

# ***Oklahoma Program for Continuing Education in Social Work***

***You Are Invited***

## ***Hope Rising***

***1-4 p.m.***

***Friday, Sept. 20, 2019***

***OU-Tulsa Schusterman Center***

***4502 E. 41<sup>st</sup> St.***

***Learning Center, Room 231***

***Tulsa, OK 74135***

***3 hours of CEU credits***

***Facilitators:***

***Chan Hellman, Ph.D.***

Hope is an important protective factor that enables individuals and families to thrive. Hope is an important coping resource to vicarious trauma and burnout among service providers. This workshop will present the science of Hope as a psychological strength in our ability to cope with traumatic experiences and flourish toward future goals. In particular, this seminar will show how

- hope predicts adaptive outcomes,
- hope buffers the effects of adversity, and
- hope can be influenced and sustained.

This workshop will present “hands-on” tools to assess and nurture hope across the lifespan.

### ***Master Presenter***

Hellman joined the University of Oklahoma faculty in 2002. He is a professor in the Anne and Henry Zarrow School of Social Work and founding director of the Center of Applied Research for Nonprofit Organizations. He also is an adjunct professor in the Department of Internal Medicine and Department of Pediatrics for the OU colleges of Medicine and Public Health.

Hellman’s current research is focused on the application of hope theory to predict adaptive behaviors and hope as a psychological strength that buffer stress and adversity among those impacted by family violence. In this context, he also is interested in the impact of prevention and intervention services on improving client hope and wellbeing. He has numerous scholarly publications in scientific journals and books and has presented

his research at both national and international conferences. Hellman teaches at both the master's and doctoral levels, primarily in the areas of positive psychology, research methods and statistics.

***Professional Rate \$45.00/ Student Free***



***For accommodations, please contact Diane Freeman at (405) 325-2822.***

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