



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





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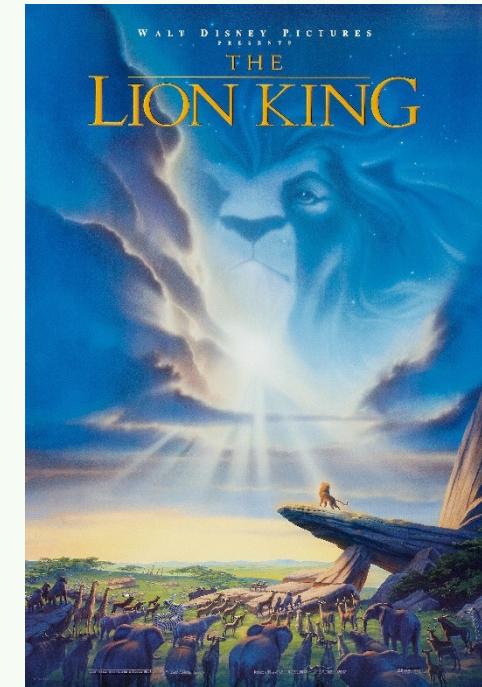




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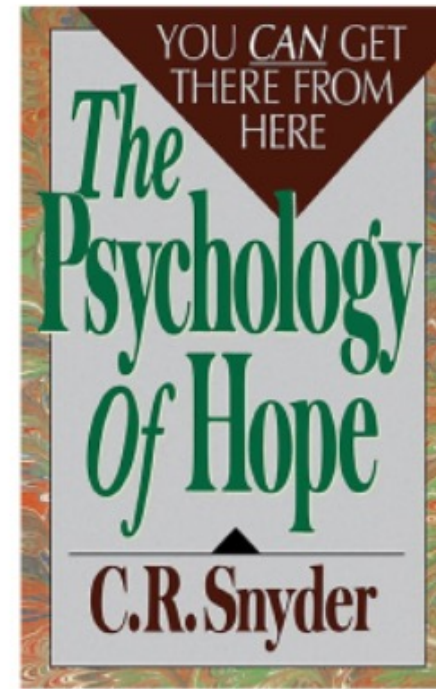






What would happen
if we studied what is
right with people?

