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Present**

POWER



THREAT



MEANING





The Power-Threat-Meaning framework PTMF

- The PTMF provides an alternative explanation beyond the boundaries of the DSM framework
- The PTMF has a broad application and involves a change of approach and attitude
- We demonstrate how the PTMF can demystify the function of distressing voices



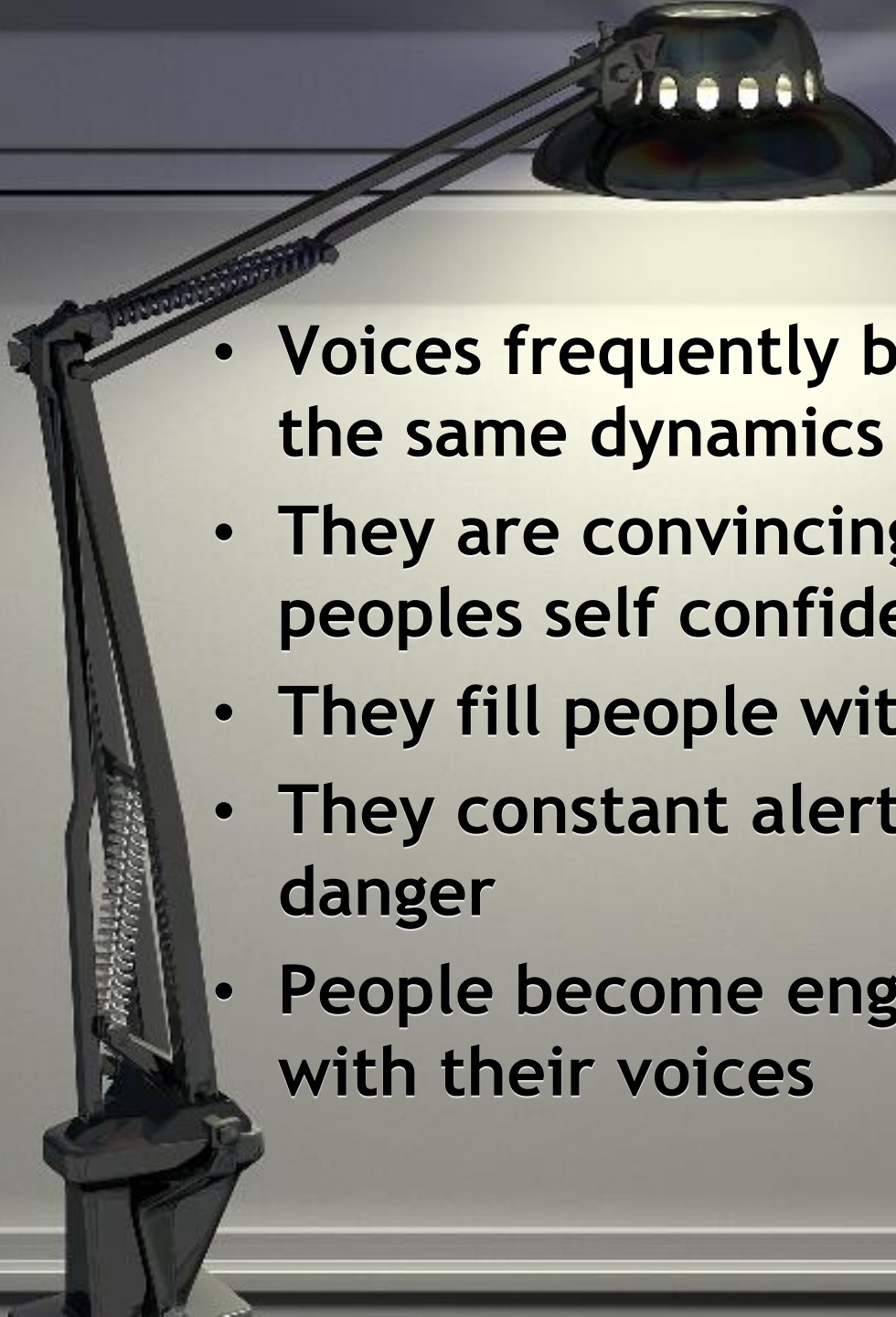
The Role of Voices

- To keep you safe from people
- To make sure you are not lonely
- To keep your mind active
- To engage in interesting conversations
- To alert you to when you are stressed
- To take control when the voices deem you have lost it.



I ASSERT:

