



Hope Centered and Trauma Informed®

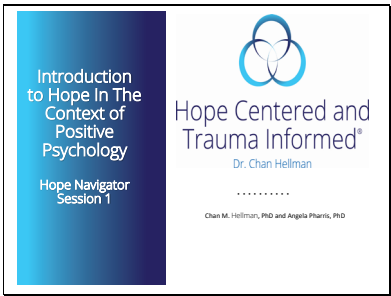
Dr. Chan Hellman

Hope Navigator Session 1 Workbook: Introduction to
Hope in the Context of Positive Psychology

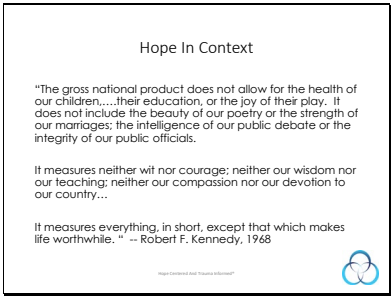
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Application to Personal and Professional Wellbeing

What makes life worthwhile?

1. What are some differences between a pleasant life, a good life, and a meaningful life?
2. What factors influence (positively and negatively) our ability to thrive?

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Social service organizations have evolved to a medical model framework guided by the question –
“What is wrong with you?”

What would happen if we studied what is right with people? – Donald Clifton


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To Understand Positive Psychology, we first need to consider a few historic traditions.

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Traditions of Psychology

Psychodynamic (First Wave -- 1890s):

- Childhood experiences greatly influence emotions and behaviors as adults.
 - Dysfunctional behaviors result from childhood trauma.
 - Conscious Mind, Unconscious Mind, Collective Consciousness.
- Defense mechanisms protect the ego from anxiety and help us cope.
 - Stages of development that determine our personality.
 - Conscious Mind, Unconscious Mind, Collective Consciousness.
- Our behavior is **determined** by our unconscious wishes and fears -- (no free will).


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Traditions of Psychology

Behaviorism (Second Wave -- 1913):

- Advocated psychology as a science in the traditional sense.
- Radical behaviorism denies the conscious mind:
 - Psychology loses its mind.
- Behavior is shaped and maintained by consequences.
 - Reinforced behavior is more likely to re-occur.
- Our behavior is **determined** -- Learned as a consequence of rewards/punishments to our response (no free will).


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Traditions of Psychology

Humanistic (Third wave -- 1950s):

- Previous traditions were too focused on laboratory science, deterministic in their view and neglected healthy human functioning.
- We have unique experiences with unique histories. Person-Centered Focus.
- Our behavior is a function of **free will (choice)**.
 - Abraham Maslow's 1962 book "The Psychology of Being" introduced humanistic psychology.

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Five Tenants of Humanistic Psychology

1. Human beings, as a whole, are greater than the sum of their parts.
2. Human existence is uniquely experienced by each individual.
3. Human beings are conscious and therefore aware of themselves in the context of other people.
4. Human beings have choice (self-determination).
5. Human beings are intentional, aim at goals, seek meaning, and creativity.

(Journal of Humanistic Psychology – 2007)

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Humanistic Psychology

Abraham Maslow (1954)

"The science of psychology has been far more successful on the negative than on the positive side. It has revealed to us much about [our] shortcomings, illness, but little about potentialities...and virtues. It is as if psychology has voluntarily restricted itself to ...the darker, meaner half." (p. 354).

The Term Positive Psychology is first used in this book.

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Positive Psychology:

- Positive Psychology was introduced by Martin Seligman in his 1998 APA presidential Address.
 - 2000 Publication in American Psychologist
- Positive Psychology is the scientific study of the strengths and virtues that enable individuals and communities to thrive.
- The belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work, and play.

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Positive Psychology

Seligman & Csikszentmihalyi (2000).

