



**Questions about eligibility, services,
or need an OKSA Specialist at a
meeting?**

Call or text: 1-800-397-2945

Email: Oksa@ou.edu

Website: Oksa.ou.edu

OKSA Hope for Tomorrow Training

Known Associations with ACE

Trauma Informed:
Understanding what happened to you



When you think about trauma, where does this show up in your work?

Definition of Hope:

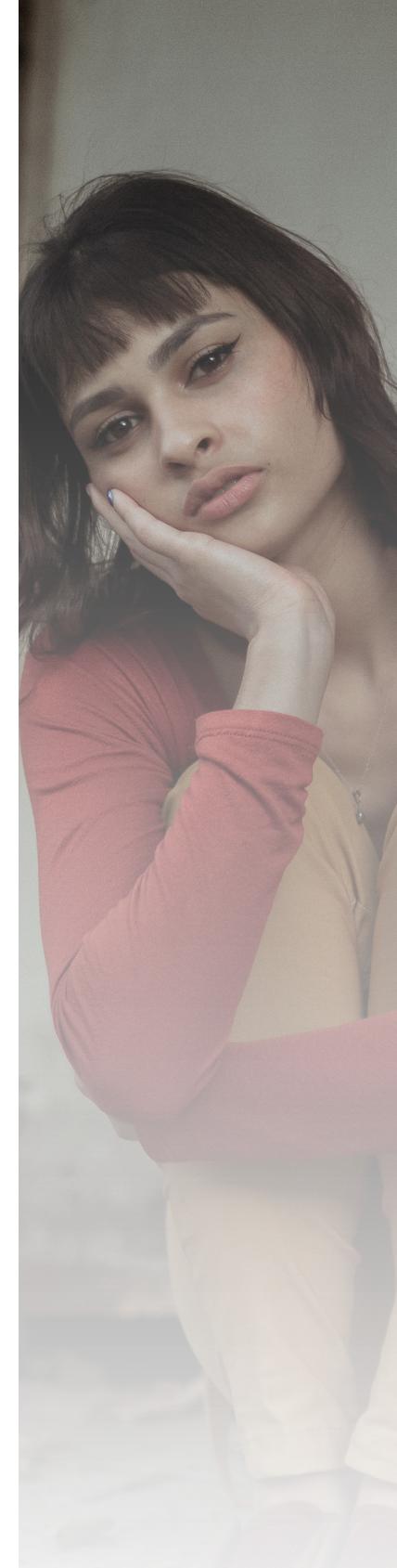
How is hope different from Optimism and Self-Efficacy?

