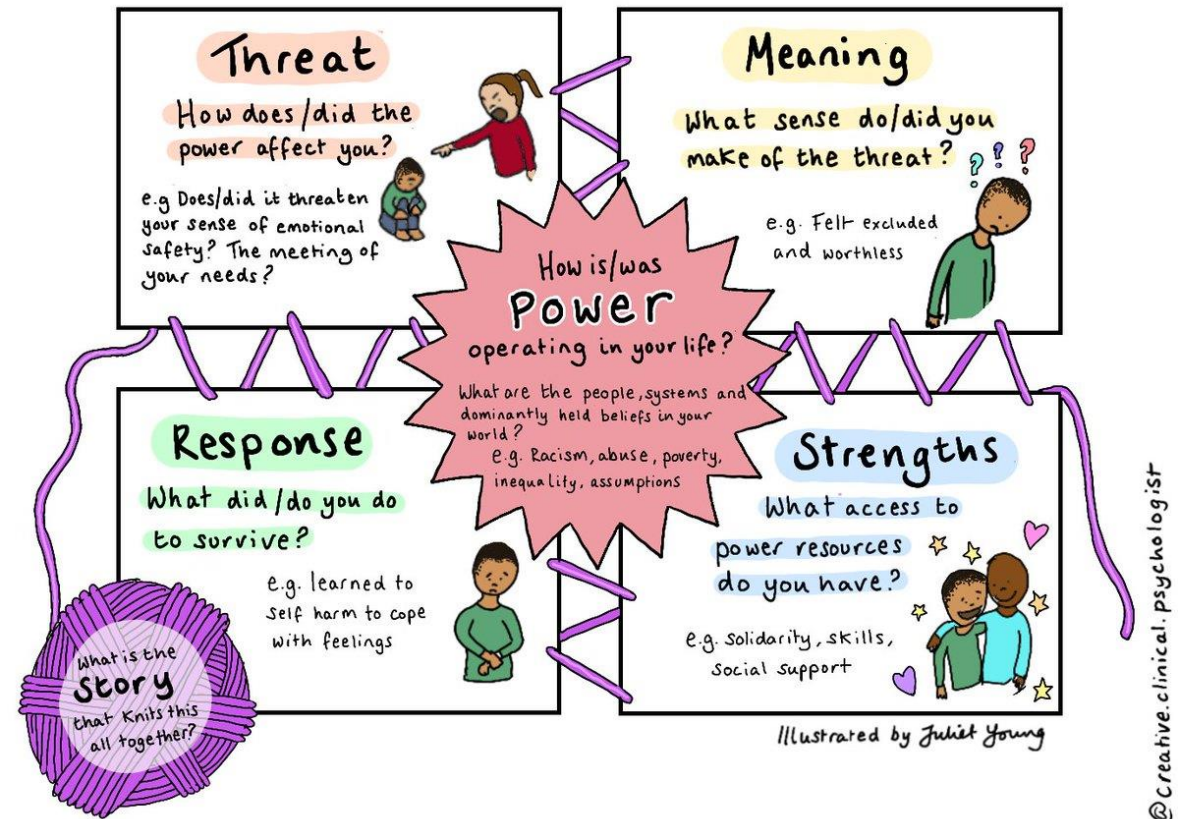


Survival, not Disorder: Applying the Power Threat Meaning Framework to Women's Survival of Men's Domestic Abuse: The Importance of Strengths

Jan Bostock
Consultant Clinical Psychologist

Power Threat Meaning Framework (Johnstone & Boyle, 2018)



Power processes in the Power Threat Meaning Framework



Core Needs & Rights

The conditions needed for wellbeing

1. To be safe, valued and cared for in early relationships



2. To have a sense of security and belong



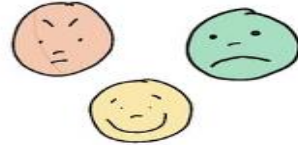
3. To feel safe in our physical environment



