

The Science of Hope

Leveraging Evidence-
Based Practices to Build
Resilient Communities

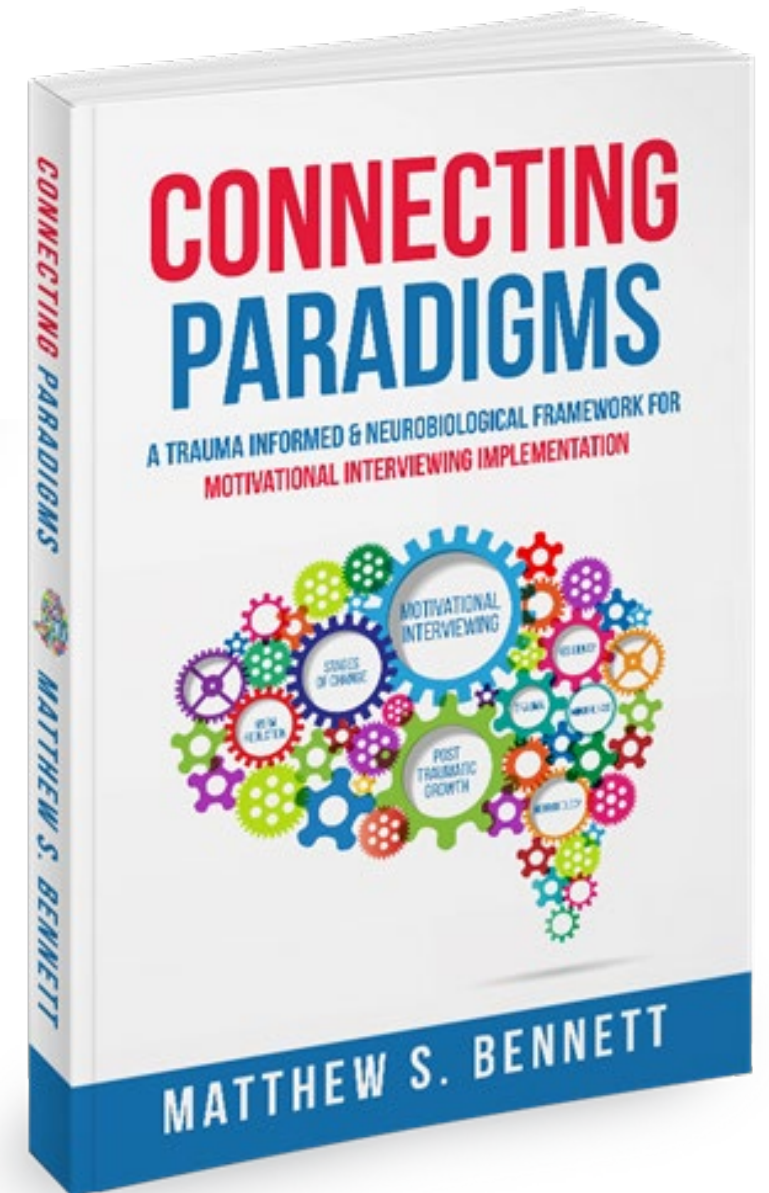
Connecting Paradigms: Opportunities & Challenges

