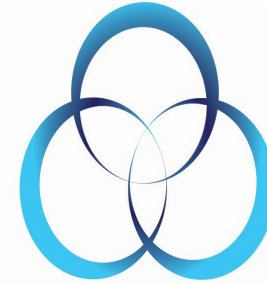


The Science and Power of Hope



Hope Centered and
Trauma Informed[®]

Dr. Chan Hellman



Did you know that hope is grounded in a
robust body of science?

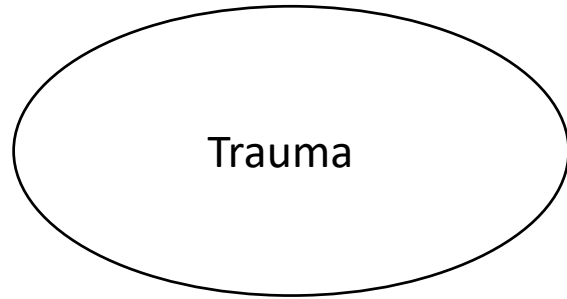
Hope is a leading factor to well-being across the lifespan!

The potential benefit of implementing the science of hope throughout society is enormous if we truly want to meet the needs of the currently unrecognized multitudes of trauma-exposed adults and children.

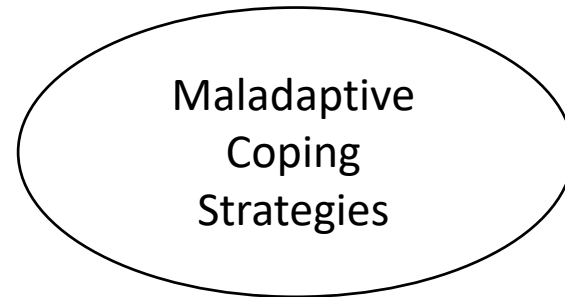
-- Dr. Vincent J. Felitti,



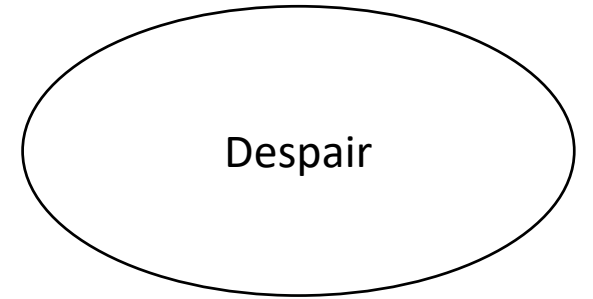
Our Past



Our Present



Our Future



People with high levels of trauma (ACEs and Polyvictimization) often respond with:

Inability to trust others

Perception that **danger** is everywhere

Difficulty with change and transitions

Guarded and **anxious**

Difficult to re-direct, rejects support

Highly **physically** reactive

Highly **emotionally** reactive

Difficulty “calming down” after outbursts

Holds onto grievances

Unable to recognize dynamics that lead to **same results**

Well-being is more than the
reduction of what is wrong!



What is Hope?

Hope is the **belief** that your future will be better than today and **you** have the power to make it so.

