



Year 3

Assignment 1

YOUR PERSONAL EXPERIENCE THROUGH THE LENSES OF THE PTMF AND MENTAL HEALTH DIAGNOSES (DSM)

Write up the experience you worked on in your therapy session as a client or another significant life experience. Using the PTMF as a framework, integrate the questions below as you tell your story:

- 'What has happened to you?' (How has Power operated 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 situations and experiences to you?)
- 'What did you have to do to survive?' (What kinds of Threat Response are you using?)
- 'What are your strengths?' (What access to Power resources do you have?)

If it feels relevant, include in your story any reference to the mental health diagnosis model.

Formatting

Title at the top of the page: Assignment 1 - PTMF and Mental Health Diagnoses

Word count: 3000 +/- 10%

Spacing: double spacing

Number all pages: x of x

Your name and surname in the top right-hand corner

Due date: 9th February 2024

Please email your assignment as PDF (not as Word or Pages documents) directly to your Training Advisor.