The forest and the trees

Specialist vs. generalist

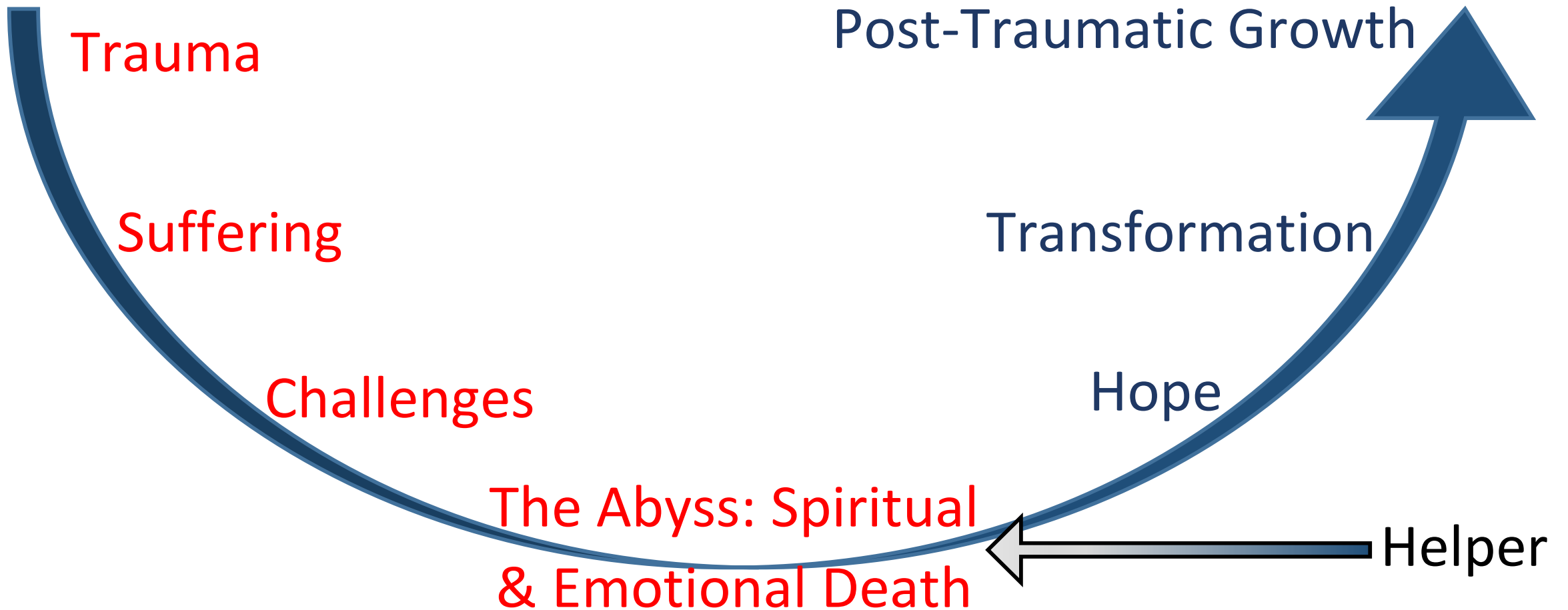
Challenges of fidelity

Curiosity about people and populations

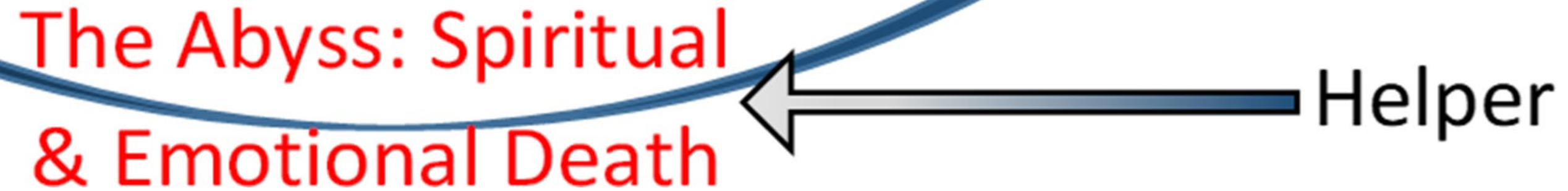


The Journey to Post-Traumatic Growth

Normal Life



