



Core Reflection Questions

- What happened? How is **power** operating in this person's life?
- What was the impact? What kind of **threats** does this pose?
- What sense do they make of it? What is the **meaning** of these experiences for them?
- What has helped them to survive? What kinds of **threat responses** are they using?

Johnstone, L. & Boyle, M. with Cromby, J., Dillon, J., Harper, D., Kinderman, P., Longden, E., Pilgrim, D. & Read, J. (2018). The Power Threat Meaning Framework: Towards the identification of patterns in emotional distress, unusual experiences and troubled or troubling behaviour, as an alternative to functional psychiatric diagnosis. Leicester: British Psychological Society.