4. To form intimate relationships



5. To experience and manage a range of emotions



6. To feel valued and effective in our family/social roles and have a place in the world.



7. To feel authenticity
To be true to ourselves



8. To have control over important things like our bodies and emotions



9. To meet basic physical/material needs for us and our dependants



10. To experience justice and fairness



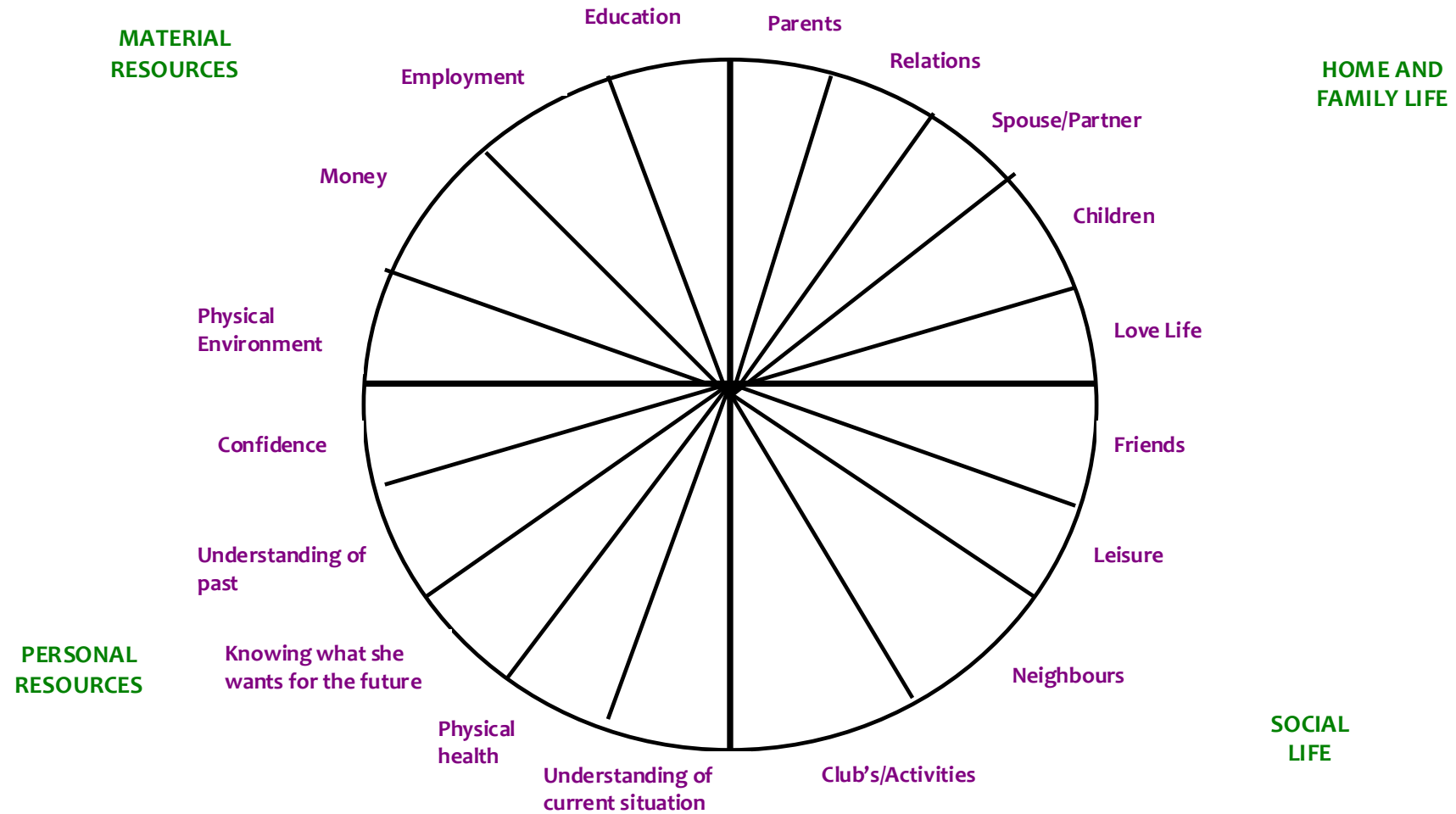
11. To have connections to the natural world



