



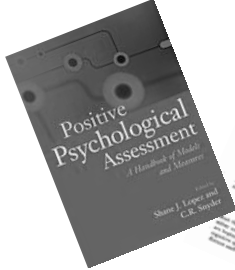

## Inducing Hope to Hopeless Bereaved Persons



**Amy Y. M. Chow Ph.D., RSW, CT.**  
 Assistant Professor, Dept. of Social Work & Social Adm., The University of Hong Kong


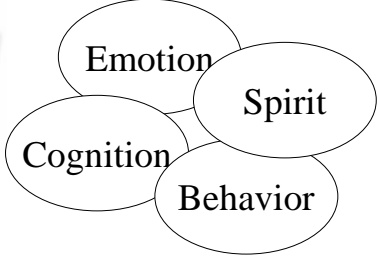


## What is HOPE ?

Dept. of Soc. Work & Soc. Adm., The University of Hong Kong

## What is HOPE ?

Dept. of Soc. Work & Soc. Adm., The University of Hong Kong

## What is Hope ?


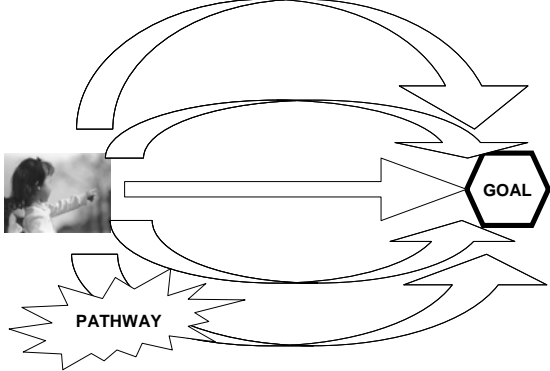


希望

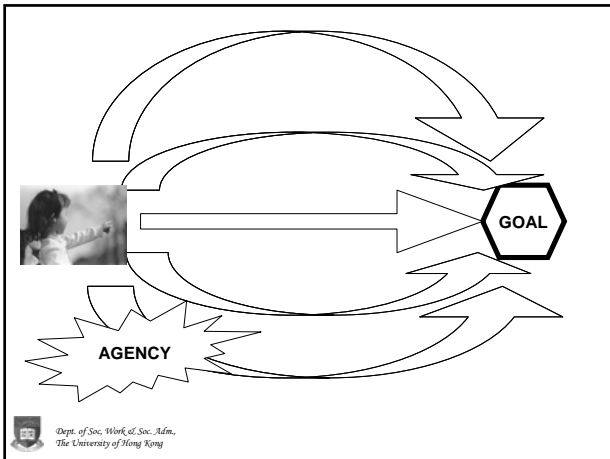
## HOPE (Snyder, Rand, & Sigmon, 2002)

**希望**

- The perception that one can reach desired goals
- Serves to drive the emotion and well-being of people
- Involved 2 components of goal directed thought
  - Pathways: one's perceived capability at generating workable routes to desired goals;
  - Agency: one's perceived capacity to use one's pathways so as to reach desired goals. (the motivational component)

Dept. of Soc. Work & Soc. Adm., The University of Hong Kong



**Bereavement**

- Goal vanished
- Future Shattered
- Hopeless about future

**Hope**

- Clear Goal
- Visualization of Future
- Way and Will

Dept. of Soc. Work of Soc. Adm.,  
The University of Hong Kong

*What is the relationship of Hope with Bereavement ?*

Dept. of Soc. Work of Soc. Adm.,  
The University of Hong Kong

**Correlations between Hope and Emotional Reactions in Bereavement**

	Hope (Pathway)	Hope (Agency)	Hope
HADS (Anxiety)	-.427** (270)	-.560** (270)	-.509** (267)
HADS (Depression)	-.535** (271)	-.591** (271)	-.584** (268)
CGI (Symptoms)	-.346** (276)	-.465** (276)	-.420** (273)
CGI (Coping)	.575** (277)	.545** (277)	.588** (274)

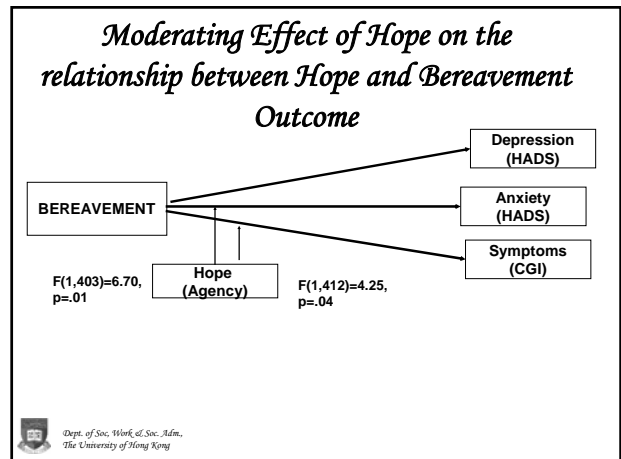
\* < .005, \*\* P < .001

Dept. of Soc. Work of Soc. Adm.,  
The University of Hong Kong

**Discussions**

- Hope is moderately correlated with emotions and symptoms, and slightly correlated with health indicators
- Would there be a chance that alternating level of hope → alternating level of depression and anxiety?

