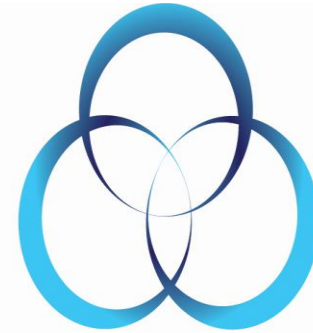


HOPE RISING

The Science of Hope
as A Framework For
Action



Hope Centered and
Trauma Informed[®]

Dr. Chan Hellman



Well-Being: A Shift In Mindset

What is wrong with you?

Well-being is viewed as the reduction of deficits

- Depression/Anxiety
- Externalizing Behaviors
- Disengagement
- Emotional Dysregulation
- Etc.

What is right with you?

Well-being is viewed from a strength
perspective



HOPE CENTERED AND TRAUMA INFORMED®





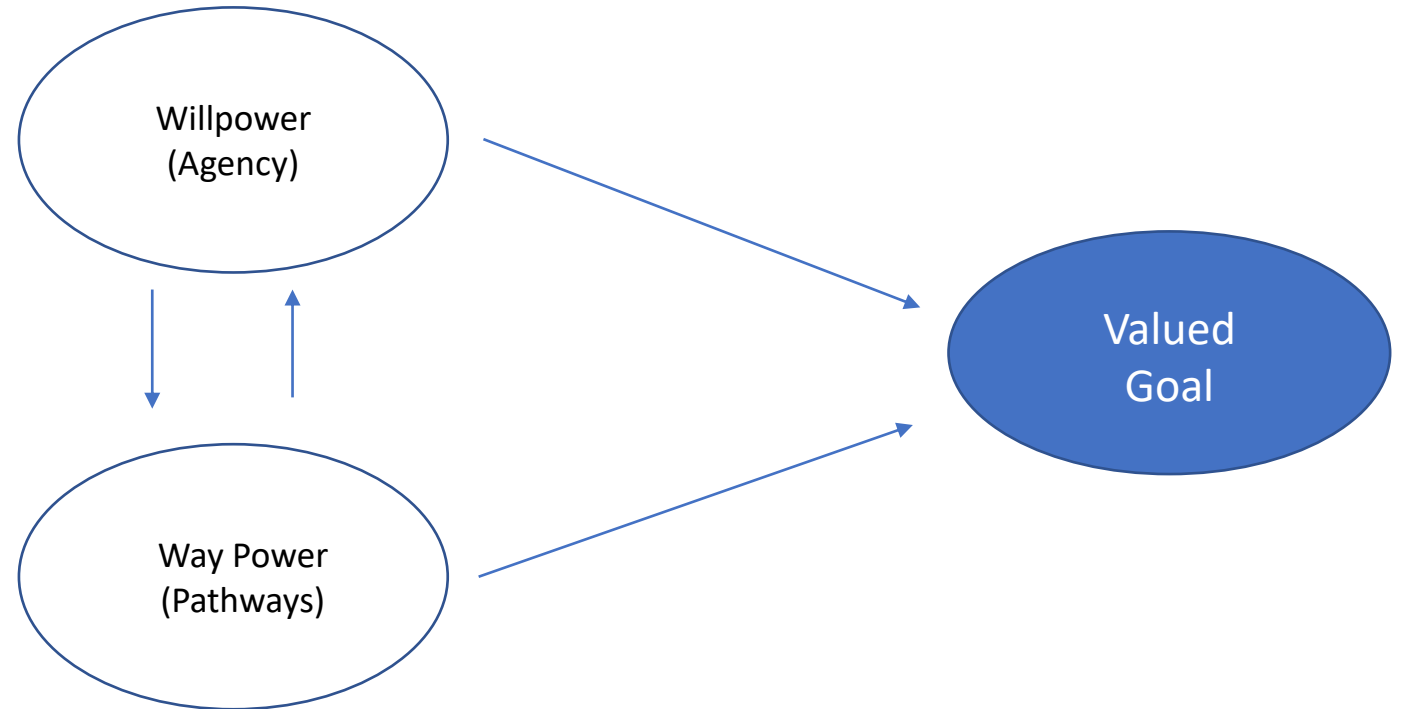
What is Hope?