12. Engage in meaningful activities, bringing hope and purpose



Power Map, Hagan and Smail (1998)



What resources does the woman/ family / community have?

What other domains are relevant (not on the map)?

Strengths and Assets: Access to sources of power

Embodied resources: physical safety, access to healthcare (preventative and responsive), support for adequate nutrition, rest, health and fitness.

Interpersonal/relational: loving early relationships, relationships that offer validation, practical and emotional support, create solidarity and support for resistance. Support for children that is emotionally and physically safe. Services offer allyship, advocacy, peer support, a “team” around women that bears witness and honours them with joy and sisterhood.

Economic/material resources: financial independence, control over own possessions, secure rewarding employment, safe, secure housing, transport

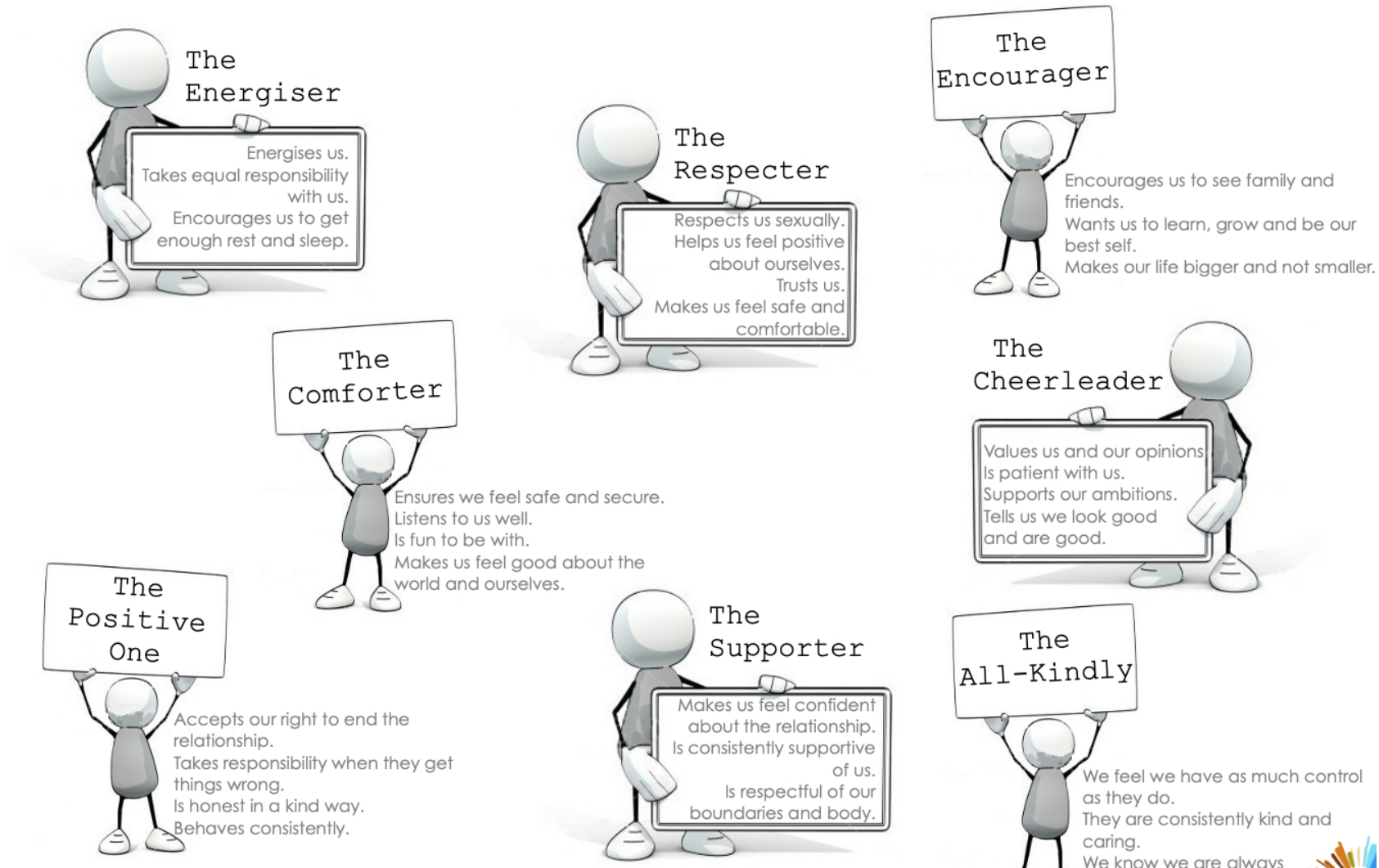
Legal: reliable information, representation and laws that protect women’s rights and enhance their rights at work, in housing, family courts, police procedures, MARAC and the criminal justice system. Counter coercive practices that normalize men’s dominance.