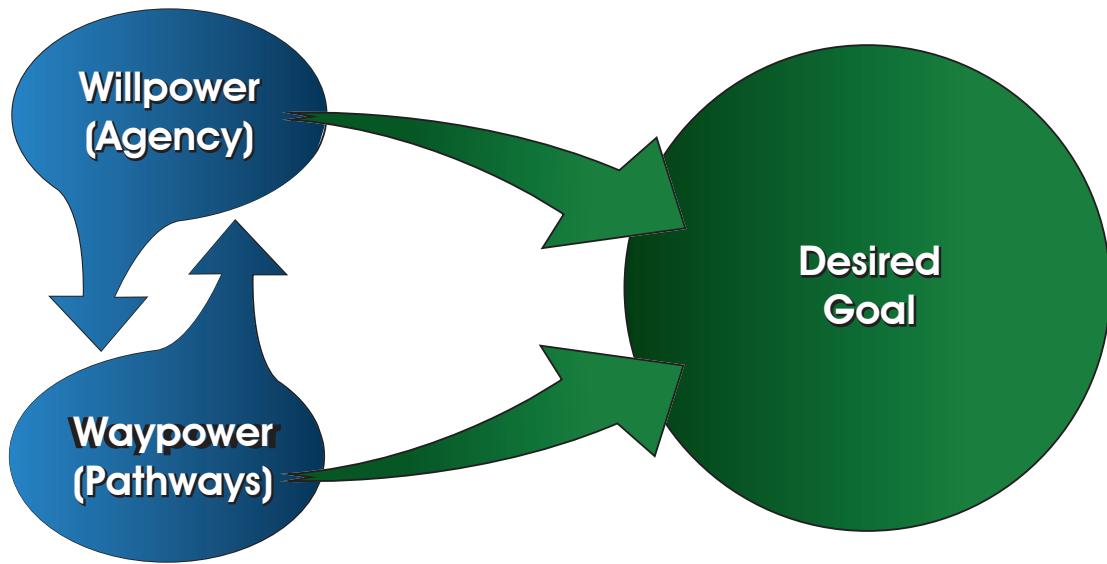
Simplicity of Hope Theory

Goals:

Pathways:

Willpower/Motivation (Agency):





Does hope require both willpower and waypower?

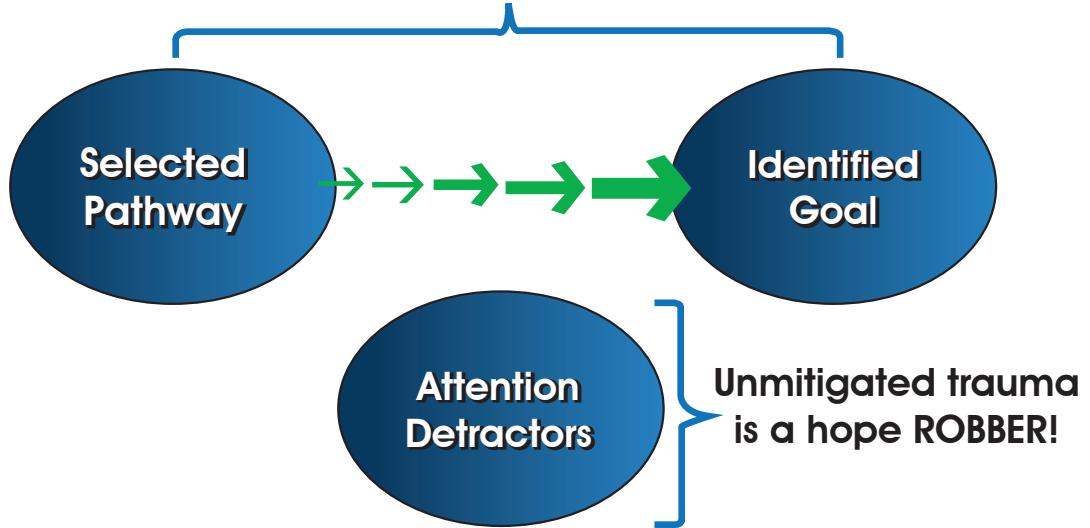
How is hope different from a wish?





The Application of Hope

How well can you manage your willpower?



Consider a time in your life when you were successful in pursuing a goal?

Can you describe how you were able to manage your willpower?