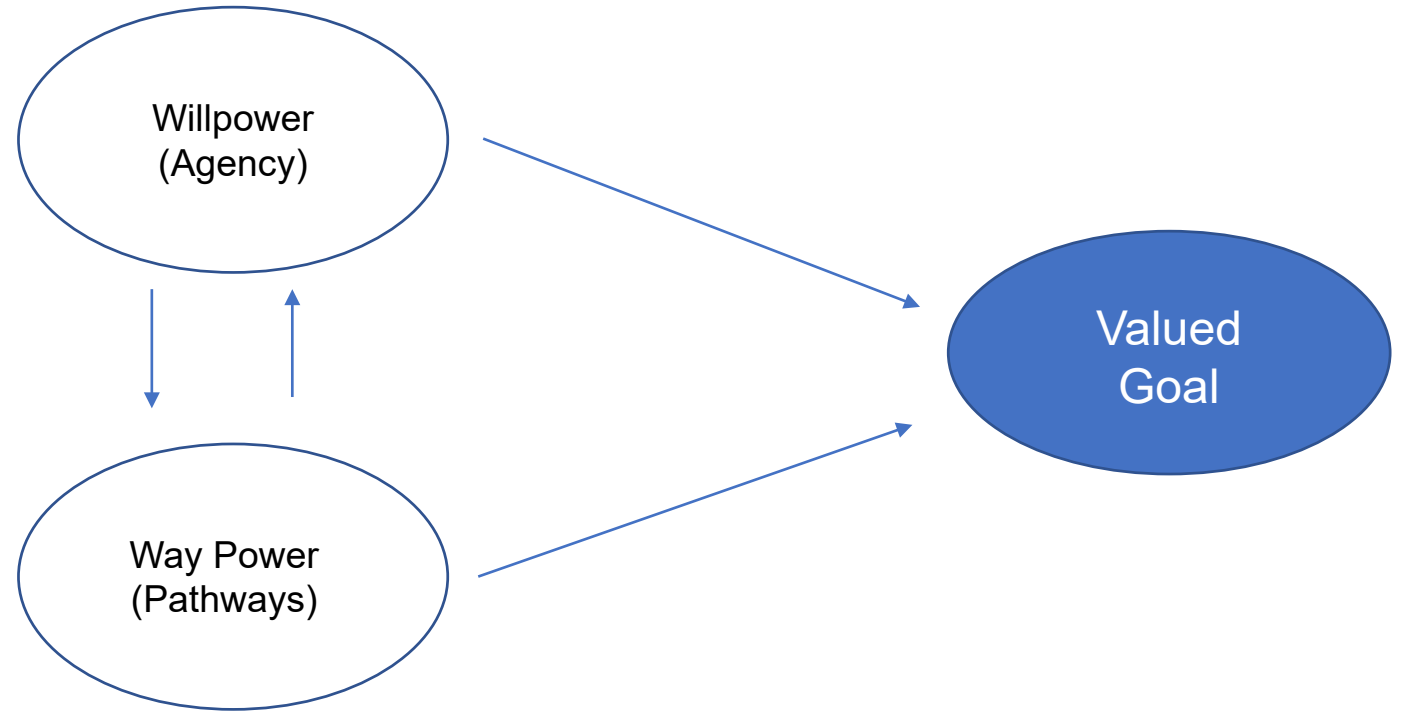
The Simplicity of Hope

Goals are the cornerstone of hope.

Pathways refers to the ability to identify routes toward goals and to find new pathways (problem solve) around obstacles if necessary.

Agency (Willpower) is the ability to sustain motivation to move along these pathways.

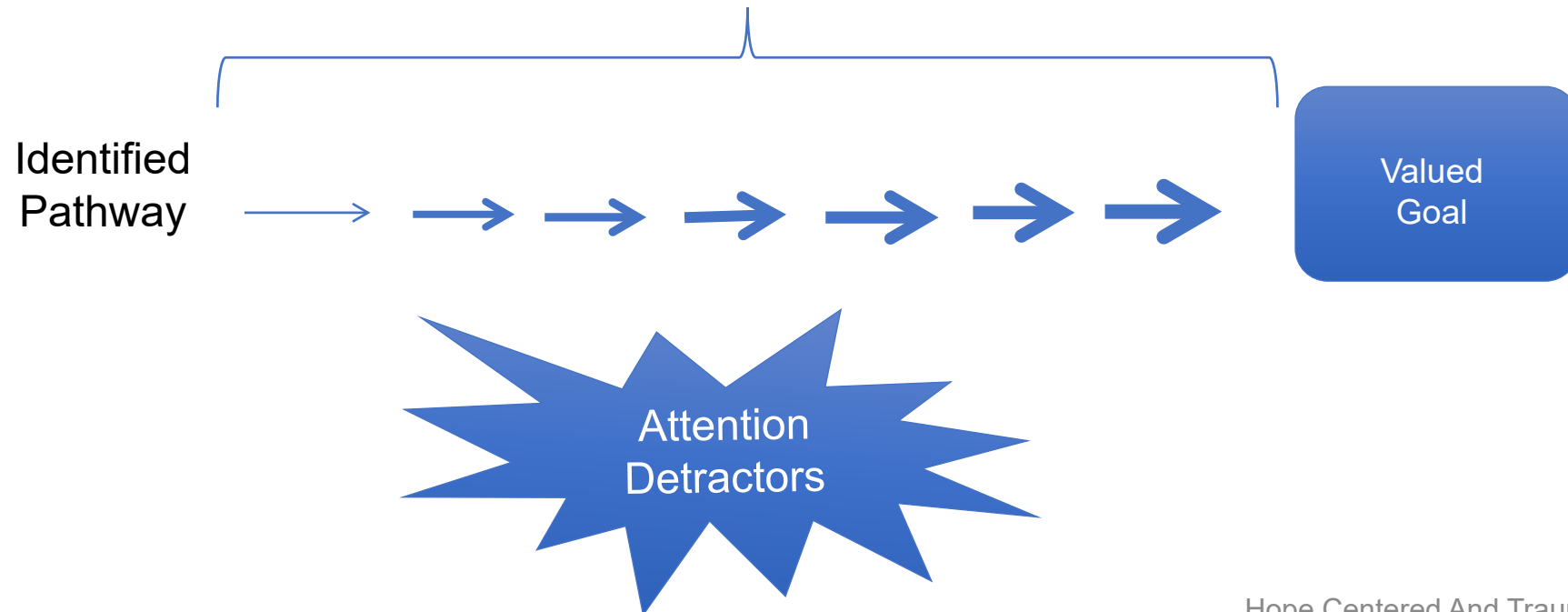
Tenets of Hope



...agency without pathways is a wish!

