

# The Nature of Hope: Theory, Assessment, and Applications

The Nature of Hope

Hope Assessment

Hope Applications

Future Needs

Hope and Health (time permitting)

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# The Nature of Hope

## The Importance of Hope

“Hope is the pillar that holds up the world.”

— Pliny the Elder

“Everything that is done in the world is done by hope.”

— Martin Luther

“Hope is itself a species of happiness, and, perhaps, the chief happiness which this world affords.”

— Samuel Johnson

# The Nature of Hope

## Healthcare and Hope

Karl Menninger: Indispensable flame of psychiatry

Jerome Frank: 25 yrs of psychotherapy, hope is the common factor

Oncologists: Over 90%: hope, most important psychological factor

HIV: Nearly 40 percent of the variation in immune functioning

Hopeless Rage: Hopelessness blamed on others

# The Nature of Hope

Hope in Healthcare

“Weekend of Hope” Conference  
(Stowe, VT)

DUKE UNIVERSITY MEDICAL CENTER

**The Preston Robert Tisch Brain Tumor Center**

at Duke . . . there is Hope

# The Nature of Hope

## The Neglect of Hope

- Menninger (1959) "Our shelves are bare; The journals...silent."
- International Quality of Life Conference (2004); 200 presentations; Hope \_\_\_\_ presentations?
- Character Strengths and Virtues (Peterson and Seligman, 2004); 800 page book; Hope \_\_\_\_ pages?
- Journal of Positive Psychology: A full psychology of hope remains elusive (2007 - 2008)

# The Nature of Hope

I am really grieved at being unable to-express my meaning. For I fancy that I do know the nature of courage; but, somehow or other, she has slipped away from me, and I cannot get hold of her and tell her nature.

Plato, On Courage

# The Nature of Hope

Why has hope "slipped away"?

Late to the game:

Emotions  
Social Support  
Spirituality

Rush to Judgment:

Apologetic Measurement  
Publish or Perish

Too much of a good thing:

American Dominance  
Cognitive Psychology

# The Nature of Hope

Faith System	Text Searched	Hope References Mastery-based	Hope References Attachment-based	Hope References Survival-based
Judaism	Torah (1300 B.C.)	0%	45%	55%
Christianity	New Testament (150 A.D.)	28%	37%	35%
Scientific Psychology	Online Database (1887 – 2002)	50%	22%	28%

# The Nature of Hope

## A Time for Hope

- State of the World  
Terrorism, The Economy, Human Limits
- State of Science  
Goals, Social Support → Attachment, Spirituality, Strengths
- State of Healthcare  
Limits of Technology, Mind-Body, Spirituality, Hope Providers

# The Nature of Hope

## What is Hope?

- Psychologists - Goals
- Nursing/Medicine - Coping
- Philosophers - Bonding/Attachment  
Spiritual Virtue

# The Nature of Hope

Hope is about Mastery

## 1. Collaborative

Empowerment

Spirituality: St. Paul, Koran, Hindu Atman, Native American  
Hope-Based Mastery: A psychological “middle-ground”  
(Kohut – self-object)

## 2. Transcendent

Not “egotistical wishes” (Averill, Catlin, & Chon, 1990)

# The Nature of Hope

Hope is about Attachment

## Trust

Erikson (basic trust)

Marcel (continued presence)

## Openness

Marcel (Openness allows hope to spread)

# The Nature of Hope

Hope is about Survival

Liberation Beliefs

Options, Freedom

Terror Management

(Religion – salvation beliefs)

# The Nature of Hope

## Hope is Spiritual

Religion/Spirituality: A major source of hope

“Hope is a second soul”

– Goethe

“Hope is the dream of those awake”

– Aristotle

“The further hope would soar, the deeper it must plunge”

