

NOTES

- PTMF Pattern: <https://cms.bps.org.uk/sites/default/files/2025-09/PTMF%20Pattern%20-%20Women%20surviving%20domestic%20violence%20and%20abuse%20in%20heterosexual%20relationships.pdf>
- Ravi Thiara wasn't able to make the event. She was due to speak about her research "Why should our rage be tidy?" which you can read here: <https://static1.squarespace.com/static/5f7d9f4addc689717e6ea200/t/674528fe3589f446cbbde8fe/1732585738328/Why+Should+Our+Rage+Be+Tidy%3F+Report+-+2024.pdf>
- Jigsaw resource to use for the framework questions: <https://cms.bps.org.uk/sites/default/files/2022-07/Adapted%20PTMF%20-%20Young%20People%20General%20Worksheet.pdf>
- Full Jigsaw PTMF resource pack: <https://cms.bps.org.uk/sites/default/files/2023-12/Jigsaw%20-%20a%20guide%20for%20clinicians%20using%20the%20PTMF%20with%20young%20people.pdf>.
- The DAY programme - <http://www.dayprogramme.org> teaches facilitators to use the PTMF with young people. I use it almost daily with amazing results.
- Blog on using the PTMF with a young person: <https://www.dayprogramme.org/post/what-happened-to-you-a-story-of-listening-trust-and-empowerment>
- Great PTMF resources here: <https://www.bps.org.uk/member-networks/division-clinical-psychology/power-threat-meaning-framework>.
- The use of power in mental health services is well documented here in this lived experience article. Power gives women labels, I'm not sure they are seeking them when they are in distress? <https://journals.sagepub.com/doi/10.1177/17455057251336142>.
- The question about suicide: Matt Ball Suicide narratives resource [HERE](#). Matt is a therapist working with suicide and the PTMF among other resources. He is in Australia.

COMMENTS:

- Practitioners need to be acutely 'switched on' when using the framework as victims may sometimes respond in coded language. e.g their body language will not match what they are saying. They may be asking for help in a subtly coded manner, which could easily be missed or misunderstood to mean 'all is well'.

- We love during Own My Life when exploring the PTMF that we ask women to reach out to someone they trust to ask what they think their strengths are. They are invited to share those the following week and it's heart-warming and empowering for the women.
- I work with parents during care proceedings, I am so saddened to hear most of the time 'mums psychological assessment has highlighted she may have ADHD etc, she needs medication' then parenting assessments/care plans will say 'mum has not got diagnosis or medication sorted, she needs therapy and may not meet the child's timescales etc'.
- We often talk about planting seeds with clients...as you say Karen, they may not feel able to open up in that moment but by having those conversations and asking gentle questions we plant the seeds that there is someone who may understand or help.
- Giving time to a victim in a non-medicalised form is more beneficial in my opinion as that way victims will feel that their story is not being given a label or a reason for the wrong reason off what is happening.