The Experience of Hope

How well can you manage your willpower?



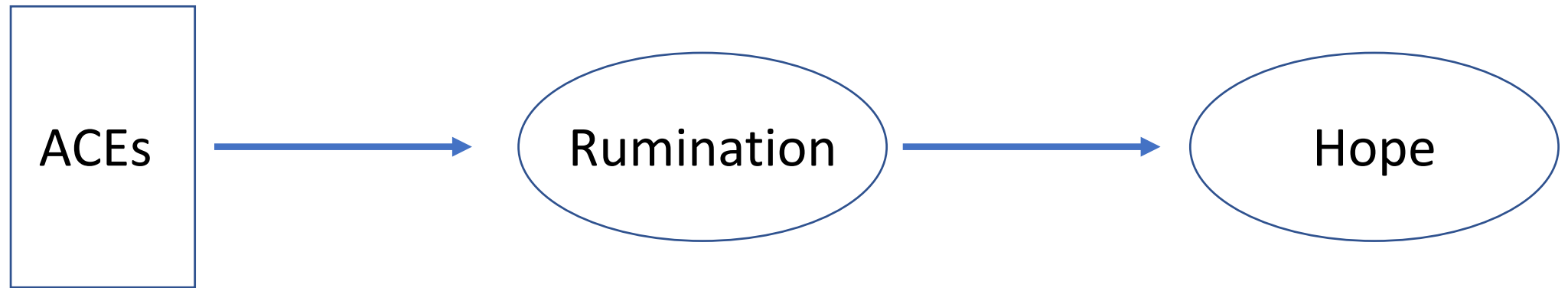
Will ACEs Lead to Lower HOPE?

Yes, but...

....Not
directly.

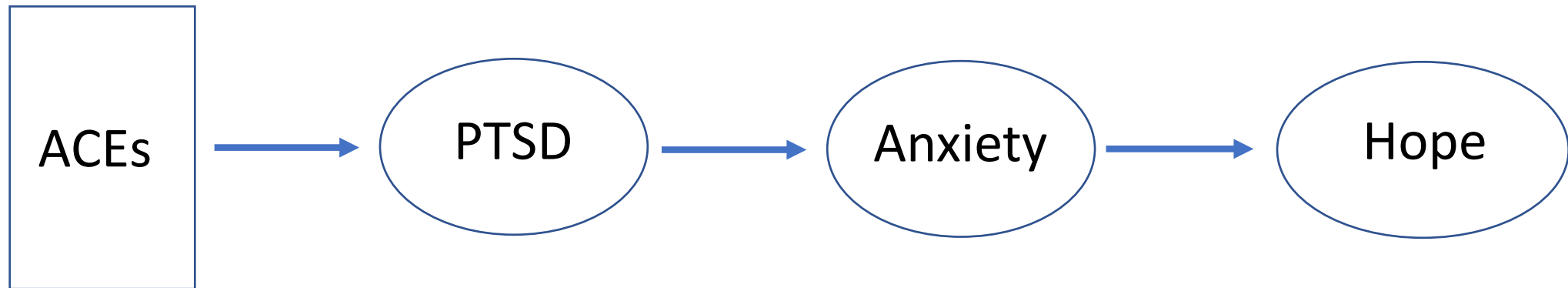
ACEs and Hope?

The Relationship Exists Through Rumination



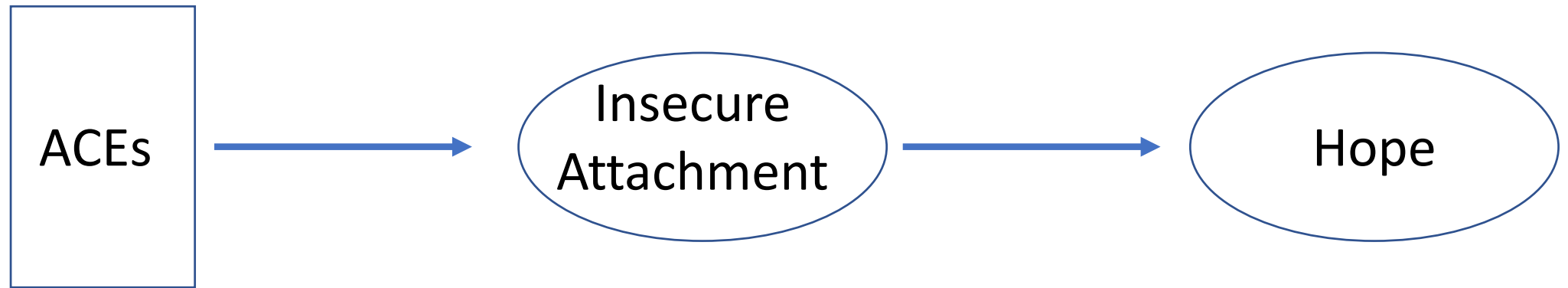
ACEs and Hope?

