

# Operationalizing Resilience: HOPE

Learning Community 4 of 4  
Northwest MHTTC

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# Ingredients of Resilience

Purpose

Connection

Adaptability

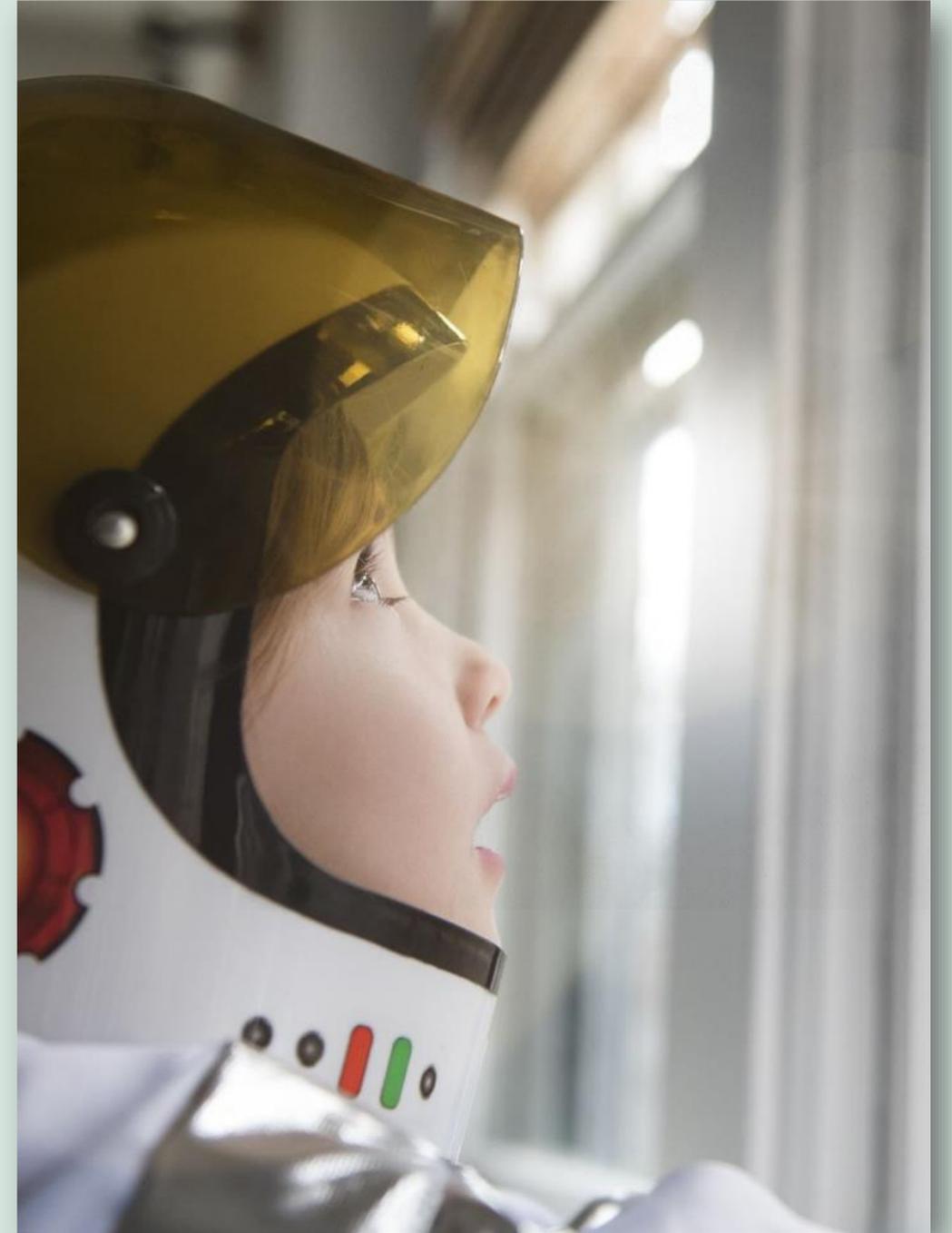
**Hope**

“

Hope is... a positive cognitive state based on a sense of successful goal-directed determination and planning to meet these goals.