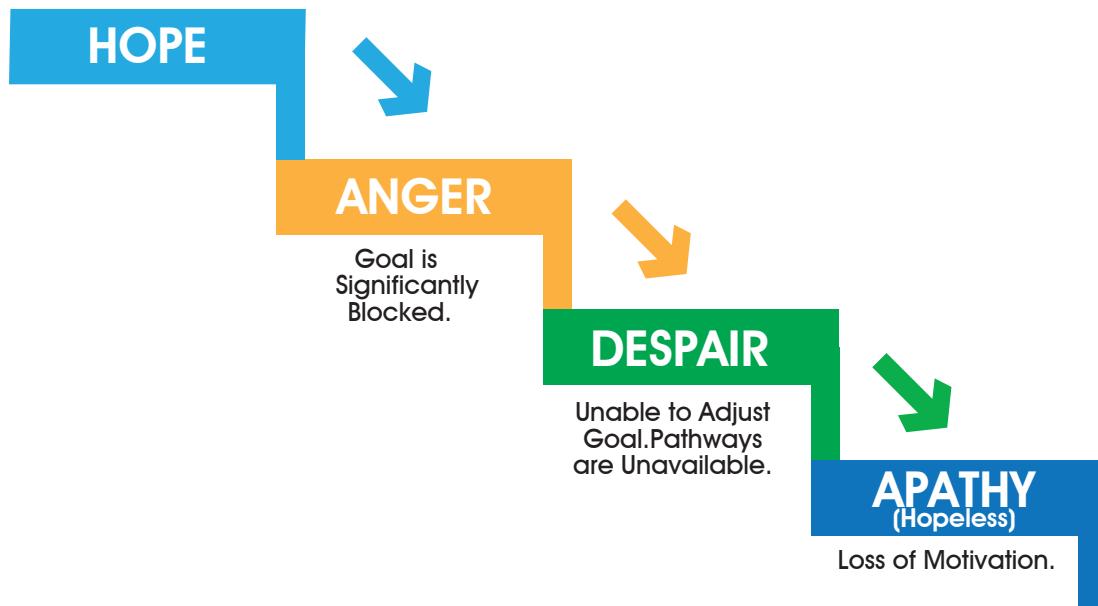
What kept you on track or not?

What was an Attention Detractor? How did you manage the detractor?

Who or what helped you?



The Loss of Hope



Where have you seen desperation in your work?

What was the goal?

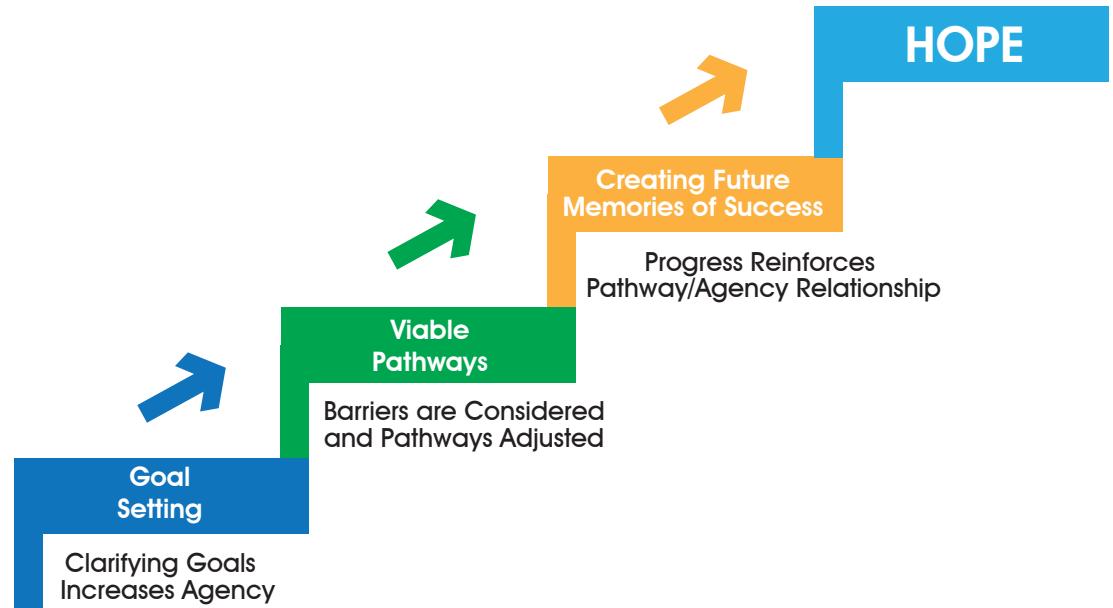
How did desperation impact pathway thinking?

How did desperation impact willpower?