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



Tenets of Hope

...Willpower without pathways is a **wish!**



How Adversity/Trauma Influence Hope

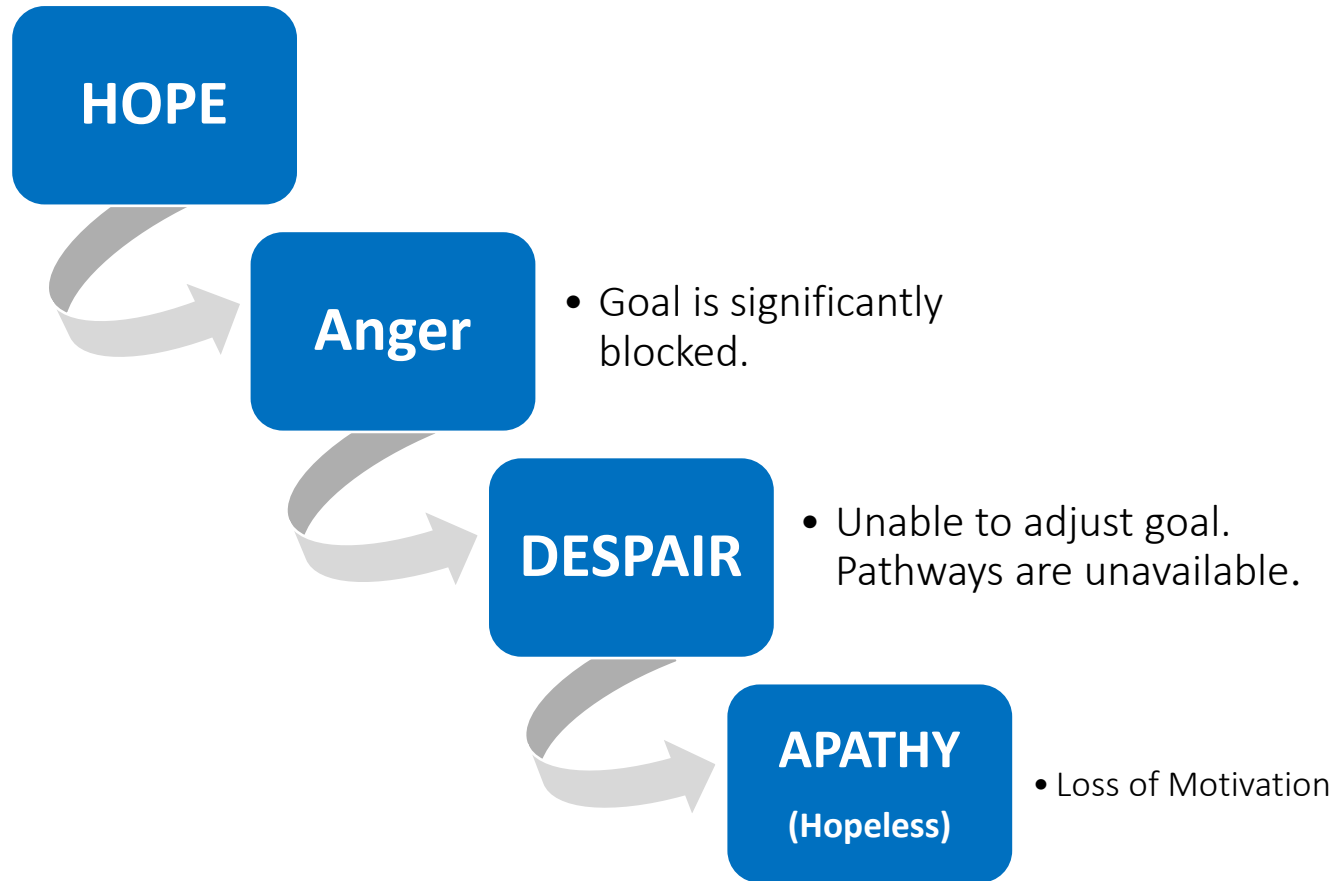
- Adversity Influences The Nature of Our Goals.
 - Avoidant or Achievement Mindset
 - Short-Term and Long-Term
- Pathways Thinking Becomes Difficult.
 - Ability to consider barriers and problem solve
 - Ability to identify multiple pathways to goals
- Willpower Is Drained by Fear and Rumination.
 - Willpower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