Snyder et al, 1991

<https://positivepsychology.com/hope-therapy/>





# Realistic Hope

"Realistic hope is hope for an outcome that is reasonable or probable. Being realistic is a way of hoping that allows individuals to observe and understand their situation while still maintaining openness toward the possibility of positive change."

from <https://positivepsychology.com/hope-therapy/> Eaves, E. R., Nichter, M., & Ritenbaugh, C. (2016). Ways of hoping: navigating the paradox of hope and despair in chronic pain. *Culture, Medicine, and Psychiatry*, 40(1), 35-58; Wiles, R., Cott, C., & Gibson, B. E. (2008). Hope, expectations and recovery from illness: A narrative synthesis of qualitative research. *Journal of Advanced Nursing*, 64(6), 564-573.

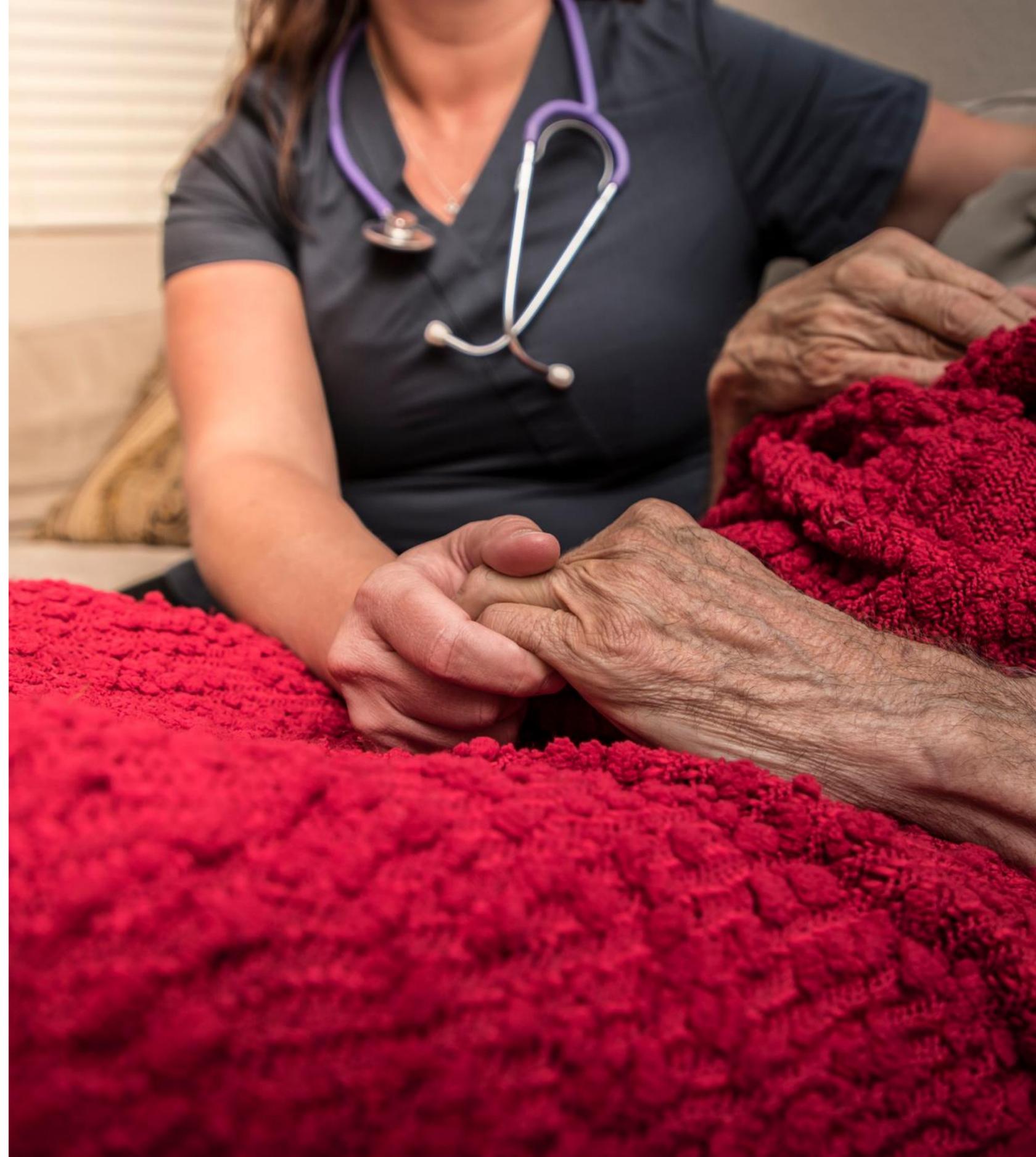
# Utopian / Collective hope

This way of hoping is a collectively oriented hope that collaborative action can lead to a better future for all. Consider utopian hope presented by a political movement: a movement that galvanizes the hopes of a social group to expand the horizons of possibility.



# Chosen hope

Hope not only "helps us live with a difficult present but also with an uncertain future... Chosen hope can be is critical to the management of despair."