- Donald Clifton -



Positive psychology

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



The Simplicity of Hope

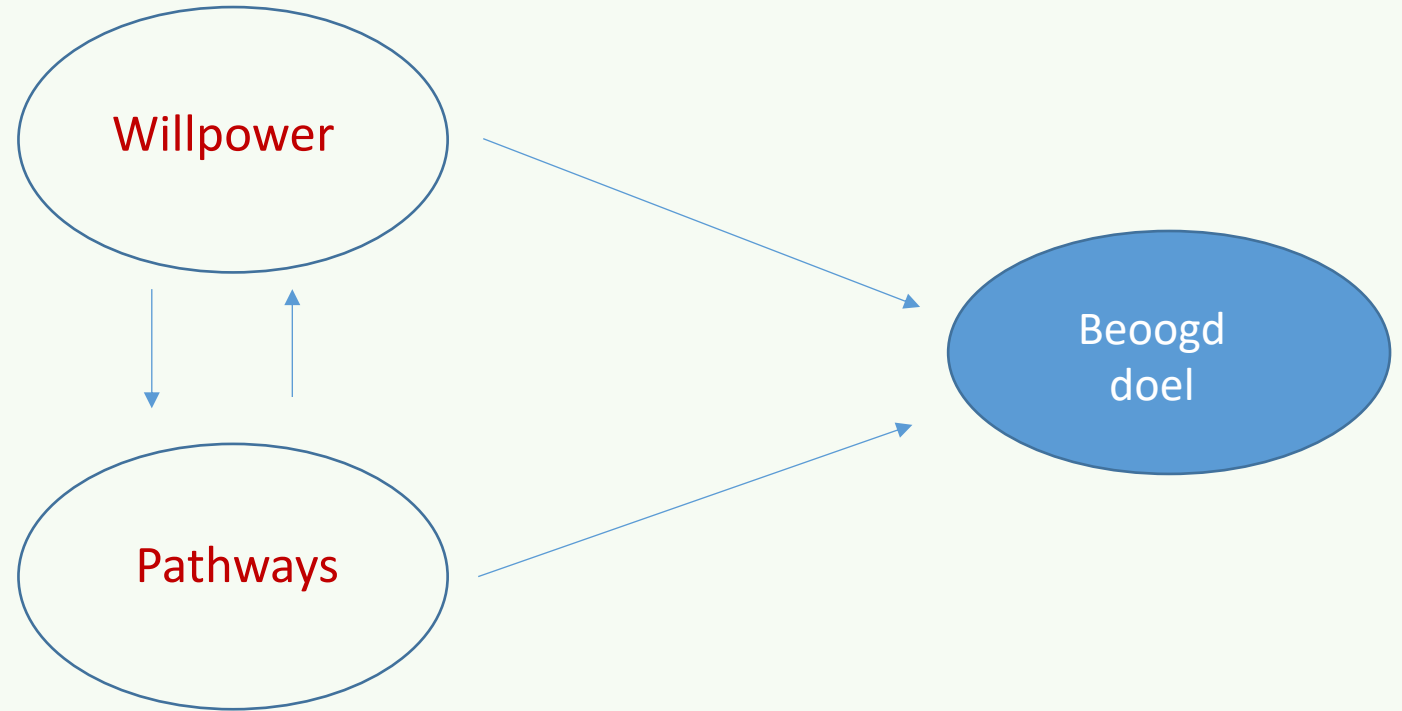
Goals

Pathways

Willpower



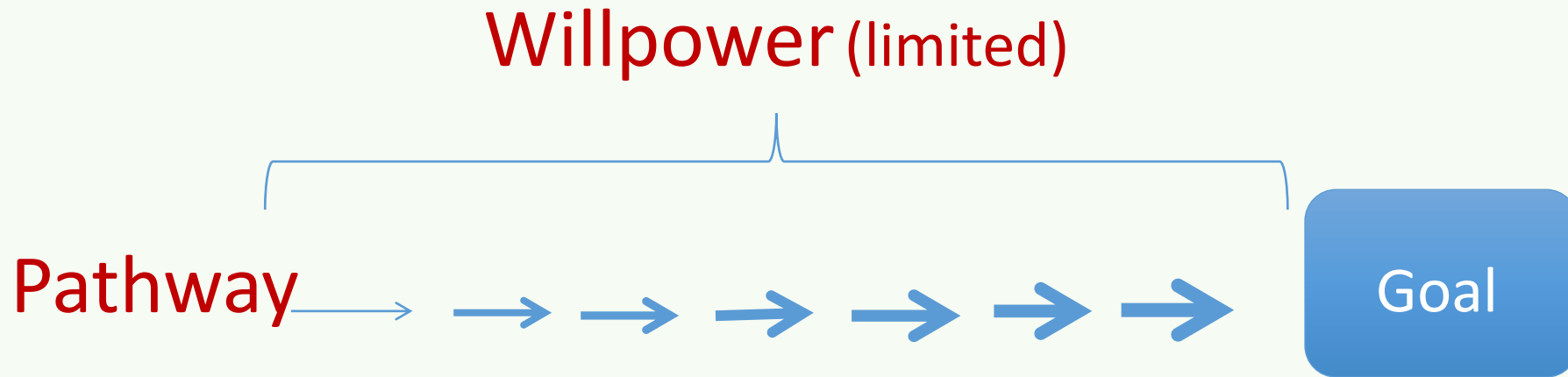
Tenets of Hope



... Willpower without Pathways is a Wish



The experience of Hope



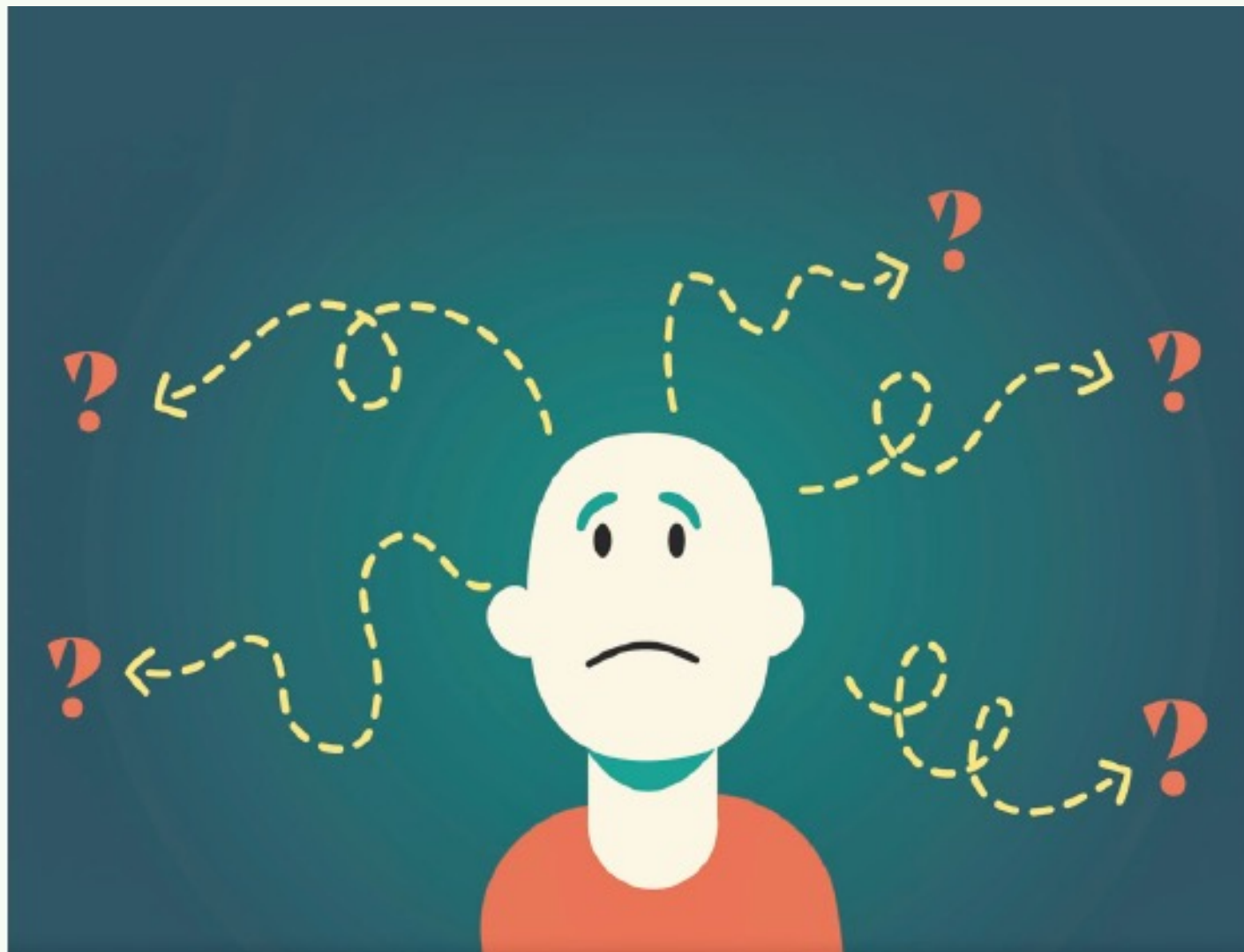
Where there is a Will, there is a Way

Will





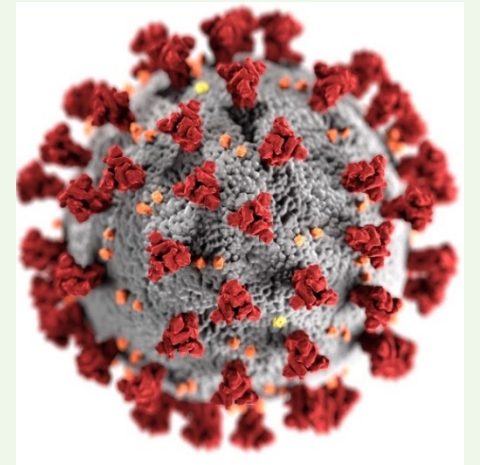
Not
everybody
with a Will,
sees a Way





Trauma

- Trauma is a normal reaction to an abnormal situation
- 3 E's
 - Events cause trauma
 - Individual experiences determine whether it is traumatic
 - Effects have physical, social and emotional and spiritual consequences





Abnormal situation

- Individual
- Community
- Organisation
- Historic





Effects on Short Term



Surge of adrenaline and cortisol

> Raised heartbeat and hormone level

> Descends after danger is away

Children in DV-situations: wolf lives in house
> higher en continuously stress (toxic)