Personal resources: interests, literacy, numeracy, confidence, knowledge about resources. Knowledge about abuse. Insight and oversight. Hope and meaning.

Social and cultural capital: education and training, sport and leisure activities, creative arts, community engagement, social activism, social connections that provide confidence and belonging, services that build women’s strengths, capabilities and promote agency. Valued identity.

Strengths and Assets: Close Relationships (from Biderman)

Healthy Behaviours



Strengths and Assets: How might ideological power operate to influence positive meanings and practices that prevent violence and abuse?

- Mainstream and social media support equitable and respectful gender roles (counter misogyny, pornography and normalising of men's dominance and power abuse.)
- Language reflects the impact of men's violence and abuse, and no longer perpetuates the victim-blaming of women
- Holistic and systemic understandings that move away from diagnosis and the medicalising of women's feelings and threat responses.
- Understand threat responses as strategies for survival
- Co-create hopeful non-pathologizing narratives that celebrate women's collective strengths and help them to flourish.

Bringing it all Together: Women's Survival of Men's Domestic Abuse and Creating Different Stories

'WHAT HAS HAPPENED TO YOU?'

(How is Power operating in your life?)

'HOW DID IT AFFECT YOU?'

(What kind of Threats does this pose?)

'WHAT SENSE DID YOU MAKE OF IT?'

(What is the Meaning of these experiences to you?)

'WHAT DID YOU HAVE TO DO TO SURVIVE?'

(What kinds of Threat Response are you using?)

'WHAT ARE YOUR STRENGTHS?'

(Social, financial, personal, legal)

Bringing it all Together: Women's Survival of Men's Domestic Abuse and Creating Different Stories with the PTMF

WHAT ARE YOUR STRENGTHS AND RESOURCES?

Social, financial, personal, legal

- Physical safety, secure housing, reliable transport, safe neighbourhoods
- Safe, supportive relationships
- Tolerant, safe communities
- Physically embodied strengths, nutrition, rest, equitable healthcare
- Influences on physical and mental health understood and don't pathologise or medicalise inappropriately
- Confidence with literacy, numeracy, qualifications.
- Financial resources and independence
- Services offering solidarity, supportive family and friends, validation. Access to information.
- Awareness of injustices, access to advocacy, opportunities for justice and fairness
- Ideological support for equity between men and women, opportunities for employment, socially valued roles
- Creative expression, opportunities for processing and repair
- Activism for legal, social and ideological change

'WHAT IS YOUR STORY?'