– William Lynch

# The Nature of Hope

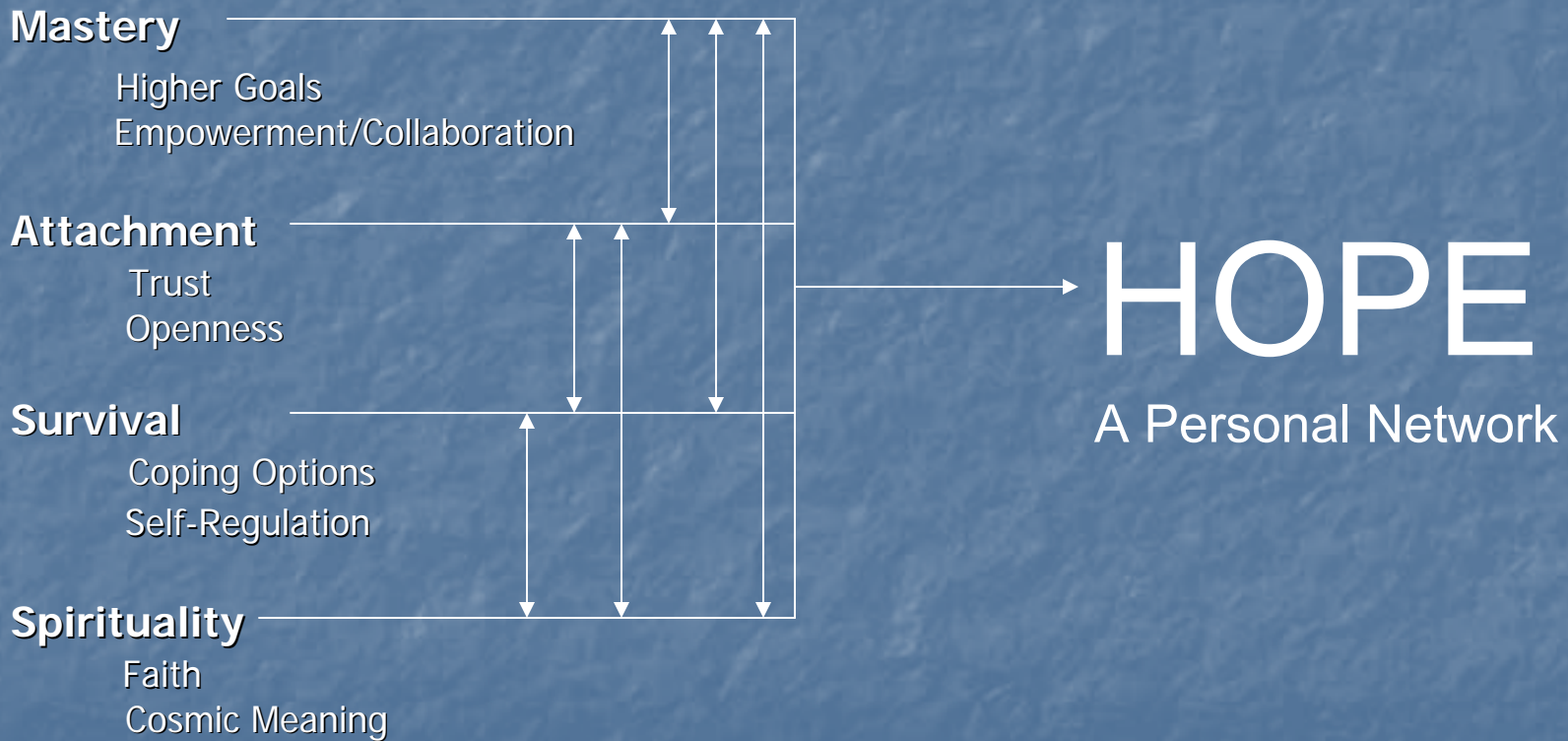
## Defining Hope

Hope is an Emotion

- Motivates Behavior
- Hard to Control
- Emotion Prototype Surveys: Top Half
- Aquinas, other philosophers

Most emotions: Circuits or Networks (No core)

# The Nature of Hope



# The Nature of Hope

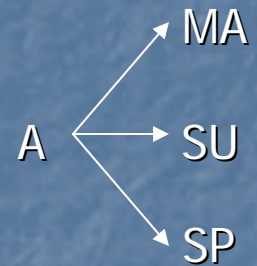
## Definition of Hope

Hope is a four-channel emotional network (pursuit, presence, and protection).