The Most Neglected Evidence-Based Practice

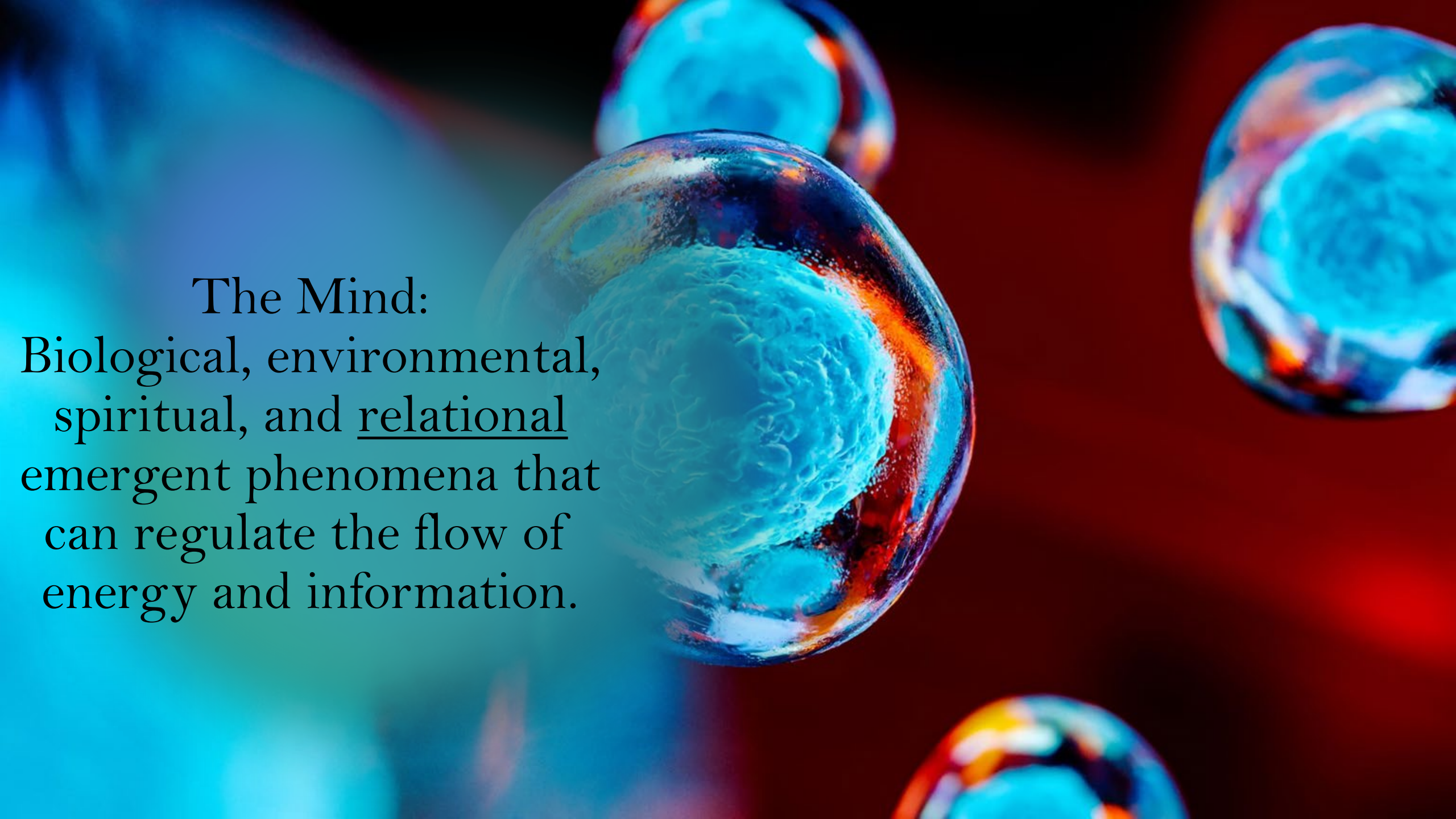


Emotions are contagious
Real dangers of our work

- Burnout
- Vicarious/secondary trauma and compassion fatigue
- Moral injury

What armor do we need to enter the abyss?