Anxiety is a natural response to
a perceived **THREAT** or *stress*



Adrenalin

Adrenalin

Raised Arousal Level

Adrenalin

Adrenalin

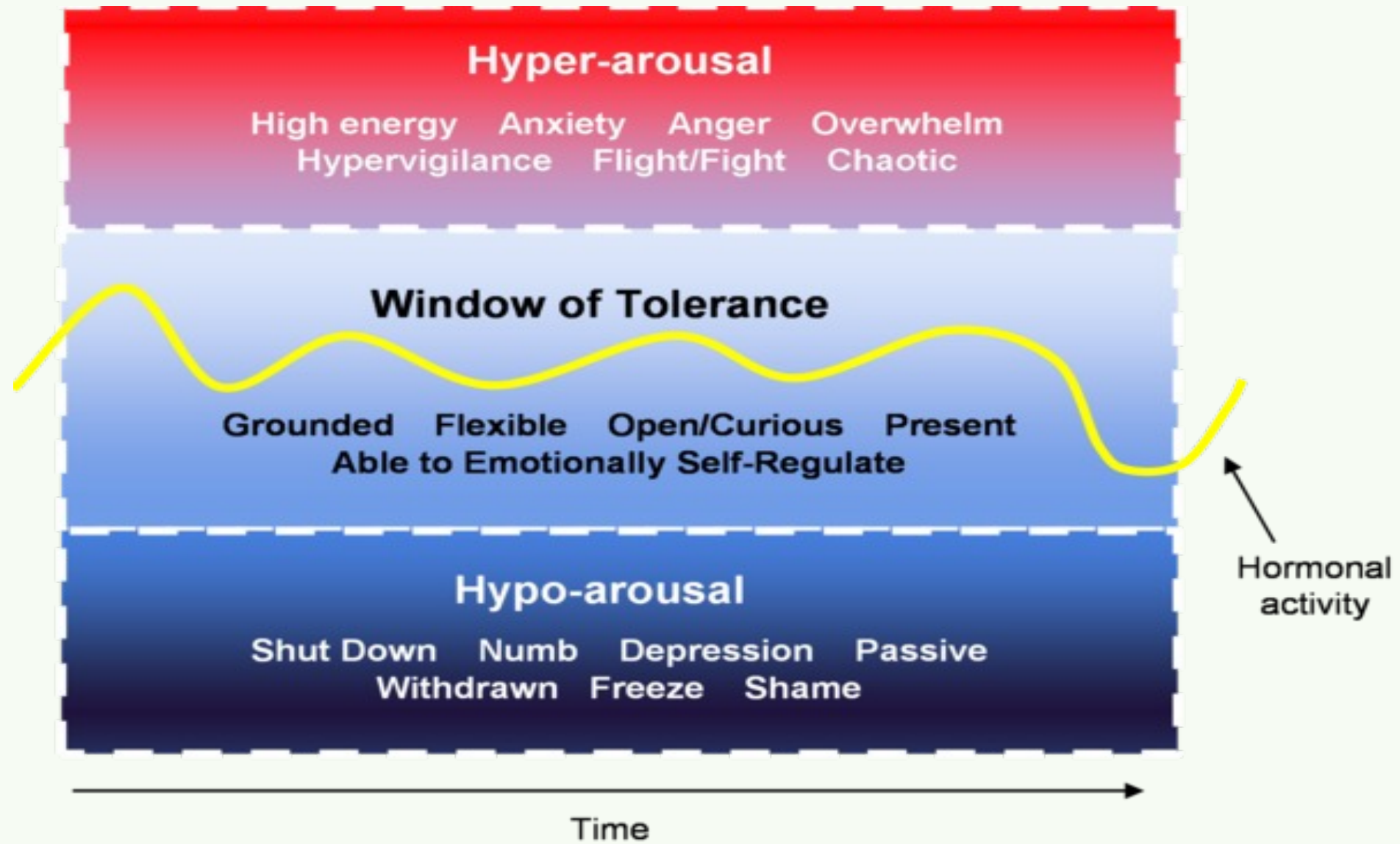


Fight

Freeze

Flight



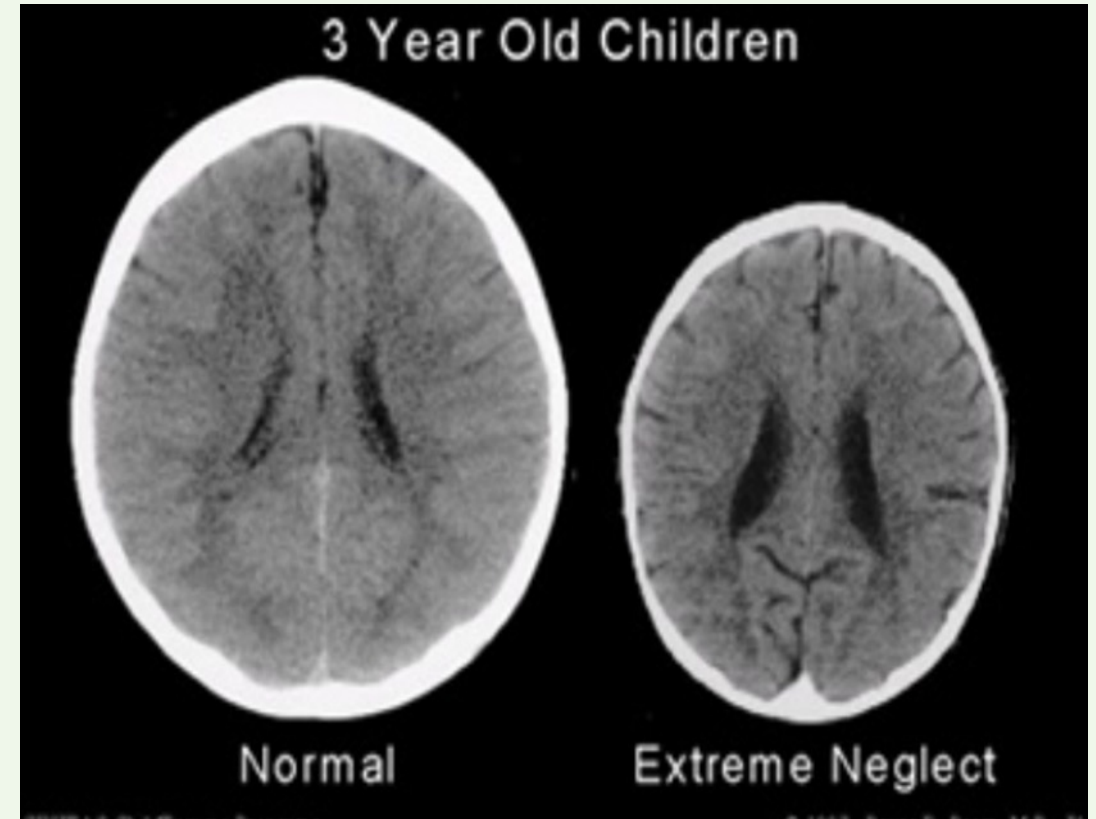




Effect on Long Term

EXPERIENCE CAN CHANGE THE MATURE BRAIN - BUT EXPERIENCE DURING THE CRITICAL PERIODS OF EARLY CHILDHOOD ORGANIZES BRAIN SYSTEMS

(B.Perry)





“Trauma is a deep emotional wound that leaves a scar “

(Jamal Stroud)



The ACE Study

De 'CDC-Kaiser Adverse Childhood Experiences (ACE) Study' is a large scale research about child abuse, maltreatment, health and welbeing on a later age. (first research 1997).

17.000 volunteerd.

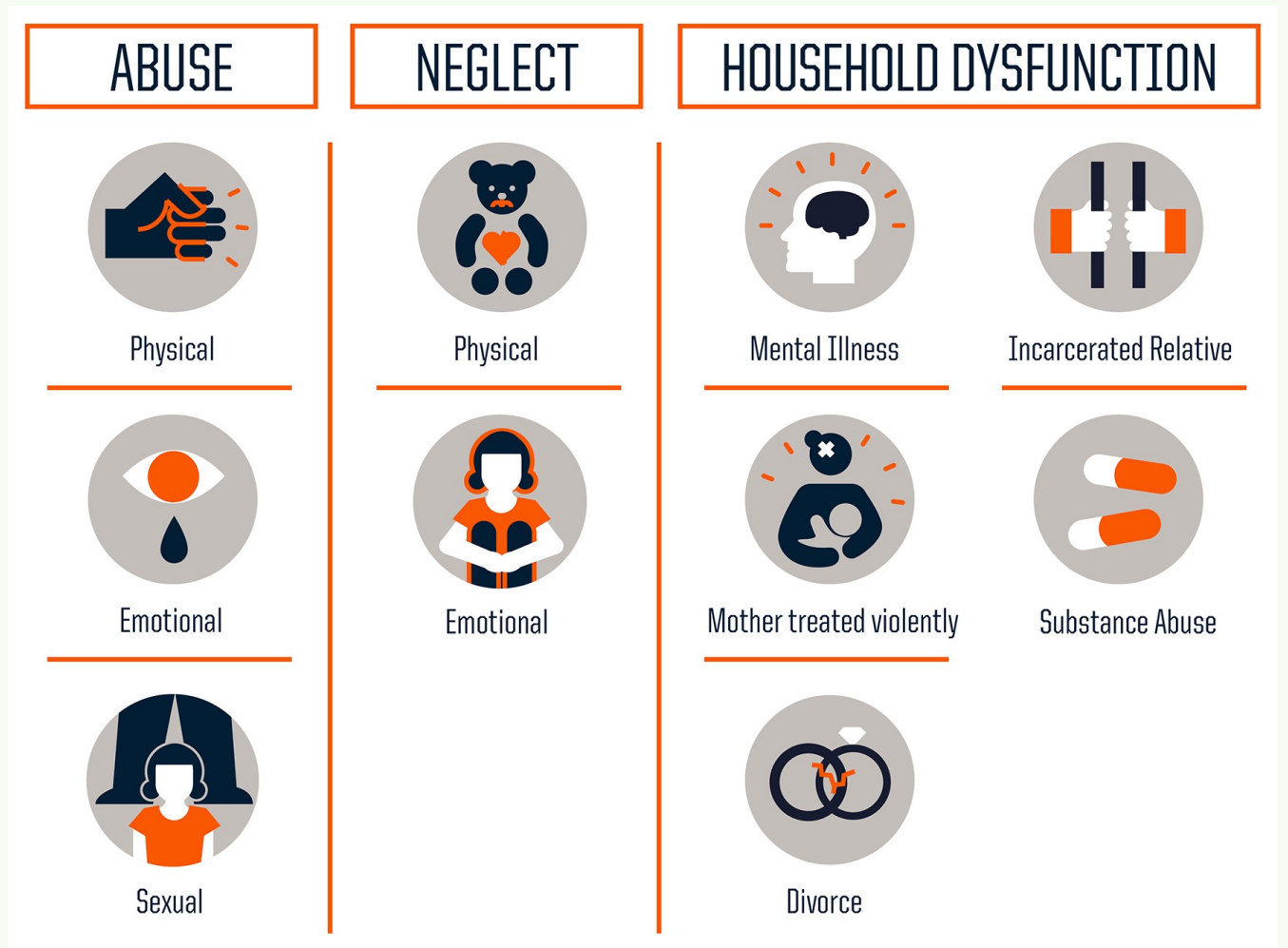
About 50/50 male/female participants.

