

The Power of Hope: Associations with Psychological Well-Being, Physical Health, and Provider Burnout

PRESENTED BY

COLLEGE OF PUBLIC HEALTH'S DEPARTMENT OF HEALTH SERVICES
RESEARCH & ADMINISTRATION



Dr. David Feldman, PhD

McCarthy Professor, Santa Clara University

WHEN & WHERE

DATE & TIME

WEDNESDAY, MARCH 2, 2022

12 PM CST

MAURER CENTER FOR PUBLIC HEALTH
ROOM 3001

PRESENTATION ZOOM INFORMATION:

<https://unmc.zoom.us/j/93061841250?pwd=MXI4eVhrU3I4SnpvKzI5dEUyRHVGdz09>

David B. Feldman, PhD, is McCarthy Professor of Counseling Psychology at Santa Clara University. Considered one of the nation's foremost experts on hope, his research addresses how hopefulness is connected to finding meaning and experiencing resilience in the face of life-limiting medical illness, trauma, and other highly stressful circumstances. In addition, he is the developer of the only published psychosocial treatment model for PTSD in patients with life-limiting and terminal illnesses, Stepwise Psychosocial Palliative Care (SPPC). Dr. Feldman's research has been published in top scientific journals and recognized in popular publications, including *Time*, *Harvard Business Review*, *'O': The Oprah Magazine*, and *Self*. He also has authored or co-authored four books, including, most recently, *The Science and Application of Positive Psychology* (Cambridge University Press), as well as *The End-of-Life Handbook: A Compassionate Guide to Connecting with and Caring for a Dying Loved One* (New Harbinger Publications). Finally, he is the host of "About Health" on KPFA Radio in the San Francisco Bay Area as well as the "Psychology in 10 Minutes" podcast.

Learning Objectives:

1. Define the Hope Theory conceptualization of hopefulness, including the three conditions for hope to thrive (i.e., components of hope)
2. Describe research on the relationship between hope and well-being, including lower burnout in healthcare professionals.
3. Be familiar with research showing that hope can be increased via brief psychosocial interventions.