Product of our environment
Role models for health and resiliency

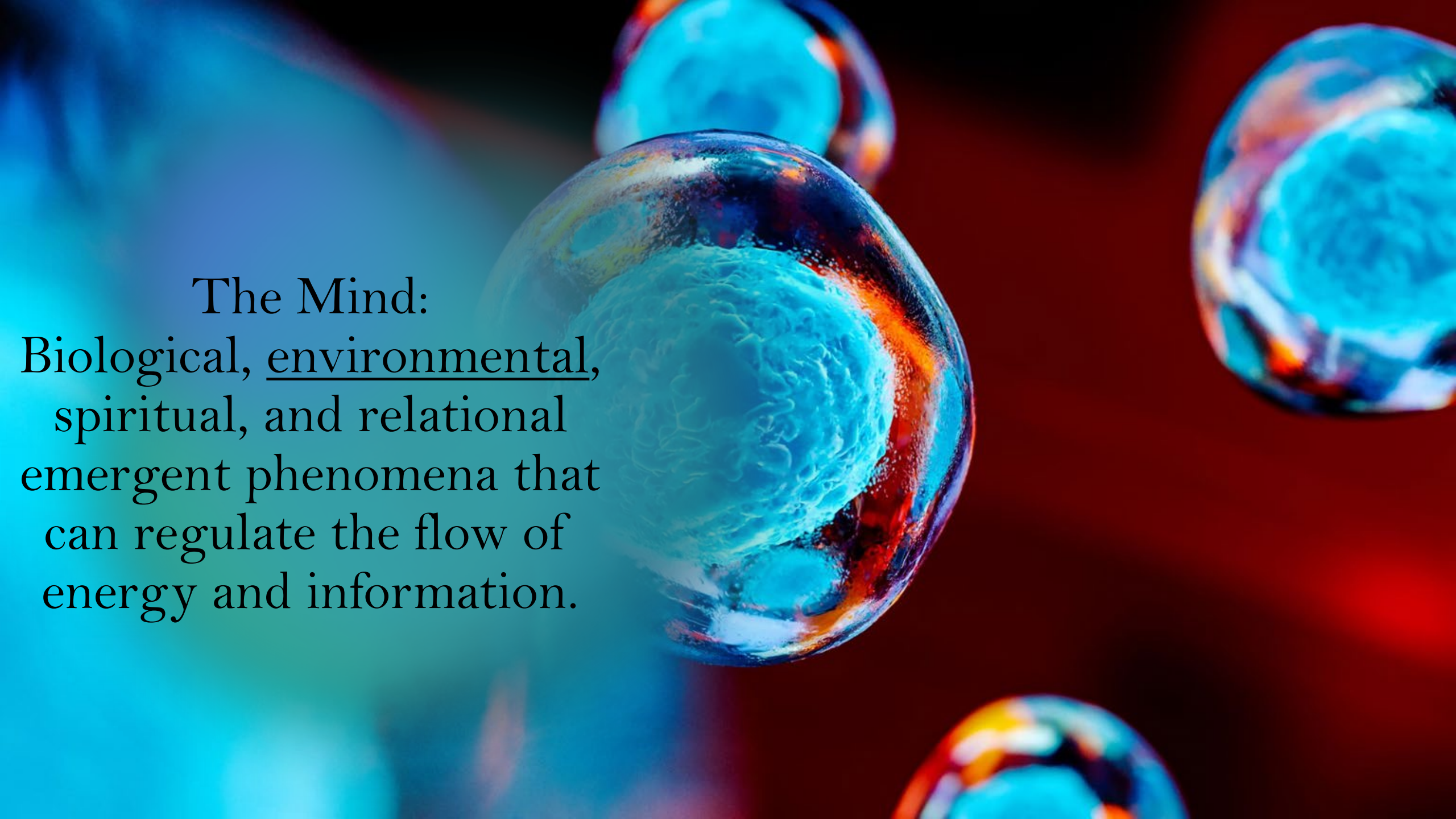
The background of the slide features several glowing, translucent spheres in shades of blue and red. These spheres have a textured, almost crystalline appearance, with internal patterns that suggest a complex, organic or perhaps quantum-like structure. They are set against a dark, gradient background that transitions from deep blue on the left to a rich red on the right. The spheres are out of focus, creating a sense of depth and a dreamlike atmosphere.

The Mind:
Biological, environmental,
spiritual, and relational
emergent phenomena that
can regulate the flow of
energy and information.