Four Linked Sub-networks: mastery, attachment, survival, spirituality

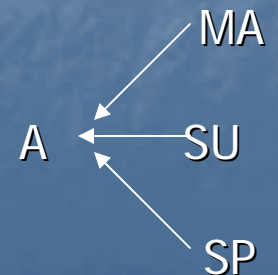
1. One channel may impact the others (TV Network → affiliates)

Attachment can affect mastery, survival, or spirituality.



2. Two or Three channels may impact another channel (Receiver)

Attachment can be affected by mastery, survival or spirituality.



# The Nature of Hope

- Shelly's Prometheus (1820)
  - Fire-Power
  - Love
  - Safety
- Biological Systems
  - Mastery
  - Attachment
  - Survival
  - Spirituality



Courage  
Survival,

Heart  
Attachment,

Child  
[Hope],

Brain  
Mastery

# The Nature of Hope

## Parting Words for this Section

Is this "Positive Psychology"?

NO

Clinical-Counseling

Disease-Focus, Coping, Healing

Positive Psychology

Health-Focus, Strength-building, Educating

HOPE

# 2. Hope Assessment

State Hope Scale (Scioli, 2006)

Today and over the past two weeks

Hope as an emotional state

Trait Hope Scale (Scioli, 2006)

Think, act, feel most of the time

Hope as a trait or virtue

Erikson: The capacity to hope →



# Hope Assessment

State Hope Scale (40 items)

10 subscales (4 questions per scale)

2 Mastery	Ultimate Gains, Supported Strivings
2 Attachment	Bonding, Trust
3 Survival	Reduced Fear, Liberation, Interpersonal Assurance
3 Spiritual	Inspiration, Presence, Assurance

Split-half version (20 items)

# Hope Assessment

## State Hope Scale: Sample Items

### Mastery

Every day I am closer to achieving my dreams

I am able to rely on outside help to achieve my goals

### Attachment

I feel that I matter to someone

I feel let down by someone (reversed)

### Survival

I feel “trapped” in some part of my life (reversed)

I feel calm and collected

### Spirituality

I have used prayer or meditation to help me accomplish an important goal

I have felt connected to a spiritual force

My spiritual beliefs give me a feeling of security

# Hope Assessment

## State Hope Scale: Reliability and Validity

- Reliability: Total Scale .92, All Subscales over .70
- Validity:

Herth Hope Scale: Moderately: Total, M, A      Weakly: S, Sp

Measures of: Meaning, **Loneliness**, **State Anxiety**

# Hope Assessment

## State Hope Scale

This test is sensitive to an immediate  
“hope-boosting” intervention

A: MLK: I have a Dream

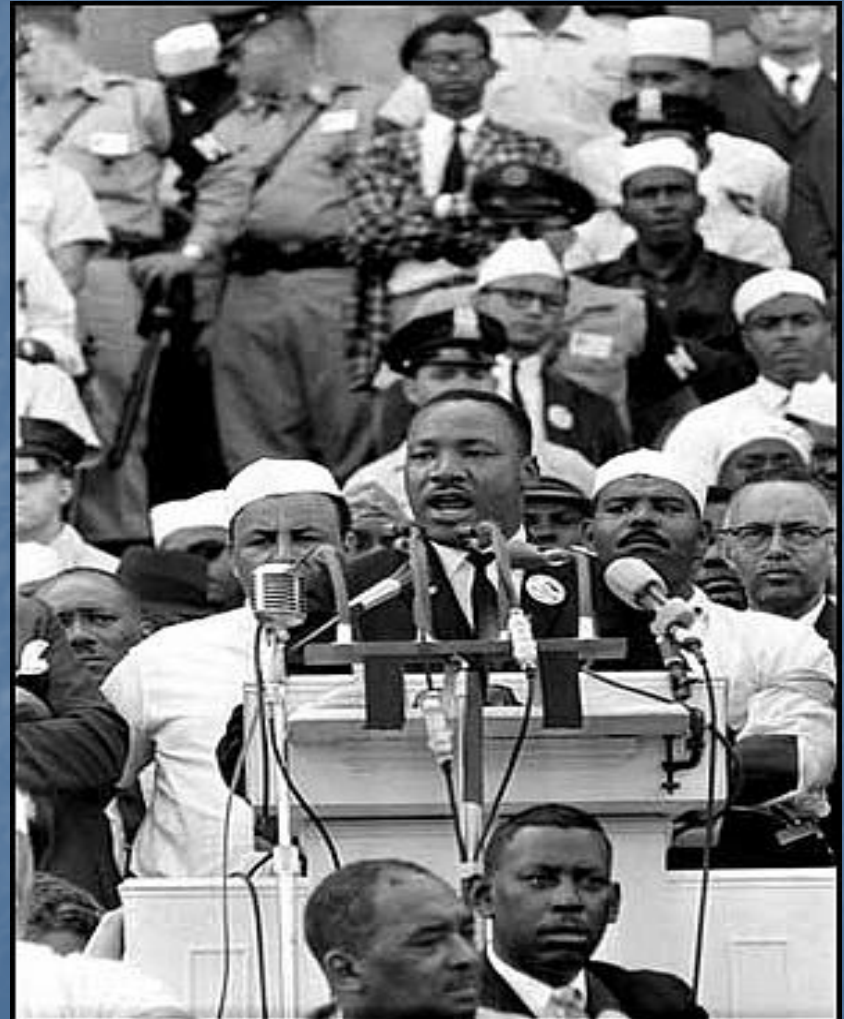


State Hope Measured Higher

B: No Film (Neutral Task)



State Hope Measured Lower



# Hope Assessment

## State Hope Scale - Potential Uses

### Client Progress / Program Evaluation

1. Before Therapy/ Program
2. During Therapy/ Program
3. After Therapy/ Program

*Mood improvement / Brief Interventions*

# Hope Assessment

## Trait Hope Scale (56 items)

14 subscales (4 questions per scale)

2 mastery	Ultimate Ends, Supported Mastery
2 attachment	Basic Trust, Openness
2 survival	Personal and Social Terror Management
7 Spiritual	Empowerment, Openness, Terror-Management Benign Universe, Mystical Experience, Symbolic Immortality and Spiritual Integrity

*Split-half Version (28 items)*

# Hope Assessment

## Trait Hope Scale: Reliability and Validity

- Reliability: Total Scale .94, All Subscales over .70

- Validity

Snyder Hope Scale: Moderately: M,S Weakly: A, SP

Measures: NEO Achievement, Openness, **Vulnerability**  
Spiritual Transcendence



# Hope Assessment

## Trait Hope Scale - Potential Uses

- Client Resources

Program Selection (targeted therapy)

Discharge readiness

- Client Improvement

Before Therapy/ Program → After Therapy/ Program

*Skill-Character Development/ Extended Interventions*



# Hope Applications

- Hope Strategies

  - Climates of Hope

  - Hope-Based Program Evaluations\*

- Hope Tactics

  - Hope-Centered Protocols\*

  - Targeted Hope Therapy

# Hope Applications

## Hope as Strategy (Climates of Hope)

Menninger Clinic (Houston, Texas)

### Hope Adult Program

Rehabilitative model

Integrative: biological, psychological, social and medical functioning

Focus on patient's strengths, obstacles to goals (peer groups → goals)

Patient involved in every phase of treatment.

Team discusses recommendations with patient in rounds twice weekly

Primary clinician always available to patient and family.