About half academic scholarship.

Average age 57 years



ACE Categories





WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes

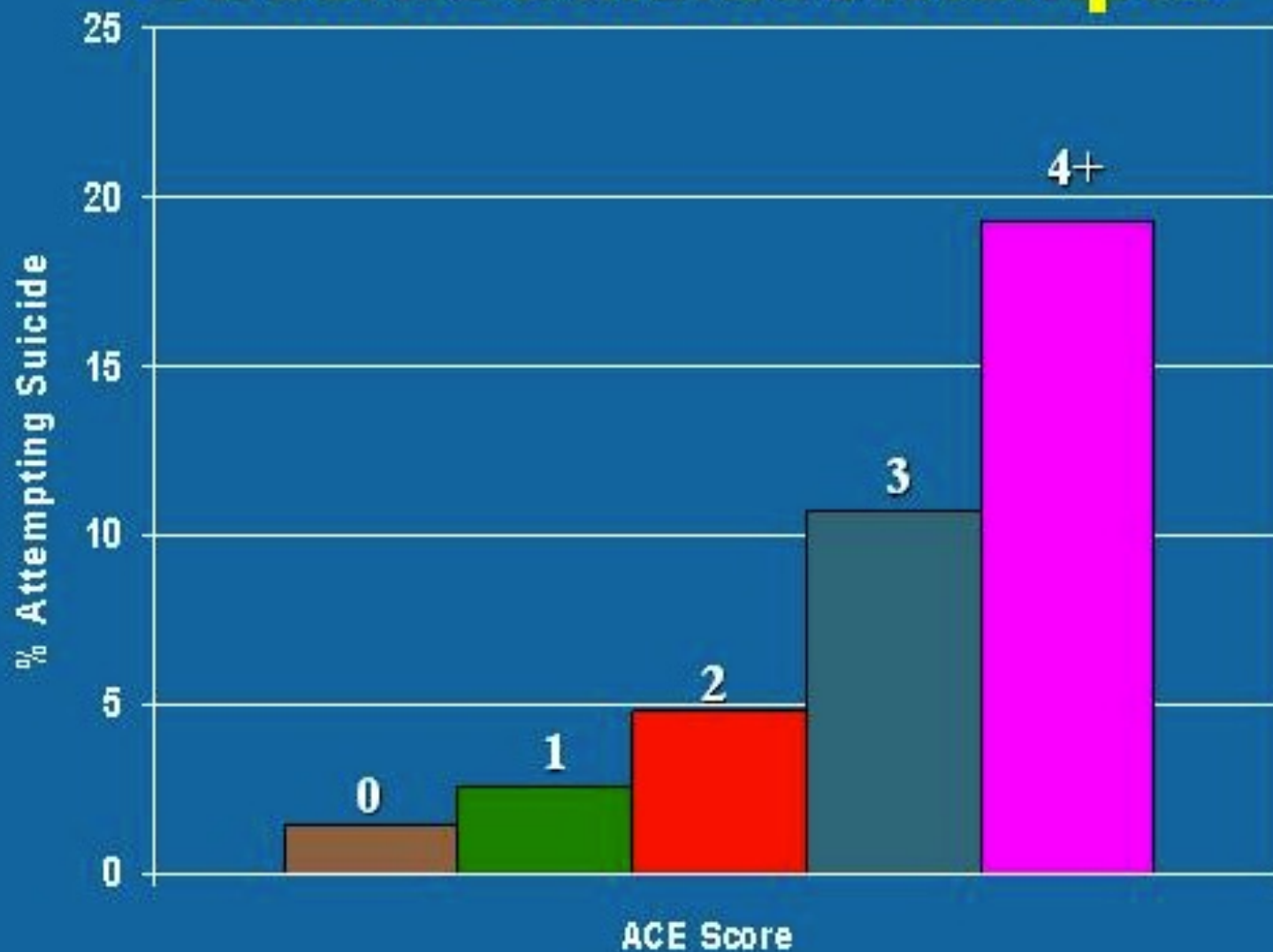


Possible Risk Outcomes:

BEHAVIOR				
 Lack of physical activity	 Smoking	 Alcoholism	 Drug use	 Missed work
PHYSICAL & MENTAL HEALTH				
 Severe obesity	 Diabetes	 Depression	 Suicide attempts	 STDs
 Heart disease	 Cancer	 Stroke	 COPD	 Broken bones



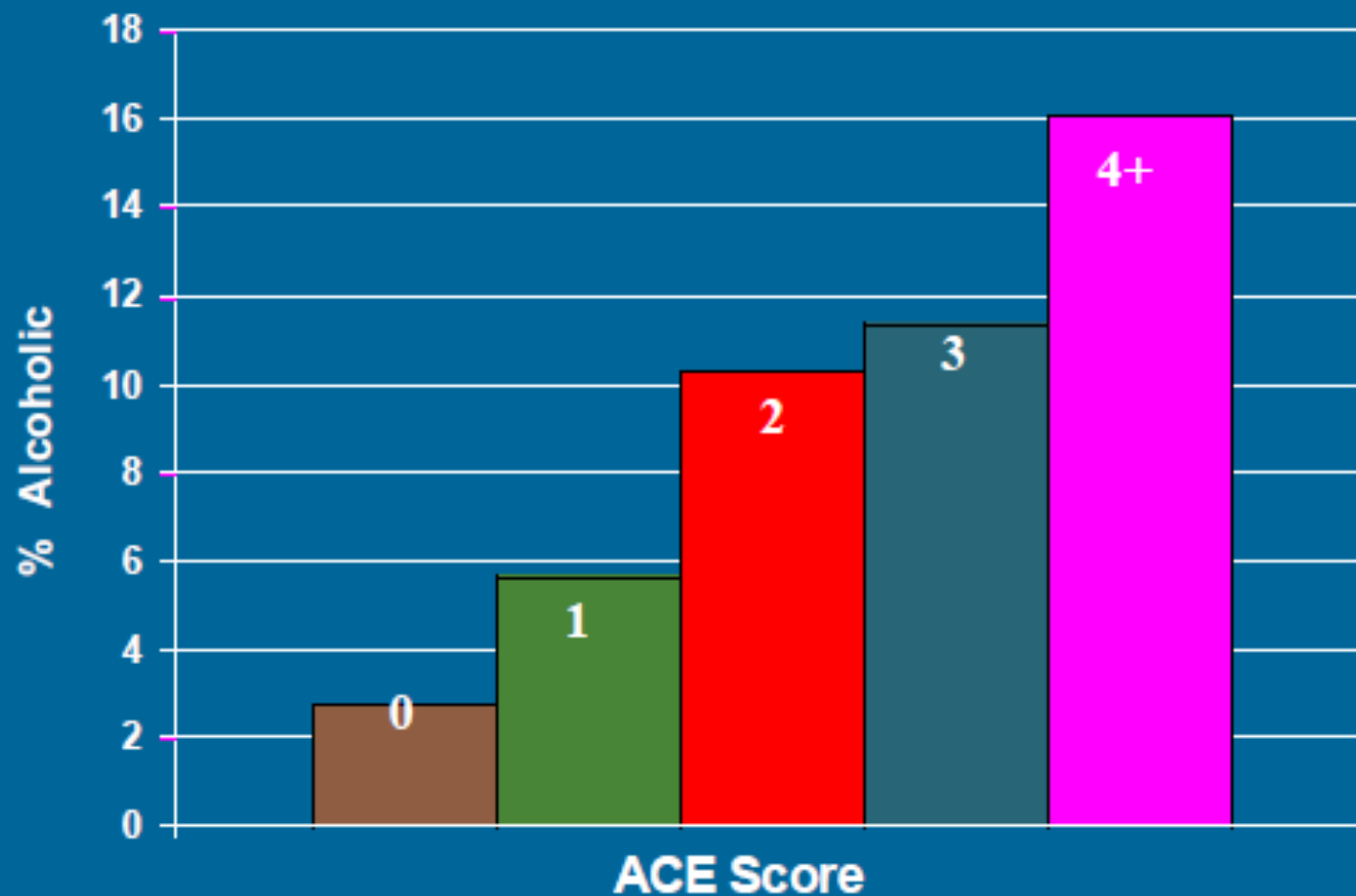
Childhood Experiences Underlie Suicide Attempts