"Recovery can take place only within the context of relationships; it cannot occur in isolation. In her renewed connections with other people, the survivor re-creates the psychological faculties that were damaged or deformed by the traumatic experience."

- Judith Herman

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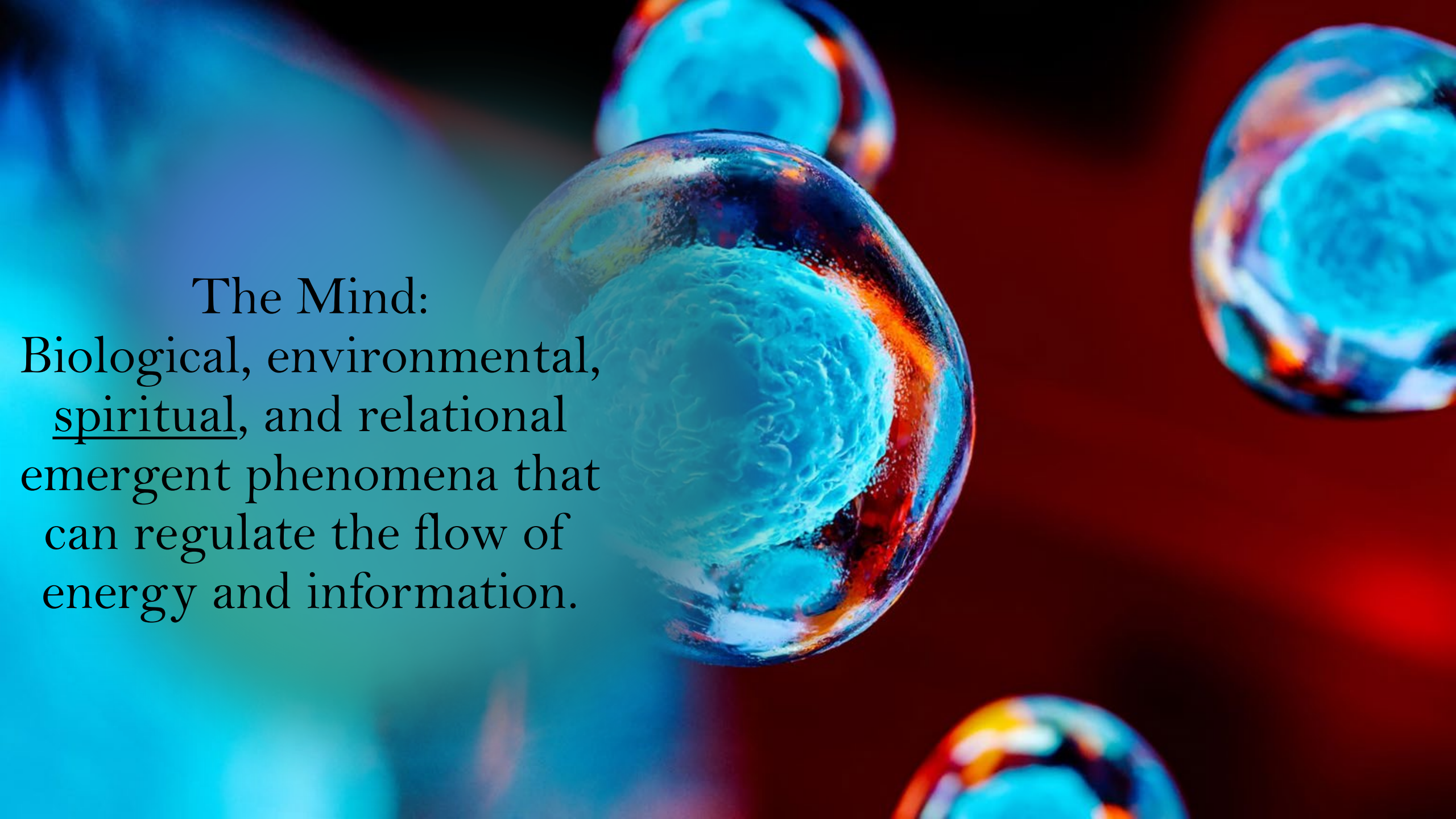
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Environmental