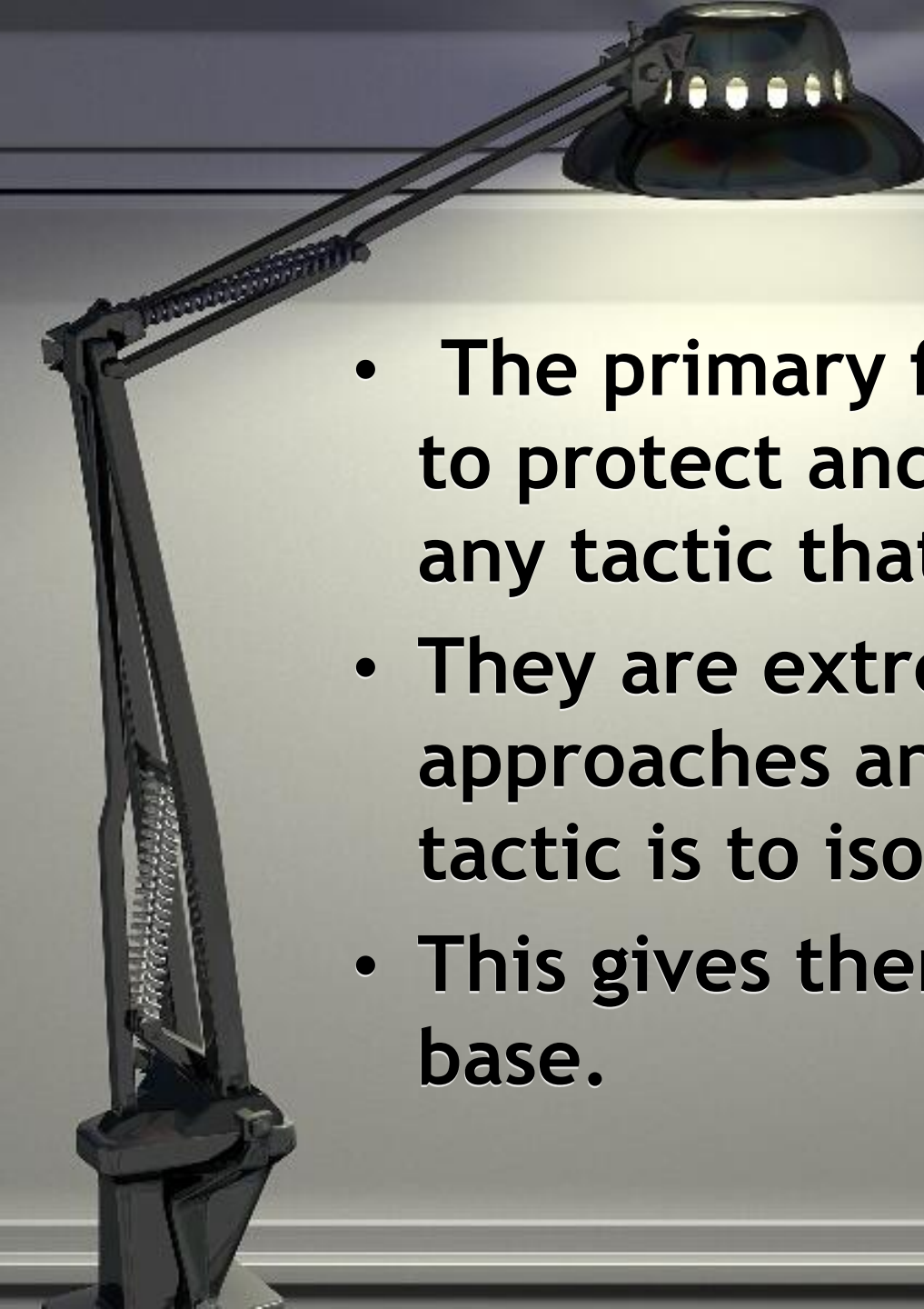
- **Voices are a form of extreme anxiety and as such what you see in peoples' behaviour is the consequences of being in a almost permanent state of high anxiety**
- **This affects how people view the world often as a dangerous place**

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- **Voices frequently bully and present with the same dynamics as abusive relationships**
 - **They are convincing and often undermine peoples self confidence**
 - **They fill people with self doubt**
 - **They constant alert people to any perceived danger**
 - **People become engaged in a power struggle with their voices**



The PTM framework

- The PTM provides a framework that assists in demystifying the function of voices and is easily applied to other situations.
- It provides an alternative explanation beyond the boundaries of the DSM
- It has a broad application and involves a change of approach and attitude

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- The primary function of voices is to protect and they will resort to any tactic that works
 - They are extreme in their approaches and their number one tactic is to isolate
 - This gives them a strong power base.



- **Voice**

- “Don’t go out there they don’t want you there in fact they are planning to kill you, you need to stay home its not safe to leave the house”

- **Power**

- The voice is implying they know what is going to happen that they have access to information you don’t; the voices render you powerless

- **Consequence**

- Person who already is anxious about going into the community fills with self doubt and the voices have tapped into their internalised fear which makes the content appear more believable



- **Voice**

- “Don’t go there they don’t want you there in fact they are planning to kill you, you need to stay home its not safe to leave the house”

- **Threat**

- The possibility that something terrible will happen to the person which can be based on their previous negative life experiences

- **Meaning**

- Person perceives leaving the house as a possible threat becomes overwhelmed by fear and decides to stay at home



- **Voice**

- “Don’t go there they don’t want you there in fact they are planning to kill you, you need to stay home its not safe to leave the house”

- **Meaning**

- Person believes they have no power of their lives, that others and the world is dangerous, that they have to rely on the voices to make predictions about navigating their world. People are hopeless, alone and excluded from society



Talking back to the voices

- Power - demystify and reduce the control that the voices have
- Threat - reducing the anxiety will reduce the degree of distress and frequency of the voices
- Meaning - the voices are 'clunky communicators' attempting to warn of danger etc. but go 'overboard' in their messaging
- Compassionate conceptualisation - restore the individuals personal agency through their understanding e.g. "this voice is controlling my life because of their fear that they may lose me and are also preventing me from being hurt physically and emotionally"



The Power-Threat- Meaning framework PTMF

- The PTMF provides an alternative explanation beyond the boundaries of the DSM framework
- The PTMF has a broad application and involves a change of approach and attitude
- Hopefully we have demonstrated how the PTMF can demystify the form and function of distressing voices