Social function

Childhood Experiences vs. Adult Alcoholism





Trauma is common

90% of public mental health clients have been exposed to trauma

In the general population, 61% of men and 51% of women reported exposure to at least one lifetime traumatic event, but majority reporting more than one,

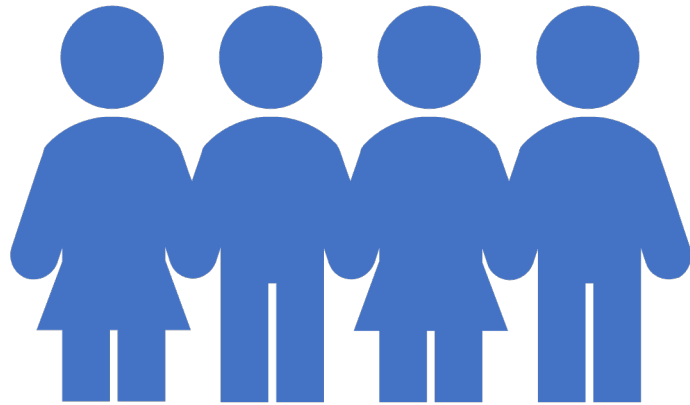
(Kessler, 1995)

We need to presume the clients we serve have a history of traumatic stress and exercise “universal precautions”

(Hodas, 2004)



Prevalence of ACEs?



- CDC National Data 1.61
- Children Exposed to DV 4.40
- Juvenile Offenders 4.29
- Foster Children 5.68



*Everyone has a role to play:
one does not have to be a therapist to be
therapeutic”*

(R.Almazar)





Four R's trauma- informed

Realize: the widespread effect of trauma

Recognize the signals and symptoms

Respond by integrating the knowledge of trauma in policy, procedures and practices

Resist re-traumatisation



6 Principles of Traumasensitive work (SAMHSA)

Safety
(for clients and
team)

Trustworthiness
& Transparency

Peer support

Empowerment

Collaboration &
Mutuality

Cultural,
Historical and
Gender Issues

Humility



Does Trauma impact Hope ?

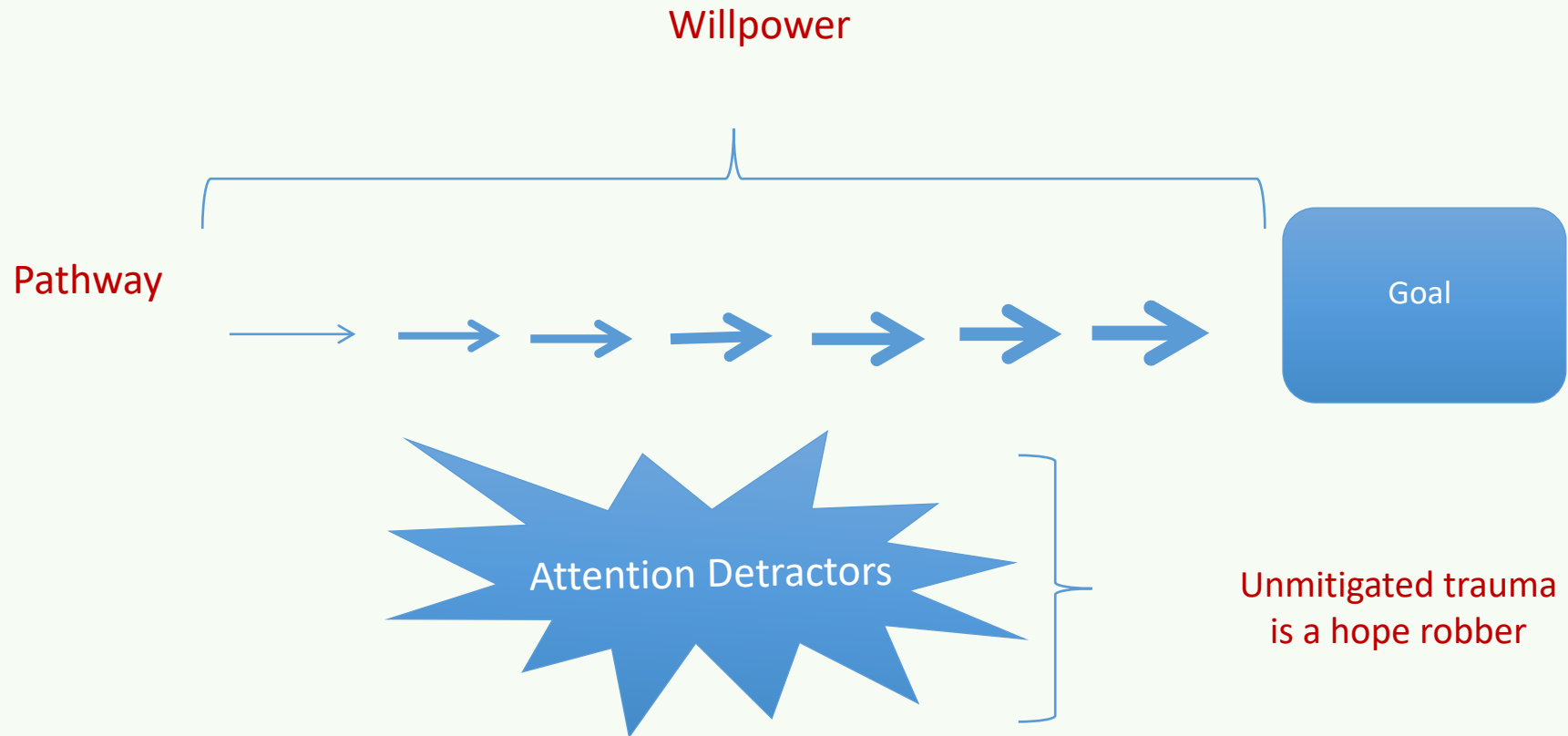
Will Trauma Lead to Lower HOPE?