Homeostasis: Balance between self and environment

- State-based homeostasis – Autonomic nervous system
- Trait-based homeostasis – Epigenetics and neuroplasticity

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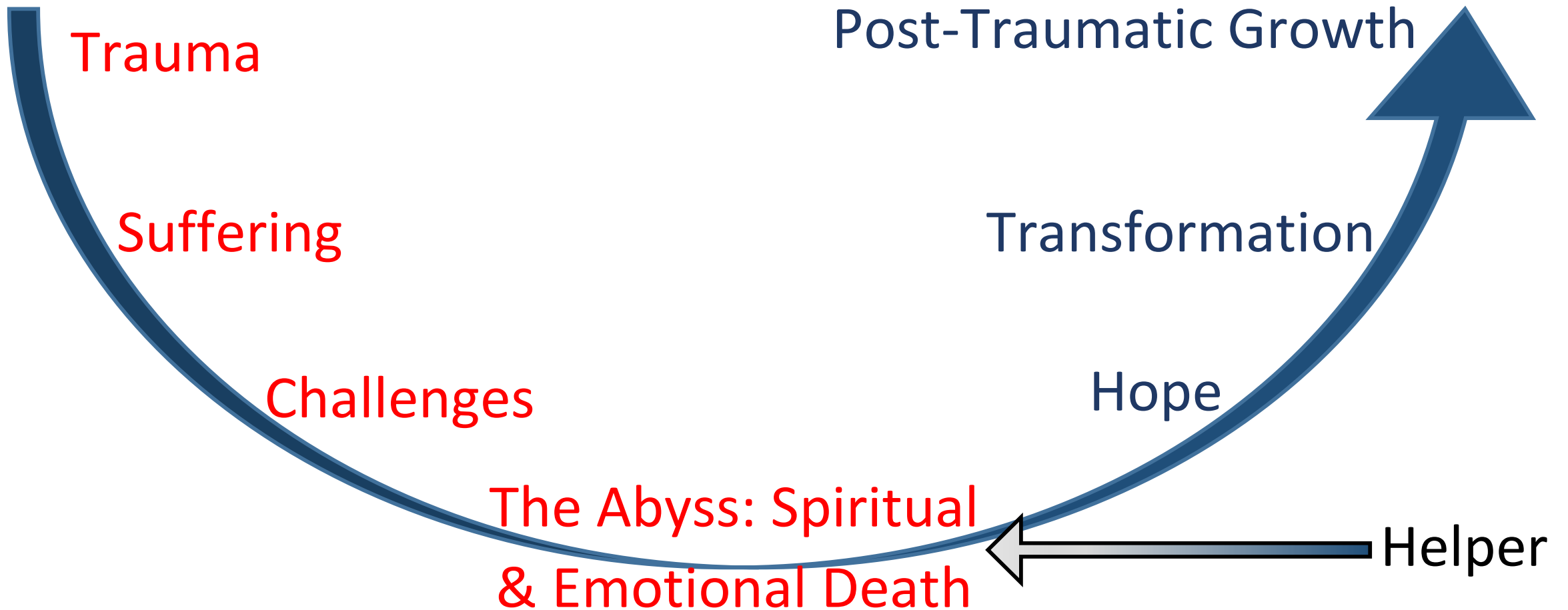
A 3D illustration of a person standing in a maze, symbolizing a journey or search. The person is a small, dark blue figure standing in a brightly lit path that leads through a complex, dark maze. The background is a gradient of dark green and blue, creating a sense of depth and mystery.