“Psychology is not just the study of disease, weakness, and damage; it also is the study of strength and virtue. Treatment is not just fixing what is wrong; it also is building what is right. Psychology is not just about illness or health; it is about work, education, insight, love, growth, and play. And in this quest for what is best, **Positive Psychology** does not rely on wishful thinking, self-deception or hand-waving; instead, it tries to adapt what is best in the scientific method to the unique problems that human behavior presents in all its complexity.”

Seligman and Csikszentmihalyi




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Wellbeing?

Hedonic Wellbeing: Increasing pleasure and reducing pains leads to wellbeing.

Eudemonic Wellbeing: Realizing one's potential...occurs when life activities are congruent with core values. Also includes connectedness, meaning and purpose in life.

Seligman and Csikszentmihalyi



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Wellbeing?

The Pleasant Life: The pursuit of positive emotions.

The Good Life: The pursuit and experience of engagement in work, play, and love.

The Meaningful Life: Awareness of authentic self, and employment of strengths in the service of others.

Seligman and Csikszentmihalyi




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Working Definition of Positive Psychology

Positive psychology is focused on the study of **positive experiences, positive relationships, and institutions** that facilitate their development and promote optimum functioning and wellbeing.

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Positive Experiences:


Positive experiences include the mental states of flow, mindfulness, and emotions about:

the *past* (e.g., nostalgia, satisfaction, pride).

the *present* (pleasure, contentment, laughter).

the *future* (e.g., hope, optimism).

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Positive Relationships & Institutions

- **Positive relationships** include the factors that enhance meaning and well-being among couples, family, friends, co-workers, and the community.
- **Positive institutions** are exemplified by positive education, positive work environments, healthy families, ethical leadership, virtuous organizations, and the development of civic virtues.

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Comparing the Disease – Health Models

Disease	Health
Psychosis, neuroticism, depression, disorder	Wellbeing, contentment, bliss, excitement, cheerfulness
Focus on flaws, overcoming deficiencies, avoiding pain. Neutral state (0) is goal.	Focus on strengths, building abilities, seeking pleasure

The disease model considers the reduction of disorder as wellbeing.

Think about the Prevention and Intervention Models for Child Maltreatment or Domestic Violence.


Do our evidenced based practices and/or social policy efforts use the disease or health model?

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Outcome of Positive Psychology

DISEASE	HEALTH
Goal is Happiness	Goal is Flourish
• Positive Emotion	• Positive Emotion
• Engagement	• Engagement
• Meaning	• Meaning
	• Achievement
	• Positive Relationships

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Positive Psychology

- <http://www.viacharacter.org>

Take the survey to get a rank order list of your character strengths.


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Character Strengths

Virtue	Description
• Wisdom	Acquiring and using knowledge.
• Courage	Accomplishing goals in the face of opposition.
• Humanity	Caring and befriending others.
• Justice	Building healthy and stable community.
• Temperance	Protect against excess, arrogance, and selfishness.
• Transcendence	Forging connections to the greater community, searching for meaning and purpose.

Hope, Gratitude, and Transcendence


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Character Strengths

A disposition to act, desire, and feel that leads to flourishing. A character strength is an aspect of personality that are morally valued.

The positive character traits include the six virtues needed for Wellbeing.

Wisdom	Courage	Humanity	Justice	Temperance	Transcendence
Creativity Curiosity Judgment Love of Learning Perspective	Bravery Perseverance Honesty Zest	Love Kindness Social Intelligence	Teamwork Fairness Leadership	Forgiveness Humility Prudence Self-Regulation	Appr. Beauty Gratitude Hope Humor Spirituality

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Character Strength Small Group

Get into a small group of 2-3 people.

Discussion Topics:

1. Share your top 3-4 strengths and your bottom 3-4 strengths. Did these findings make sense to you?
2. How have you engaged your strengths in the past? Consider Work, School, and/or Leisure.
3. How can you specifically engage your strengths next week in your work?

Hope, Gratitude, and Transcendence