

Wrestling with Hope: Finding a Life of Meaning in the Midst of suffering
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Outline

- I. A psychology of Hope
 - a. Definitions of Hope
 - b. Willpower and Waypower
 - c. Finite and Transfinite Hope
 - d. The case of Ms. Doe

- II. Medical understanding of Hope
 - a. A Physicians understanding of Hope
 - b. Hope vs. Denial

- III. Measuring Hope
 - a. Hope scale
 - b. Medical decision making models that generate hope

- IV. Categories of Hope
 - a. High Hope people
 - b. Low Hope people
 - c. Blockages to hope
 - d. The death of hope

- V. Instilling hope
 - a. Through realistic goal setting
 - b. Through overcoming blockages
 - c. In clinicians

- VI. Healing and mind body connections
 - a. Illness and its effects on hope
 - b. Stress and its effects on health
 - c. Placebo Effect
 - d. The body that speaks
 - e. Healing that generates hope.

- VII. A Spiritual care approach to hope
 - a. Dimensions of time and the future
 - b. Narrative theory
 - c. The case of JN and Mr. S
 - d. Future stories and hope

- VIII. Healing and Hope
 - a. Hope comes from larger life concerns
 - b. Why persons despair
 - c. Hope and faith

- IX. Caring for the hopeless
 - a. Caring for those in need
 - b. Techniques for helping others
 - c. Deconstructing dysfunctional stories
 - d. Developing hopeful stories

- X. Closing
 - a. The Many Facets of Hope-Hospice of Greensboro