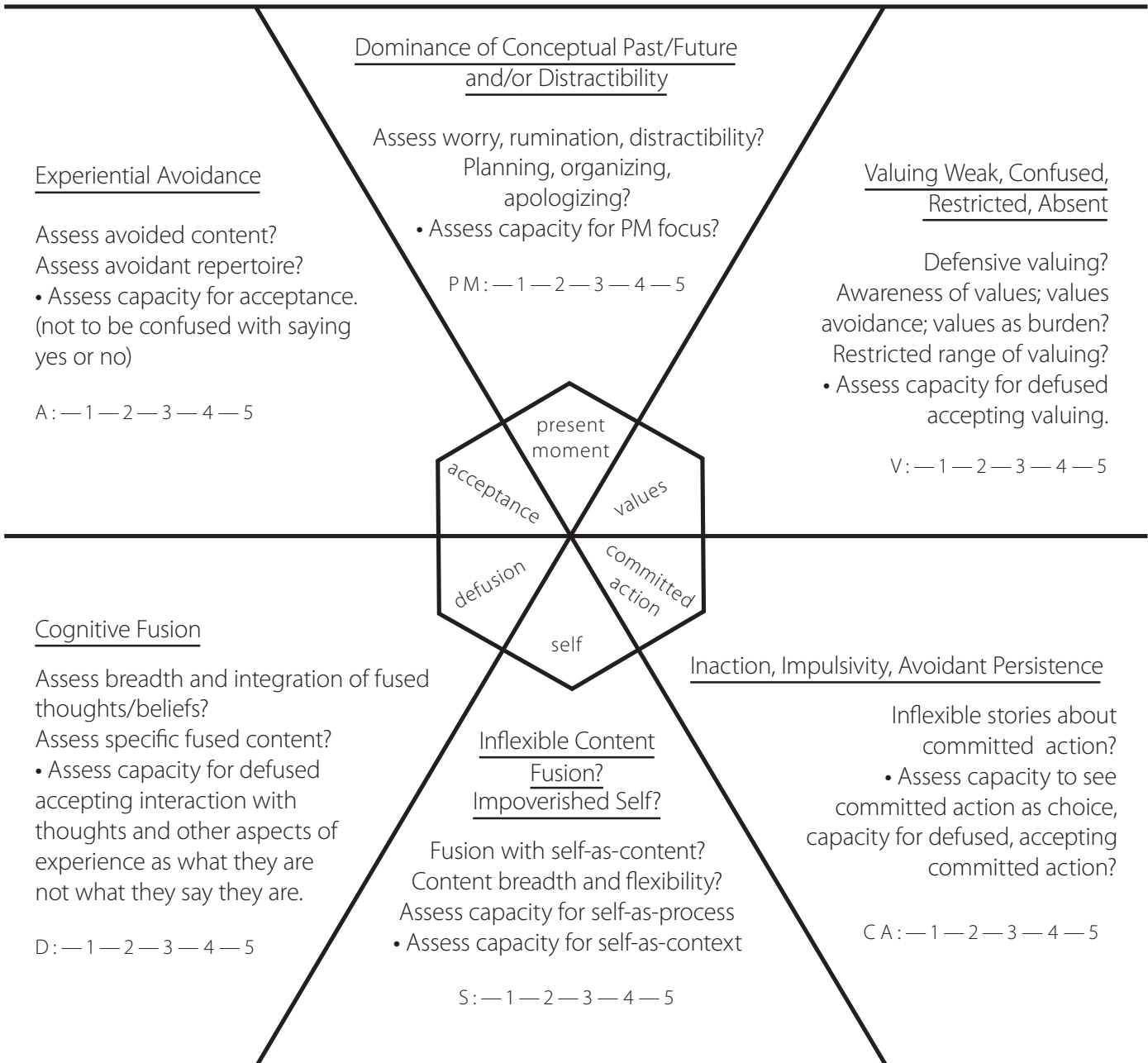


# Hexaflex Diagnostic and Assessment



## Hexaflex Diagnostic and Assessment Worksheets

The hexaflex diagnostic is a functional dimensional approach to case conceptualization, assessment, and “diagnosis.” It is intended to link assessment of functioning on clinically relevant dimensions to interventions. The approach is explicitly tied to a ACT and behavior theory more generally. The diagram above provides some domain specific orientation to common clinical difficulties within the dimension. The rating scale for each domain is intended as a general estimate of functioning within the domain with 1 as low functioning and 5 as high functioning. The worksheets should not be approached as a mere gathering of information. Deliberate, present moment focused questioning will give the best estimate of both capacities and for areas for therapeutic focus.

Hexaflex diagnostic note pages can be used to conceptualize therapist and client functioning in a given session. High scores connote optimal functioning. Low scores connote poor functioning. Note sheets can also be used as case notes to describe focus of intervention in a session and functioning with each noteworthy domain