

Where There is Hope!

Cultivating the Power of Positive Psychology

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A photograph of a sandy beach with waves crashing against dark, rocky shorelines. The word "HOPE" is written in the sand in a simple, blocky font. The letters are slightly raised and have some wet sand on them, suggesting they were recently written. The background shows the ocean and the rocks, with the water appearing somewhat blurred from a shallow depth of field.

HOPE

Learning Objectives



Understand the nature of hope and positive psychology.



Develop practical skills for supporting the growth of hope in our self and community.



Gain an appreciation for hope as a valuable predictor of happiness and success.



Mindsets/Perspective

A pessimist sees a dark tunnel.

An optimist sees light at the end of the tunnel.

A realist sees a freight train.

A train driver sees three individual standing on the tracks squinting.



"I give up easily"

"My potential is predetermined"

"Failure is the limit of my abilities"

FIXED MINDSET

"My intelligence is static"

"I avoid challenges"

"I stick to what I know"

"Feedback and Criticism is personal"

"I will never improve"

"I am either good at it
or I am not"

"There is no point in trying it"



"I like to try new things"

"I can learn to do what I want"

"Failures offer opportunity &
growth"

GROWTH MINDSET

"My intelligence can be developed"

"I embrace challenges"

"I learn from feedback"

"I keep trying and never give up"

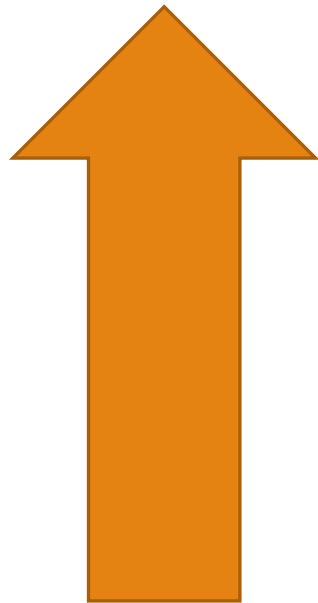
"I am inspired by others
people's success"

"My mistakes help me grow"

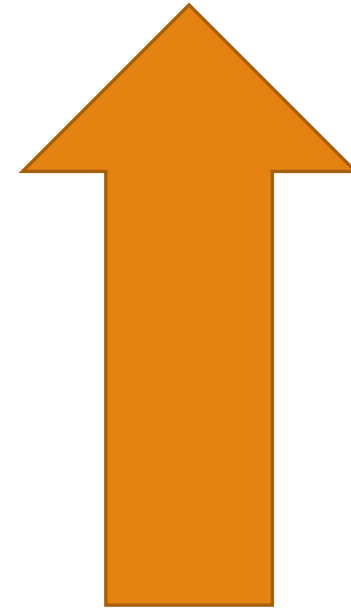
"I know this will help me even
though it is difficult"

Deficit-based Systems

“Problem”



Asset-based Systems



“Problem”

What is Hope?

Hope is a belief that the future will be better than the present.

Hope can be learned

Hope is a buffer to irrational beliefs about adversity

Hope is a protective factor against stress



Strategies for Cultivating Hope!



Do	Do something — start with goals
Harness	Harness the power of uncertainty
Manage	Manage your attention
Seek	Seek community. Don't go it alone

**Harnessing
Hope in
Ourselves.**

Cultivating Hope in Others

Identify and prioritize their top goals, from macro to micro.

Breakdown the goals—especially long-term ones—into steps.

Teach clients that there's more than one way to reach a goal.

Tell stories of success.

Keep it light and positive.

Treat uncertainty as a gift.



**Hope thrives in
community.**

A close-up photograph of several people's hands clasped together in a circle. The hands are of various skin tones, including light, medium, and dark brown. The people are wearing light-colored, long-sleeved shirts. The background is softly blurred, showing what appears to be an outdoor setting with concrete steps or a similar structure. The overall mood is one of unity and support.

**Hope is the
antidote for can't.**



Hope is the belief that the future will be better than the present, and that we have a part to play in making it so!