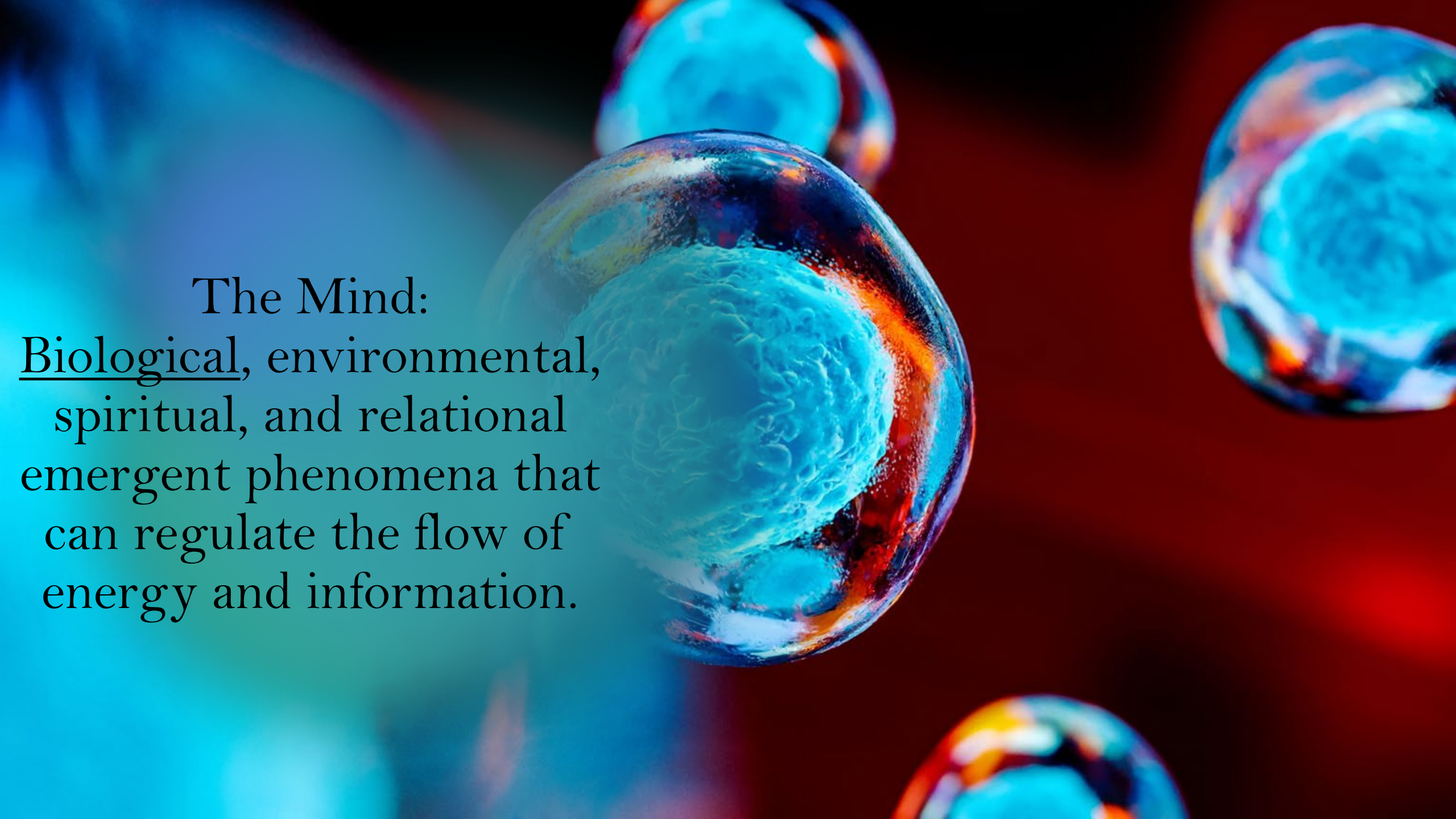
Spiritual

- A connection to a larger purpose or thing
- Provides a framework to make sense of experiences (information)
- Depression and anxiety narrow focus while a spiritual connection widens focus (energy)
- A community
- Spirituality and post-traumatic growth

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Foundations of Resiliency

8 hours of healthy sleep

- Refreshes the stress response
- Critical to all biological systems

Movement

- Evolutionary stress response
- Burns off stress and cortisol

Nutrition

- Inflammatory foods and drinks
- Strategies for nervous system health

Healthy breathing

- Nosal breathing
- Tongue position
- Diagrammatic breathing