Yes, but...

....indirectly



The Experience of Hope



Hard to Trust
other people

Danger is
everywhere

Difficulties with
Change

Fear and sense
of losing control

Refuse help,
reject other
options

React: fight,
flight, freeze

React
emotionally

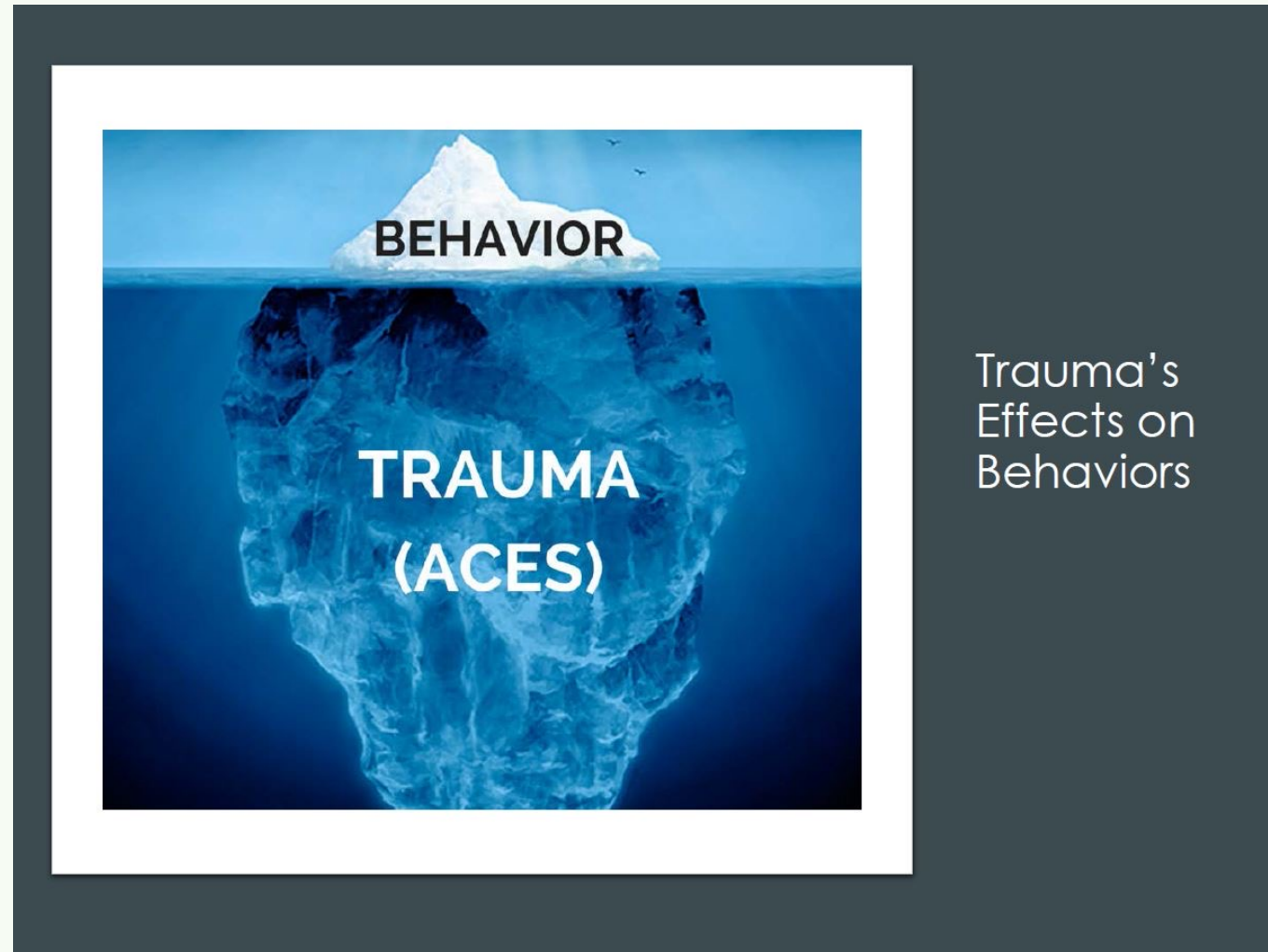
Hard to calm
down after
erupting

Grievance and
negative
emotions



Important to recognise:

- People in stress are surviving
- Complex acting and thinking are difficult
- Solving one problems requeres so much energy there is no mental space for other problems
- Setbacks are felt like disasters
- Turn away from help



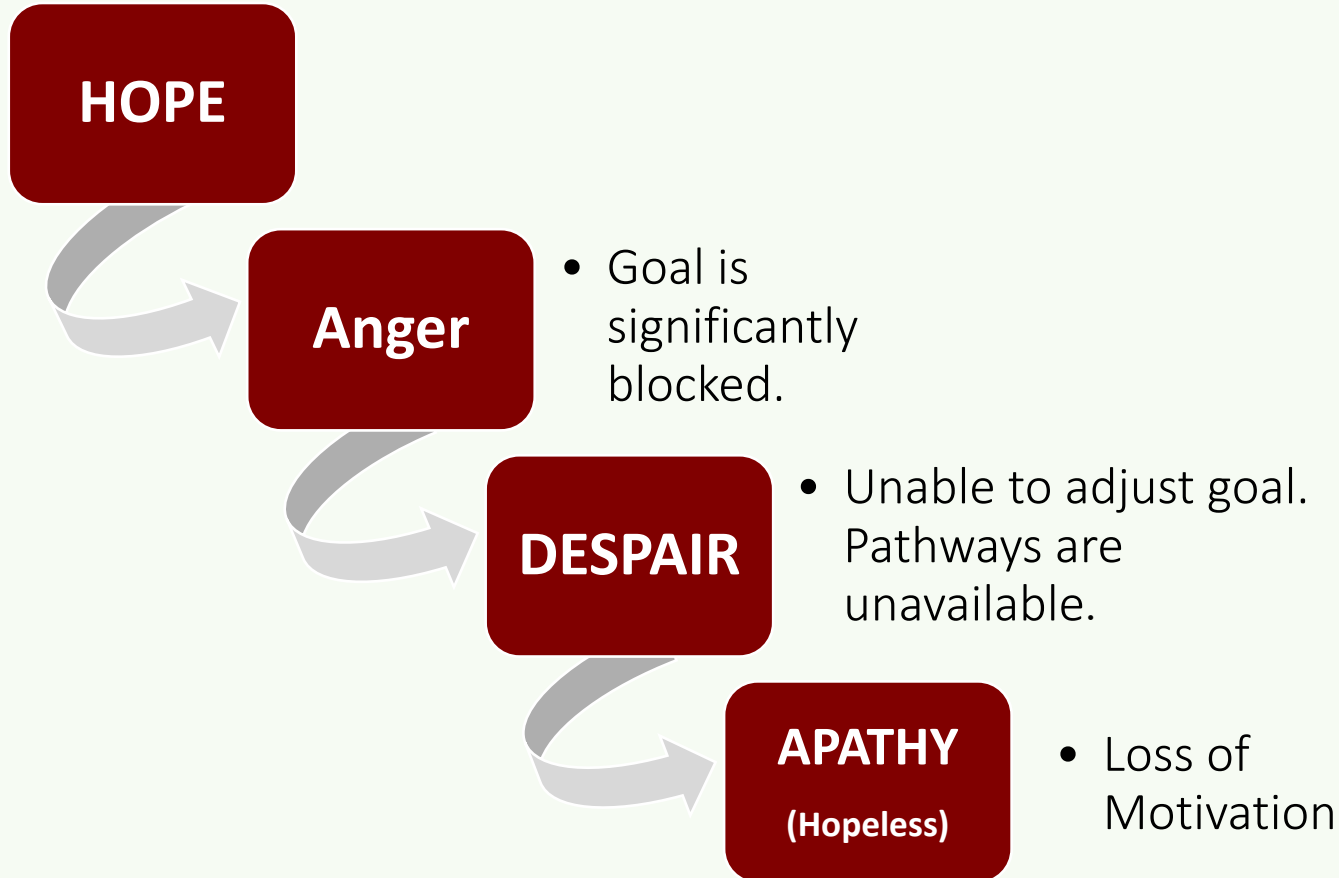


What is the opposite of Hope
?