Dept. of Soc. Work of Soc. Adm.,  
The University of Hong Kong



*Hope (Agency) on relations between bereavement and Anxiety*

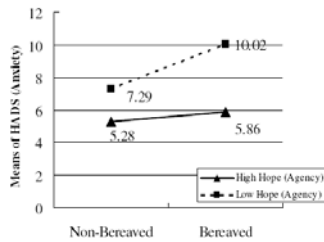


Figure 10.4: Moderating Effect of Hope (Agency) on Relations Between Bereavement and HADS (Anxiety)

Dept. of Soc. Work of Soc. Adm.,  
The University of Hong Kong

*Hope (Agency) on relations between bereavement and Symptoms*

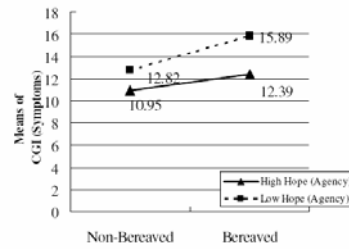


Figure 10.5: Moderating effect of Hope (Agency) on Relations Between Bereavement and CGI (Symptoms)

Dept. of Soc. Work of Soc. Adm.,  
The University of Hong Kong

**Discussion**

- *Hope (Agency) but not Hope (Total) or Hope (Pathway) has moderating effect on the relationship of bereavement on outcome.*
- *Are discussions on goal and alternatives adequately helping the reduction of bereavement reactions?*
- *What is the role of motivation in the helping process?*

Dept. of Soc. Work of Soc. Adm.,  
The University of Hong Kong

*How to instill Hope in Hopeless Bereaved Persons?*

- **Assessment:**
  - *Using hope measures as an assessment tool*
  - *Pre-death screening for low-hope group : Early intervention*
- **Intervention:**
  - *Goal Formulation*
  - *Alternative Discussion*
  - *Motivation Enhancement \*\*\**

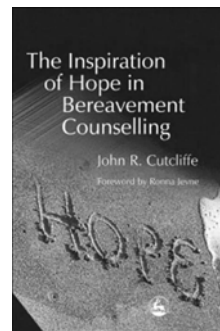
Dept. of Soc. Work of Soc. Adm.,  
The University of Hong Kong

*Motivation (Deci & Ryan, 1985)*

- *Intrinsic motivation results from the needs for competence, autonomy, and relatedness, and also fosters engagement and enjoyment.*
- *Extrinsic motivation promotes behavior through contingent outcomes that lie outside the activity itself, such as awards or evaluations; the purpose of a behavior is to gain benefits or avoid negative consequences that are expected to occur afterwards.*

Dept. of Soc. Work of Soc. Adm.,  
The University of Hong Kong

**The Implicit Projection of Hope & Hopefulness**



Phase 1:  
Forging the  
Connection  
and  
Relationship

Phase 2:  
Facilitating a  
Cathartic  
Release

Phase 3:  
Experiencing  
a Healthy  
(good)  
Ending

Dept. of Soc. Work of Soc. Adm.,  
The University of Hong Kong

*Facilitate the movement between...*

*The Past*

*Review,  
And working  
Through the  
Unfinished  
Businesses...*

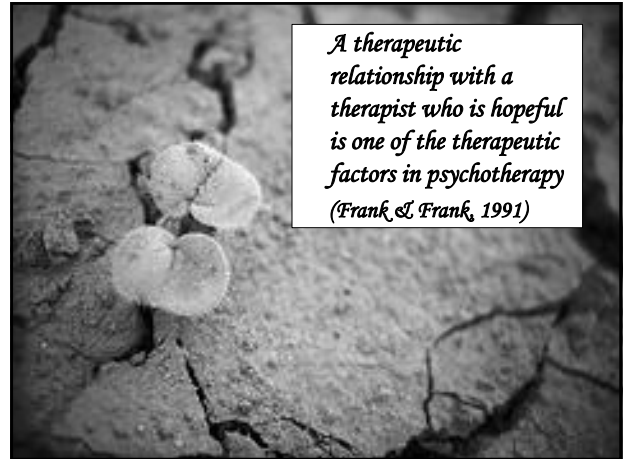
*The Present*

*Adjust to  
Life without  
the deceased &  
Meaning  
Making...*

*The Future*

*Goal setting,  
Pathways to Goals,  
Motivation towards  
Goals...*

Dept. of Soc. Work & Soc. Adm.,  
The University of Hong Kong



*Trust of counselor  
on the potential of  
change in client is  
equally important .  
(Synder, 1999)*