**What is the opposite
of hope?**

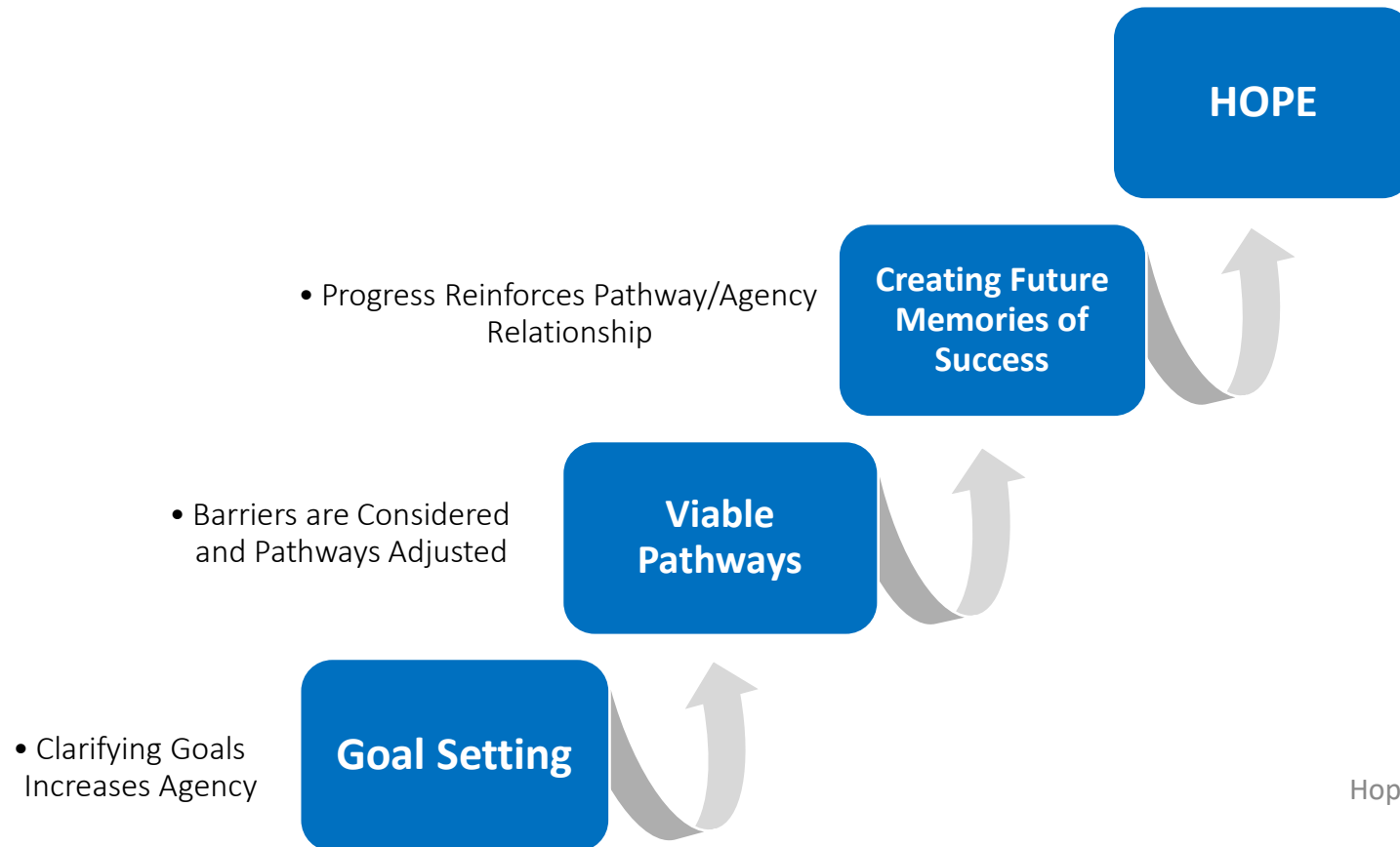
THE LOSS OF HOPE IS A PROCESS



The Power of Hope



NURTURING HOPE IN CHILDREN AND ADULTS



Creating The Hope
Centered
Framework:

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.



Hope Is A Social Gift!