Medications: Rationale provided, patient's full, signed consent

# Hope Applications

## Hope as Strategy (Hope-based Program Evaluation)

1. Take an Inventory of programs
2. Create a matrix
  - Columns: Hope Components
  - Rows: Programs
3. Assess whether hope components are addressed

# Hope Applications

Hope as Strategy (Hope-based Program Evaluation)

Westborough State Hospital

	Mastery	Attachment	Survival	Spirituality
Goals Group	X			
Social Skills		X		
Human Connections		X		
Coping Skills			X	
Distress Tolerance			X	
Spiritual Concerns Group				X
Church Services				X

# Hope Applications

## Hope as Tactic (Hope-Centered Protocols)

Rebecca Jacoby: "Work of Hope"

- Hope is a coping response
- Good enough mothering
- Successful separation-individuation

# Hope Applications

Hope as Tactic (Hope-Centered Protocols)

Rebecca Jacoby: "The Work of Hope"

Three stages of hope development

1. Saved by supernatural forces  
fantasy, magic, symbols
2. Help from a dependable human figure  
parent or physician
3. Hope from within the self  
resources or strategies

# Hope Applications

Hope as Tactic (Hope-Centered Protocols)

Rebecca Jacoby: "The Work of Hope"

## Goals of therapy

- Encourage confrontation not denial
- Instill faith in the struggle (growth)
- Provide support for self-reliance

Limitations: Sketchy on Technique, Narrow view of hope (survival/coping), Hope "matures" into a "self" centered resource, Separation-Individuation (vs. Attachments), No Spirituality (faith in the struggle?)

# Hope Applications

## Hope as Tactic (Hope-Centered Protocols)

Albert Pessó & Diane Boyden — Psychomotor Therapy

- Group Focus
- Psychodynamic, Experiential
- Create new bank of attachment-related memories → Hope for future
- Clients: (relatively intact) Trauma Survivors

# Hope Applications

Hope as Tactic (Hope-Centered Protocols)

Pesso - Boyden System Psychomotor Therapy

- Past relationships → Hope
- The "Shape": Expressed emotions (mind and body)
- Counter-Shape: Wished for responses from others
- Role-Players: Provide the wished for responses
- Cure: creation of new attachment memories

Limitations: Attachment-focus (no mastery, survival, spirituality), health of client, health of group members

# Hope Applications

Hope as Tactic (Hope-Centered Protocols)

Jacqueline Corcoran: Strengths and Skills Model

Integrative, Cognitive: Not explicitly "hope" directed but "strength focused"

Motivational Interviewing

(personal goals, discrepancies, pros-cons, commitment)

Solution-Focused Therapy

(exceptions, past attempts, miracle question, goal setting, brainstorming)

Cognitive-Behavioral Therapy

(analyzing past attempts, measuring goal progress)

# Hope Applications

Hope as Tactic (Hope-Centered Protocols)

Jacqueline Corcoran: Strengths and Skills Model

## Limitations

- Empowerment limited to goal-setting advice
- Collaborative but ultimate push for internal control
- Little emphasis on Attachments
- No spirituality

# Hope Applications

Hope as Tactic (Hope-Centered Protocols)

Snyder Group (Rick Snyder, University of Kansas)

Hope = Agency for goals (will) + Pathways to goals (ways)

Dr. Cheavens will address this approach to hope-building

# Hope Applications

## Toward an Integrative Hope Protocol

- Cognitive Therapy
- Problem-Focused Therapy
- Solution-Focused Therapy
- Motivational Interviewing
- Self Psychology (Kohut)
- Client-Centered Therapy
- Pastoral Counseling

# Hope Applications

For the Future?: A Hope-Centered Intervention

A Stand-Alone Therapy?

