



## MASTERCLASS 'THE SCIENCE AND POWER OF HOPE'

by Chan Hellman Ph.D,

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and Director of the Hope Research Center*

15 NOVEMBER 2019, 9.30 - 16.00, ANTWERP - BELGIUM

Hope is an important protective factor that enables individuals and families to thrive. Hope is also an important coping resource to vicarious trauma and burnout among service providers.

This masterclass 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:

1. Hope predicts adaptive outcomes
2. Hope buffers the effects of adversity
3. Hope can be influenced and sustained.

This masterclass will also present "hands-on" tools to assess and nurture hope across the lifespan.

During this masterclass topics like the Adverse Childhood Experiences (ACE's) and Trauma-Informed Care will also be extensively discussed.

The Hope Theory is an important tool to achieve the goals of Family Justice Centers and co-related multidisciplinary approaches, to empower and strengthen victims and their families.

For more information click [here](#) and [here](#).

*Chan M. Hellman is Professor of Social Work at the University of Oklahoma and Director of The Hope Research Center. Chan Hellman's research is focused on HOPE as a psychological strength helping children and adults overcome trauma and adversity. The main goal of Hellman's research is the application of the Hope theory to those impacted by trauma and adversity. Hellman teaches masters and doctoral level students primarily in the areas of positive psychology, research methods and statistics. He also directs student research in the areas of Hope and nonprofit organizations. He has written more than 150 scientific publications and has presented at numerous national and international conferences worldwide.*

### Target group:

The masterclass is aimed at professionals who come in contact and/or work with victims of domestic violence, child abuse, gender-based violence and sexual violence. Main target groups are police officers and social workers at police, prosecutors, judges, criminologists, women's aid, doctors and nurses, social workers, case managers and therapists at victim support, social services, mental health sector, perpetrator programs, policy makers, ...

Register for the masterclass on our website:

[www.efjca.eu](http://www.efjca.eu)

There are 50 places available  
on first comes first basis.

Registration fee:

€ 145,00