THE LOSS OF HOPE IS A PROCESS

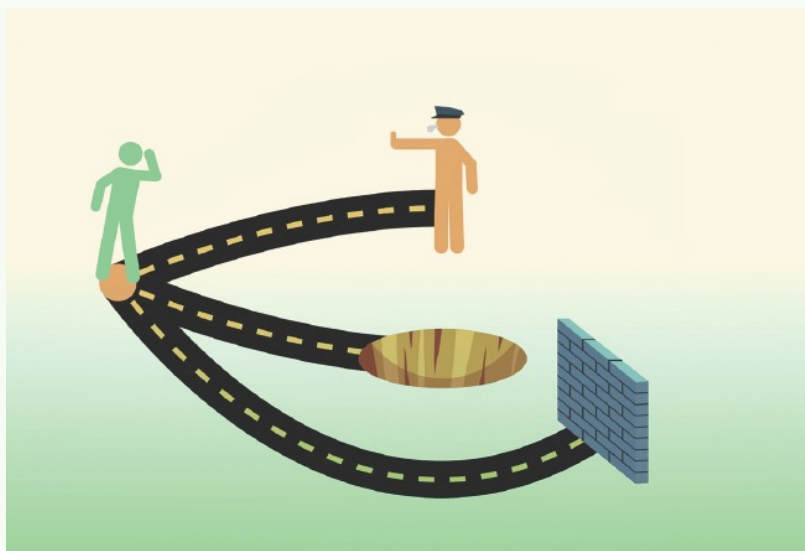




Low & High Hope

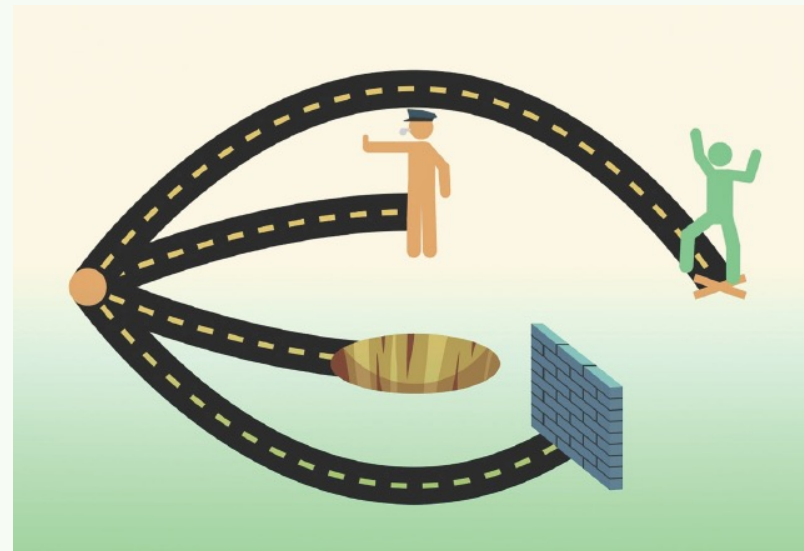
Low Hope

- Trauma
- Distrust
- Short term and Avoidance goals
- Low Willpower



High Hope

- Thinking on long term
- Achieve
- Multiple Pathways
- More Willpower





Hope can be
taught !