Nurturing Hope



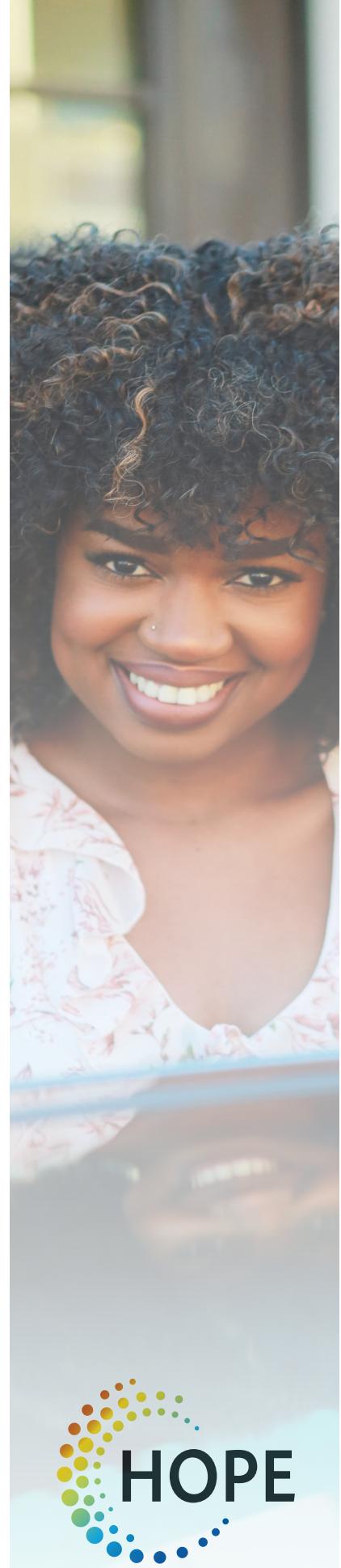
Examples of Hope Theory



Strategies to Nurture Hope

Introduce Hope	Introduce the concept of hope and discuss its core components (distinguish wishful thinking).
Goal Setting	Help the individual develop personally relevant goals.
Pathways	List and discuss potential pathways the individual chooses.
Willpower	Have individual identify/describe the sources of motivation.
Problem Solve	Identify and list obstacles.
Create Hope Visual	Create a Visual Map accessible for the reference.
Re-Goaling	Remember - We have the ability to re-goal.

What are some creative ways to implement this process in your work?





The Science and Power of Hope

What We Have Learned

What is Hope?

Hope is the belief the future will be better than today, and you play a role in making that future possible. Hope is not a wish. Hope allows us to identify valued goals, set the pathways to achieve these goals, and exert the willpower to make these goals possible.

Impact of Unmitigated Trauma on Hope:

How does unmitigated trauma rob children and adults of hope? Our research shows that trauma leads to rumination, anxiety/depression, PTSD, and insecure attachment styles. Being stuck in our past trauma robs our ability to connect with others and lowers our ability to be future oriented effectively reducing our hope.

Can Hope Be Measured?

We published two meta-analytic studies on the Children's Hope Scale and the Adult Hope Scale. These publications provide strong evidence in the validity and reliability of the scales used to measure hope. This research is informing the field that hope scores can be used with confidence for both researchers and practitioners.

Can Hope Be Learned?

This line of research identifies strategies to nurture hope among those experiencing trauma and adversity. Hope is malleable across the life span showing that targeted program services can help move from despair to hope for both children and adults. This research is guiding our work to identify effective practices and develop training programs for service providers.

Impact of Hope on Trauma Survivors:

These publications provide a framework for organizations to become hope centered and trauma informed when working with survivors. Incorporating strategies to nurture hope leads to positive outcomes. This research provides a unifying framework that can shape interventions, advocacy and social policy around hope's evidence-based practice.

Hope as a Coping Resource for At-Risk Children and Adults:

Our research has found that increasing hope among depressed youth reduces suicidal ideation. We have also found that increasing hope buffers the negative consequences of parenting stress among parents at-risk for child maltreatment. Multiple on-going studies show that increasing a parent's hope is related to positive parenting practices and improved parent child relationships.

Secondary Traumatic Stress and Staff Burnout:

You cannot give what you do not have! Ensuring hope among service providers is also important to well-being. Our research demonstrates that hope can mitigate the negative effects of secondary traumatic stress on burnout social service and medical providers.