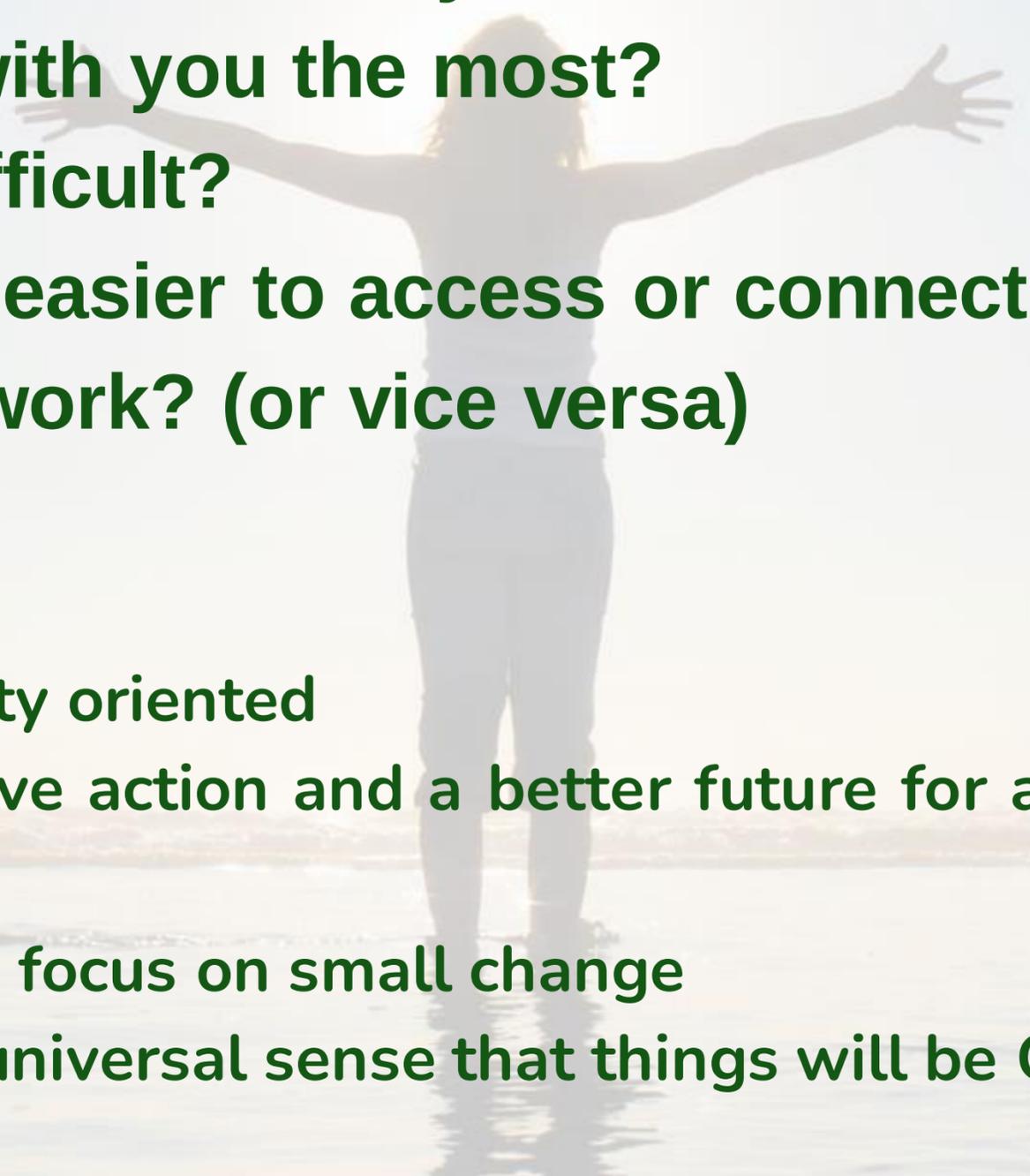




# Transcendent hope

A patient, generalized, universal belief in the future, and that everything will work out OK.

# Let's discuss: Types of Hope

- Which of these is the easiest for you to connect with, or which resonates with you the most?
  - Which is the most difficult?
  - What type of hope is easier to access or connect with at home rather than work? (or vice versa)
  - Why might that be?
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- Realistic = goal and opportunity oriented
  - Utopian / Collective = collective action and a better future for a particular group or for all
  - Chosen = specific and detailed focus on small change
  - Transcendent = generalized, universal sense that things will be OK
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- A silhouette of a person standing on a beach with arms outstretched, symbolizing hope or freedom. The person is facing away from the camera, looking out over the ocean. The background is a bright, hazy sky over the water, with the person's reflection visible in the shallow surf.



# Hope Matters

## Correlates:

- Performance (academic & athletic), Adjustment, Physical Health (1).
- Gray matter volume! (2)
- Self-worth and meaning making for those with disabilities (3)
- Power, self-efficacy (4)

- Cheavens, J. S., Michael, S. T., & Snyder, C. R. (2005). The Correlates of Hope: Psychological and Physiological Benefits. In J. A. Elliott (Ed.), *Interdisciplinary perspectives on hope* (pp. 119–132). Nova Science Publishers.
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- Zapata, M. A. (2022). Disability Self-Worth and Positive Personal Meaning in Disability: Correlates of Hope Among U.S. Residents With Physical Disabilities. *Rehabilitation Counseling Bulletin*, 65(2), 150–160. <https://doi.org/10.1177/00343552211009569>
- Yue Yang, Qingqing Li, Junjie Wang, Yong Liu, Mingyue Xiao, Lin Luo, Haijing Yi, Qiaoling Yan, Wei Li, Hong Chen. (2022). The powerful brain: Neural correlates of sense of power and hope, *Neuropsychologia*, 174, 108317, ISSN 0028-3932, <https://doi.org/10.1016/j.neuropsychologia.2022.108317>.