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The Simplicity of Hope

Goals

Pathways

Willpower



Goals

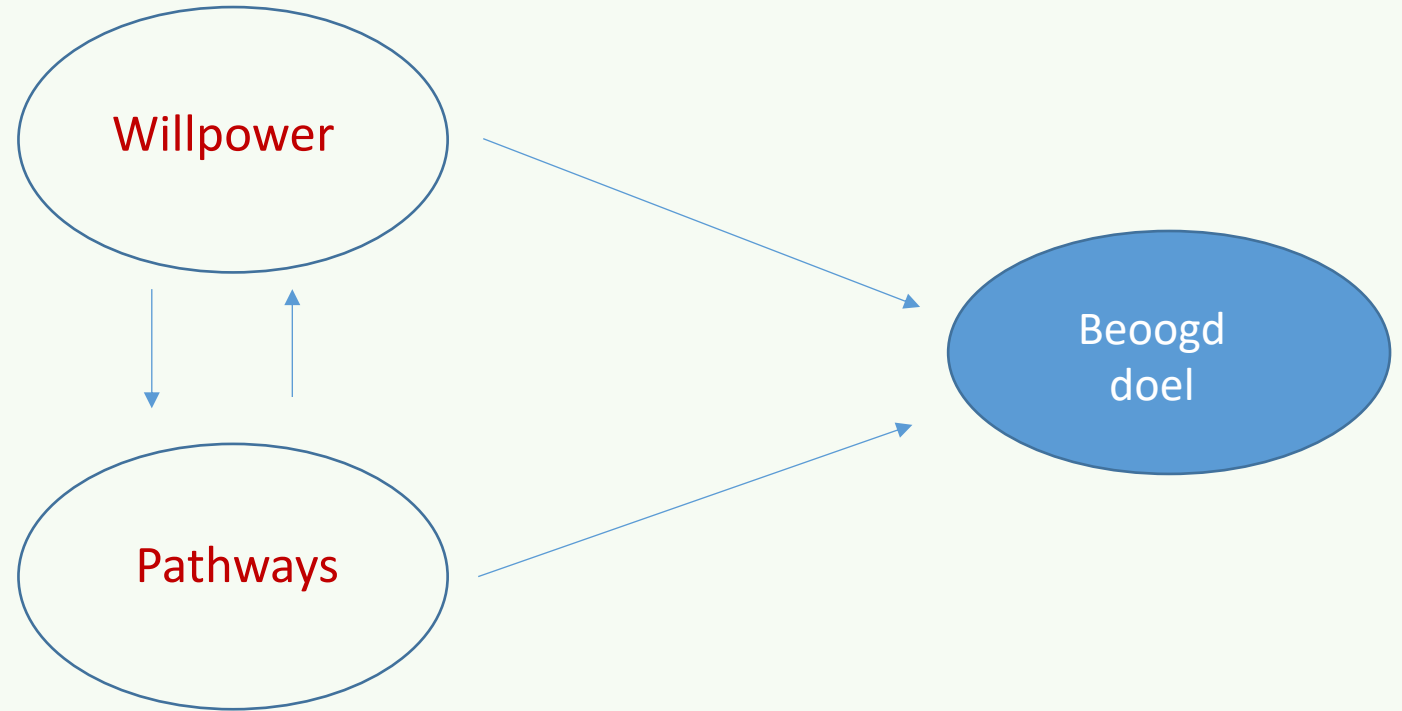
Cornerstones of Hope

Short and Long Term

Achievement and Avoidance

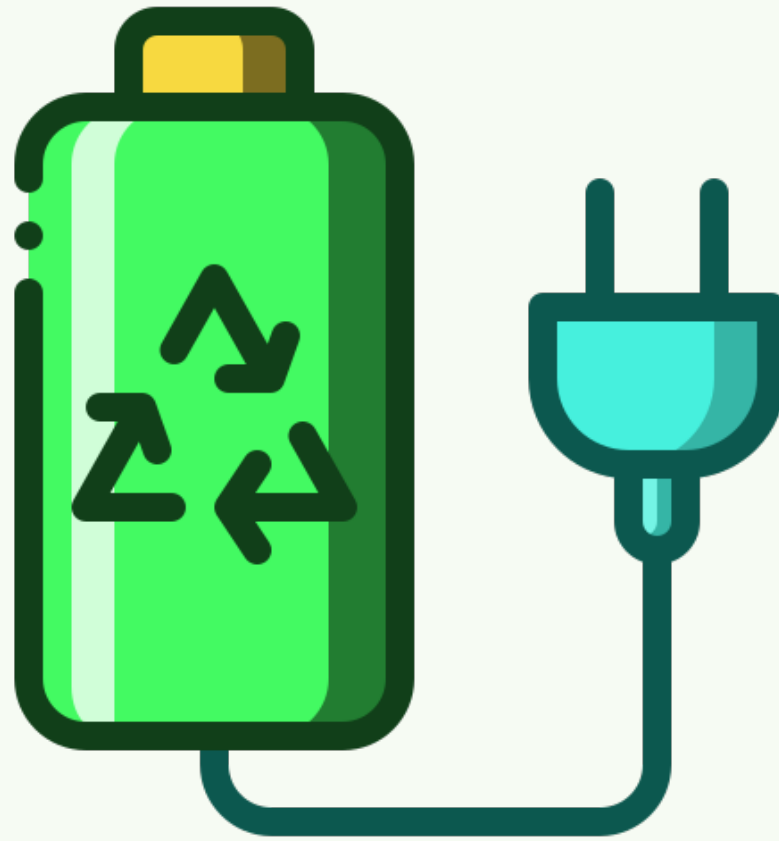


Tenets of Hope





Willpower





Nurturing Hope

1. What is a goal you choose to work on?



SPECIFIC
DEADLINE
YOUR CHOICE

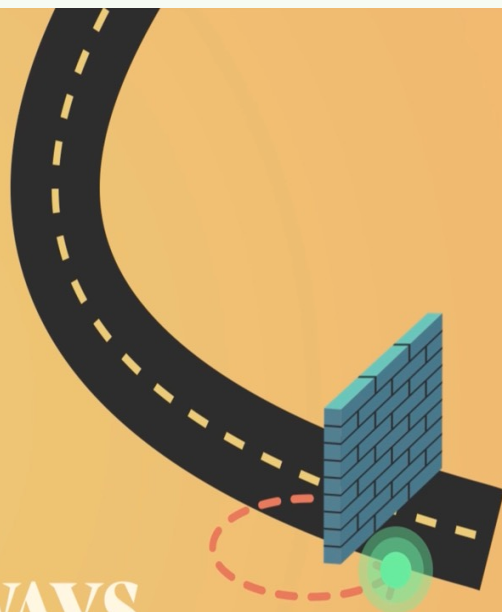
2. Create pathways





Nurturing Hope

**DEVISE
OBSTACLES
AND PATHWAYS
AROUND THEM**

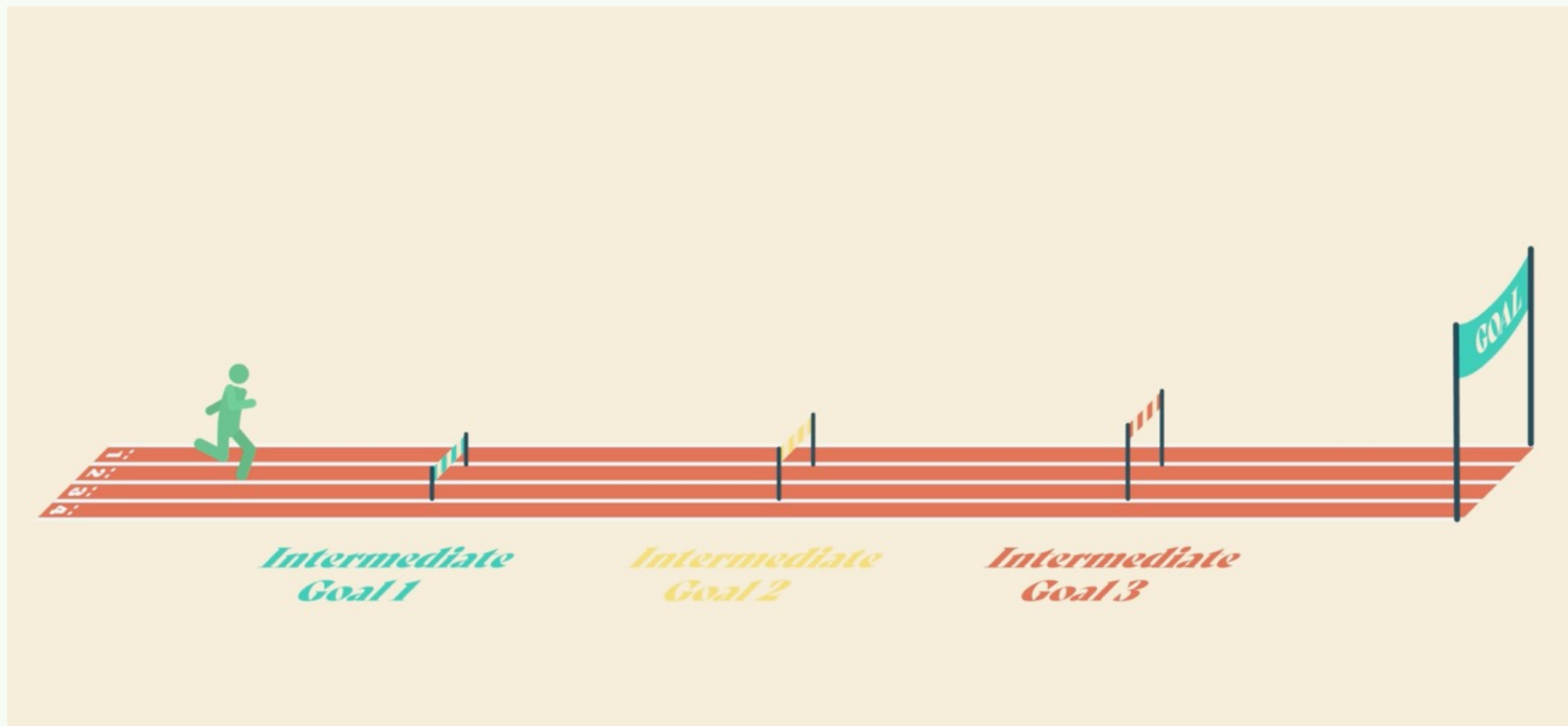


**PICK
RELEVANT
GOALS**





Regoal





Get Support





HOW WOULD
YOU FEEL?





The Simplicity of Hope

Goals: Cognitive
endpoint of
purposeful
behavior.

- Can be either short- or long-term in nature.
- Must be valued (our goals are not always their goals).

Pathways:
Mental roadmaps
to goal
attainment.

- Consider potential barriers with solutions.
- Identify multiple pathways.

**Agency
(Willpower):**
Mental energy to
your pathway
pursuits.

- Focus your attention and intention on goal pursuits.
- Sustained motivation.



GUIDING
PRINCIPLES IN
HOPE
CENTERED
WORK



Hope Centered And Trauma Informed®

Hope is a cognition not an emotion.

Imagination is the instrument of Hope.

Hope is not wishful thinking.

Hope begets Hope.

Hope is a social gift.

Hope can be taught.

The power of

HOPE

- [Video HOPE \(English\) - Family Justice Centers Europe \(efjca.eu\)](https://www.efjca.eu)



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