

# Bringing Hope Into Your Clinical Practice

Dr. Ronna Jevne, PhD

Peter Snow, MA, MSW



**CCSMH**

Canadian Coalition for  
Seniors' Mental Health

Connecting People, Ideas and Resources

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Coalition canadienne pour la  
santé mentale des personnes âgées

Rassembler les gens, les idées et les ressources



# Conflicts of Interest

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- **Peter Snow**
  - Work funded by the Public Health Agency of Canada.
- **Dr. Ronna Jevne**
  - No conflicts to report.



# Format

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Today we will be discussing 5 questions about hope as a concept in clinical practice. The conversation will be open and free flowing.

There will be a Q&A session at the end if you have additional questions.



# What makes hope different from resilience, optimism, or wishing?

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# Does hope make a difference?

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# Can hope be measured?



**Can it be taught or learned? Is  
it a state or trait? How do we  
make it operational?**



# What are the strategies for instilling hope in clinical settings?





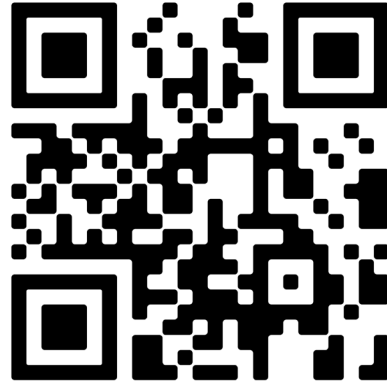
# Q & A

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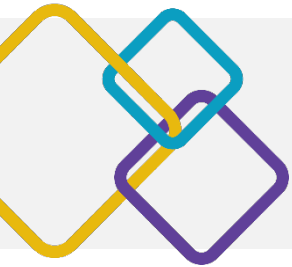
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