The Relationship Exists Through Trauma



ACEs and Hope?

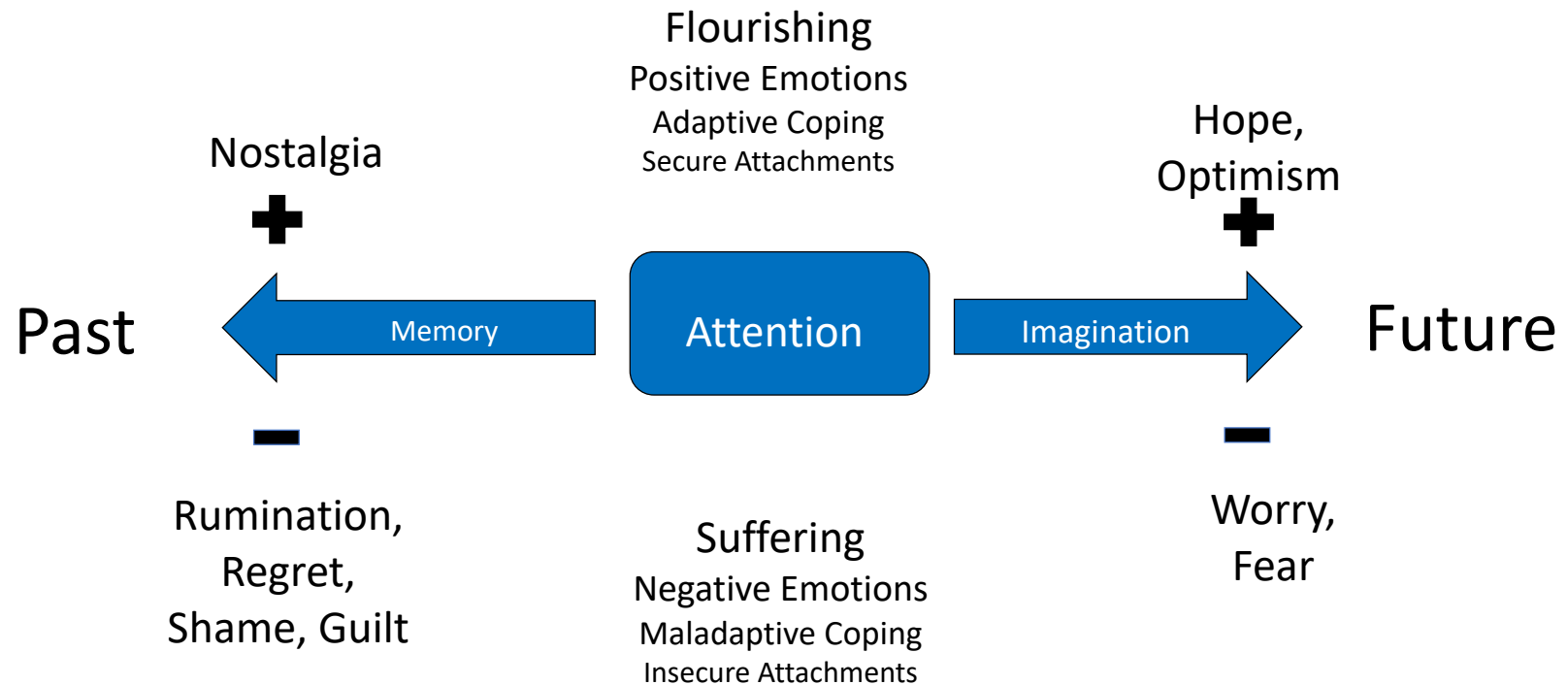
The Relationship Exists Through Attachment



How Trauma and Adversity Influence Hope

- Adversity Influences The Nature of Our Goals.
 - Avoidant or Achievement Mindset
 - Short-Term and Long-Term
- Pathways Thinking Becomes Stressed.
 - Ability to consider barriers and problem solve
 - Ability to identify multiple pathways to goals
- Willpower Is Driven By Fear and Rumination.
 - Willpower is a potentially limited resource
 - Importance of nutrition

Where Do You Focus Your Attention (Willpower)?



Hope is a Social Gift!

The Power of Hope

At the heart of change is our
ability to understand the way
things are right now in our
lives...

... and that we can begin to
imagine the way things could
be.

This is where hope is born.