# Common Threats to Hope

**The skidding effect:**  
when you are  
experiencing a loss of  
control.

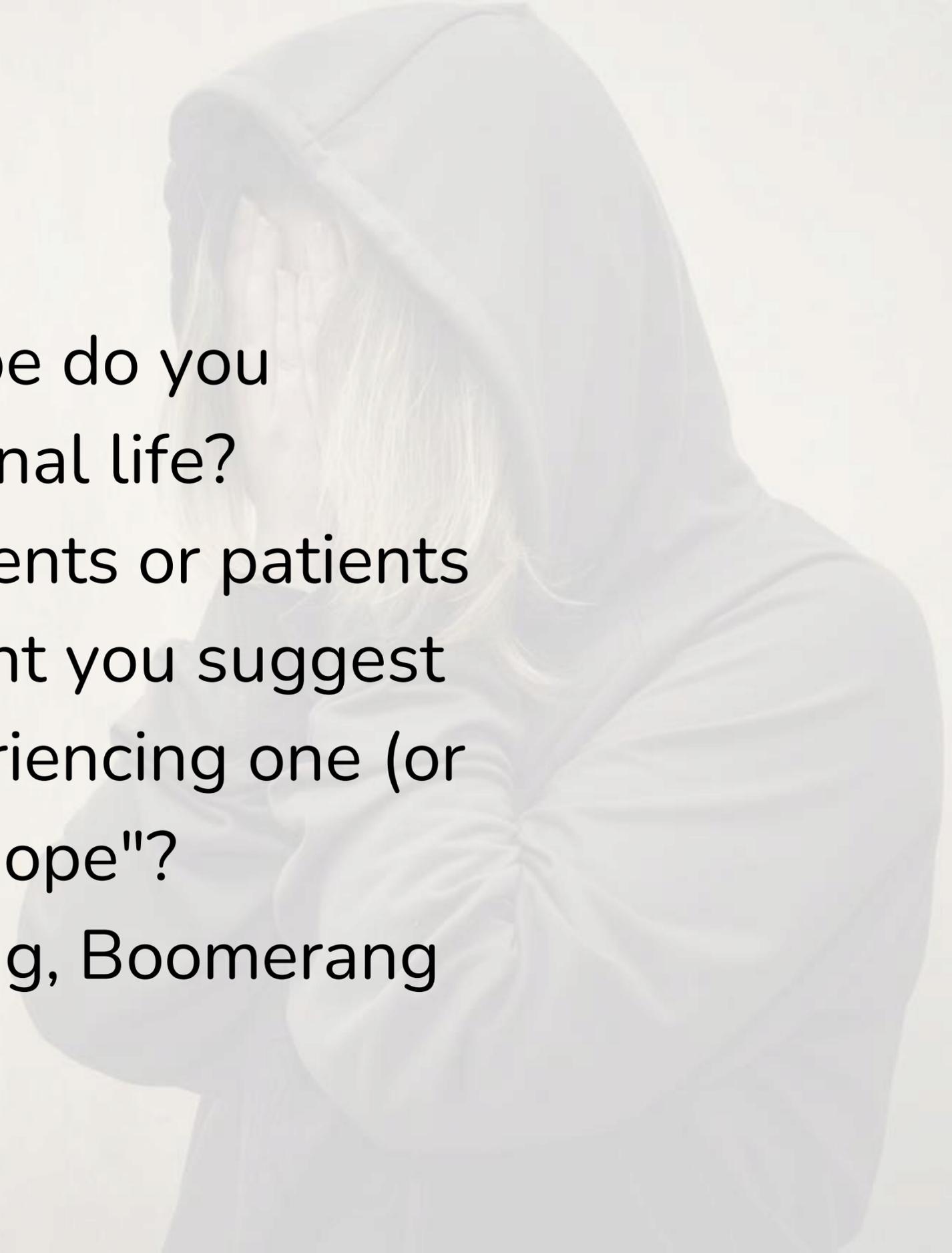
**The bruising effect:** when  
you are experiencing a  
sense of hopelessness  
from failure or loss.

**The boomerang effect:**  
when you seem to have tried  
everything to make changes  
yet find yourself back where  
you started.

**The outsider effect:** when  
you feel like no one  
understands you and find it  
difficult to connect with  
others.

# Discuss:

- Which of the threats to hope do you encounter in your professional life?
- Which do you see in the clients or patients you support, and what might you suggest to someone who was experiencing one (or more) of these "threats to hope"?
- Reminder: Skidding, Bruising, Boomerang & Outsider effects



# How to develop hope:

In the chat: which one of these would you be willing to try?

