

THE POWER THREAT MEANING FRAMEWORK:
AN ALTERNATIVE TO PSYCHIATRIC DIAGNOSIS
- LUCY JOHNSTONE



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Learning Together Online

Resource Guide

About Lucy Johnstone

I am a consultant clinical psychologist, author of 'Users and abusers of psychiatry' (2nd edition Routledge 2000) and co-editor of 'Formulation in psychology and psychotherapy: making sense of people's problems' (Routledge, 2nd edition 2013) and A straight-talking guide to psychiatric diagnosis (PCCS Books 2014), along with a number of other chapters and articles taking a critical perspective on mental health theory and practice.



I am the former Programme Director of the Bristol Clinical Psychology Doctorate and the lead author of 'Good practice guidelines on the use of psychological formulation' (Division of Clinical Psychology, 2011.) I have worked in Adult Mental Health settings for many years, most recently in a service in South Wales.

I am an experienced conference speaker and lecturer and currently, work as an independent trainer. My particular interest and expertise are in the use of psychological formulation, in both its individual and team versions, and in promoting the trauma-informed practice.



Event Details

The Power Threat Meaning Framework is an ambitious attempt to develop a conceptual alternative to psychiatric diagnosis, developed by a group of senior psychologists (Lucy Johnstone, Mary Boyle, John Cromby, David Harper, Peter Kinderman, David Pilgrim and John Read) and high profile service user campaigners (Jacqui Dillon and Eleanor Longden) over a period of five years. It was launched on January 12th, 2018 in London and is already attracting a great deal of interest from professionals, service users, trainers, voluntary organisations, researchers and others.

Since it presents a strong challenge to traditional ways of thinking and practising, it is also proving controversial in some quarters. Lucy Johnstone, the project lead, will describe the core principles of the Framework and its relevance to understanding and be working with emotional distress and unusual experiences and troubled or troubling behaviour.



Online Resources

CLICK THE LINKS BELOW

[Introducing the Power Threat Meaning Framework](#)

[Waiting since being a child](#)

[Remarkable changes!](#)

[A mental health nurse's first response to the launch of the Power Threat Meaning Framework](#)

[Just listen to their stories](#)

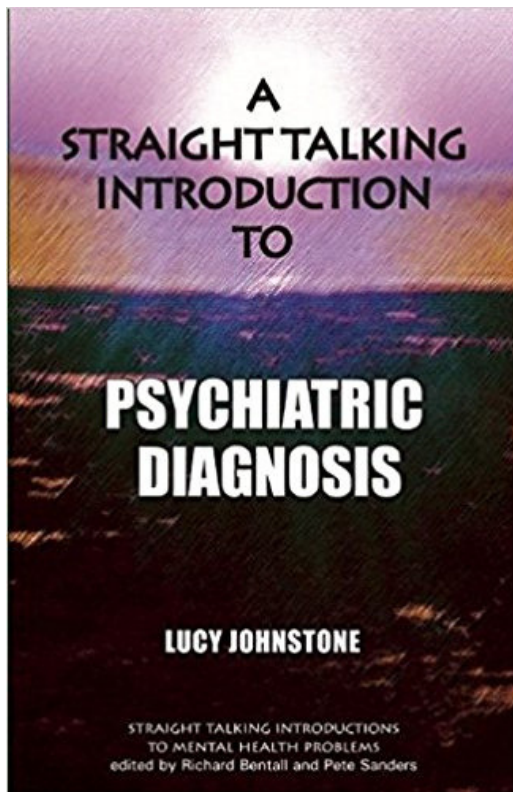
[Don't ask what's wrong with me](#)



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Reading

A Straight Talking Introduction to Psychiatric Diagnosis (Straight Talking Introductions)



Do you still need your psychiatric diagnosis? This book will help you to decide. A revolution is underway in mental health. If the authors of the diagnostic manuals are admitting that psychiatric diagnoses are not supported by evidence, then no one should be forced to accept them. If many mental health workers are openly questioning diagnosis and saying we need a different and better system, then service users and carers should be allowed to do so too. This book is about choice. It is about giving people the information to make up their own minds, and exploring alternatives for those who wish to do so.

[Click HERE for more info](#)



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A DISORDER FOR EVERYONE

“We need an altogether different approach to emotional distress than slapping labels onto people that have essentially been made up around a table!” (Jo Watson)



CLICK HERE TO

Join the Facebook Group: Drop The Disorder!...



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Next Events

'A DISORDER FOR EVERYONE!'

Exploring the culture of psychiatric diagnosis, creating change.



2018
Brighton: Feb 16th
B'ham: April 20th
Gork: June 1st
London: Sept 8th
More dates to be announced

Dr. Lucy Johnstone plus guest speakers

"A Disorder for Everyone!"
- challenging the mainstream narrative of 'diagnosis and disorder' in favour of non-pathologising, trauma informed alternatives.

www.adisorder4everyone.com

Starting in October 2016, AD4E has toured the UK exploring the culture of 'diagnosis & disorder' that represents the dominant narrative in 'mental health' -We want change!

AD4E Contributors so far have included:
Lucy Johnstone, Jo Watson, Nollaig Mc Sweeney, Jacqui Dillon, Claire Shew, Jo McFarlane, Sally Fox, Gary Sidley, Julie Leonovs, Pete Sanders, Rai Waddingham, Lesley Smith, Joanna Moncrieff, Ruth Cooper, Jasmine Gardosi, Richard Bentall, T.O Walker, Jan Bostock, Nicola Armstrong, Auntie Psychiatry, Dolly Sen, Peter Kinderman, & Luciana Berger (MP)

Upcoming events welcome:
Anne Cooke, John Richardson, David Gilbert, Akima Thomas, Hearing Voices Brighton, Michelle Springer-Benjamin, Jessica Eaton, Rape & Sexual Violence Project, Terry Lynch, Mary Maddock, John Read, Joanne Newman, Lanie Planta

"A disorder for everyone is not your average event. I have had to learn to unlearn, I am re-evaluating everything!"
(Participant @ B-ham event)

Find us on twitter: @ClinpsychLucy @dropthedisorder & check out the Facebook group 'Drop the Disorder!'

[CLICK HERE FOR UPCOMING EVENT DETAILS](#)

Framework Download

The Power Threat Meaning Framework

Click [HERE](#) to read about the PTM Framework and download your copy

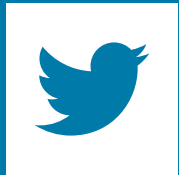
To request a hard copy of the framework email:
membertnetworkservices@bps.org.uk

Contact / Website / Social Media

www.adisorder4everyone.com



@clinpsychLucy



@dropthedisorder



Group: Drop The Disorder!...



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Have you recorded your learning?



- 1 What did you learn?
- 2 How do you intend to apply this in your practice?
- 3 Do you have any further action for your next CPD cycle?



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