## A. Proposed Priorities

1. Attachment (Trust and Openness)
2. Spiritual Assessment
3. Survival
4. Mastery
5. Spirituality Revisited

# 4. Hope and Health

## How Hope Heals

Mastery	→	Control, Priorities
Attachment	→	Support, Disclosure
Survival	→	Trust, Calm Axis
Spirituality	→	Meaning, Purpose

# Hope and Health

## Recent Research

### Hope and HIV

N = 16

Gender: 13 Males, 3 Females

Age: 35 – 61, (mean = 46.12)

Yrs. with HIV: 3 – 20 yrs, (mean = 9.5 yrs)

# Hope and Health

Concurrent Data (Feb '06)

## Trait Hope

Denial <sup>1</sup>	-.26
Commitment <sup>2</sup>	.28

Note 1, 2: Rated by Case Manager

# Hope and Health

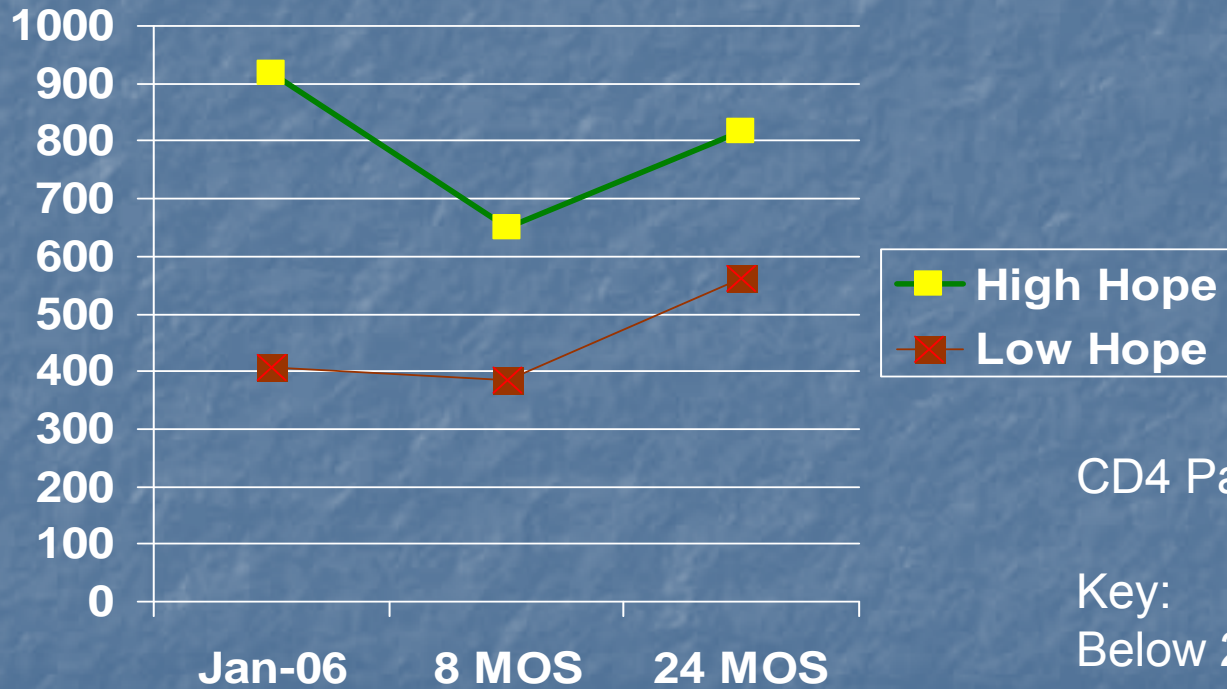
## Trait Hope and CD4

	Concurrent	8 months	24 months
Before Controlling	.61*	.64*	.56*

### **After Controlling for:**

Doses missed – 2wks	.71 *	—	—
Years w/HIV	.77*	.63*	.56
Neuroticism	.73*	.72*	.58

# Hope and Health



CD4 Pattern

Key:  
Below 200: AIDS  
Normal 700-1000

# Future Hope Needs

- Hope and Spirituality\*
- Hope in Children
- Hope Strategies
  - Climates of Hope
  - Hope-Based Program Evaluations\*
- Hope Tactics
  - Hope-Centered Protocols\*
  - Targeted Hope Therapy
- Hope Providers\*
  - Hope Provider Scale