**Shift your expectations**

**Look for opportunities for new or unexpected options or benefits**

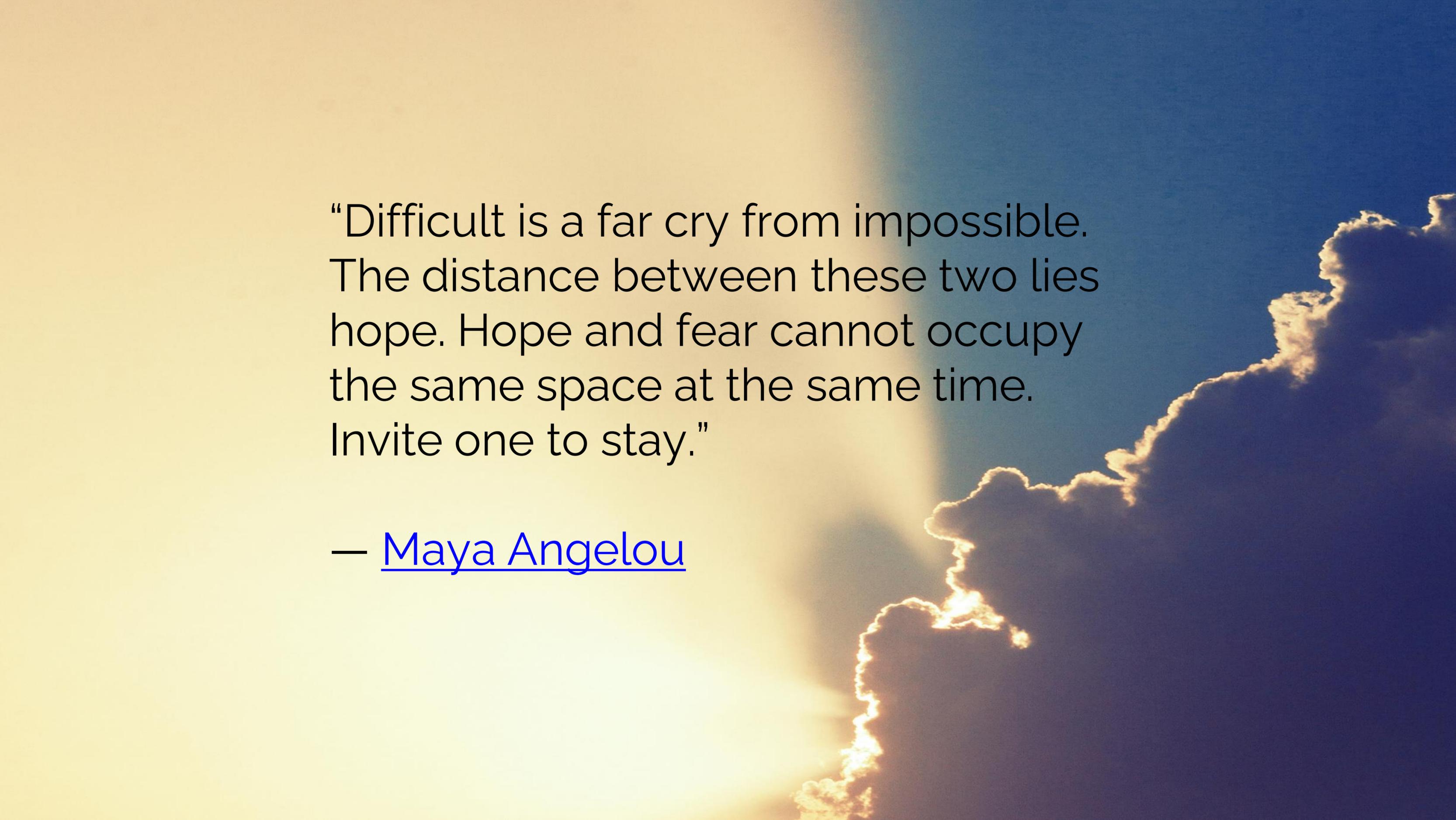
**Orient yourself to your resources**

**Focus on the present, and what you CAN do now**

**Try the “third door”, the new option, or creative idea**



Before we end, in the chat, you are invited to share one thing you are hopeful for, as a human, as a professional, as a parent, sibling, friend, student, or any other role.....



“Difficult is a far cry from impossible.  
The distance between these two lies  
hope. Hope and fear cannot occupy  
the same space at the same time.  
Invite one to stay.”

— [Maya Angelou](#)

Thank you all for  
your participation in  
this learning  
community!

