The Hope Circuit

A Psychologist’s Journey from Helplessness to Optimism

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Evolution of Psychotherapy
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The First Axial Age

- 2500 years ago, Suddenly (Jaspers)
- Buddha, Moses, Confucius, Athens, Jainism
- Upanishads, Bhagavad-Gita, Zoroaster
- Man, aware of being as a whole and its limits
- All Religious and Philosophical Traditions flow
- The Human Condition. Do I matter?
- Alleviation of Suffering and helplessness

The Second Axial Age: Now

- The Gift of the Enlightenment: Human Progress
- Science (Mortality, Water, Food, Suffering)
- Morality (Human Rights, Democracy, Capitalism and Poverty, Violence)
- Moral Flynn Effect
- Human Well Being
- Brain as the Organ of the Future
Tour 20th Century Psychology

- We are creatures of Misery, Conflict, Struggle
- We are Blank Slates
- Behaviorist: No Cognition, No Evolution
- The Future=the Past Plus the Present
- We are Prisoners of the Past

HELPLESSNESS & DEPRESSION

Past: LH maps Depression
Present: Dorsal Raphe Nucleus
Future: Depression Curable?
  - Steve Maier
  - Aaron Beck
  - Albert Ellis
  - David Clark
Premise: We are Cognitive Animals

Depression and LH: Symptom Parallel

<table>
<thead>
<tr>
<th>Symptoms</th>
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<tbody>
<tr>
<td>mood</td>
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<td>weight</td>
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<td>sleep</td>
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<td>psychomotor</td>
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<td>fatigue</td>
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<tr>
<td>worthlessness</td>
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<tr>
<td>cognitions</td>
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<td>death—only missing symptom</td>
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LEARNED OPTIMISM

Past: Depression Prevented
Present: Resilience Training
Future: CVD Preventable?

Chris Peterson
Lyn Abramson
Lauren Alloy
Judy Garber
General Rhonda Cornum
Premise: We can be Positive Creatures

POSITIVE PSYCHOLOGY

Past: PERMA
Present: Positive Education
Future: Positive Psychotherapy

Ed Diener
Chris Peterson
Mihaly Csikszentmihalyi
Barbara Fredrickson
Jon Haidt
George Vaillant
Tayyab Rashid
Premise: We are Cognitive, Positive, Hopeful

Well-Being
PERMA

Pleasant Emotions
Engagement “Flow”
Relationships Positive & Supporting
Meaning & Purpose
Accomplishment For its own sake

FOUNDATIONS OF POSITIVE PSYCHOLOGY

A COURSERA CERTIFICATE GRANTING SPECIALIZATION (FIVE COURSES)

http://pos.psych.upenn.edu/
Cohen’s $d = 0.36$
$N = 68,762$

Cohen’s $d = 0.19$
$N = 694,153$

1. Positive Introduction
2. Character Strengths  Authentichappiness.org
3. Signature Strengths  Action plan
4. Good & Bad Memories  Reappraisal
5. Forgiveness  Forgiveness Letter
6. Gratitude  Gratitude Visit
7. Satisficing & Maximizing  Domains to Satisfic
8. Hope: Posttraumatic Growth  Doors Opening
9. Positive Relationships  Active-Constructive
10. Family Tree of Strengths
11. Savoring
12. Altruism  Gift of Time
13. The Full Life  PERMA
yes is a world & in this world of yes live (skilfully curled) all worlds

e e cummings “love is a place”

HOMO PROSPECTUS

Past: Approach is Future
Present: Default Circuit & Imagination
Future: Prospective Psychotherapy
Roy Baumeister
Chandra Sripada
Peter Railton
Phillip Streit

We are NOT Prisoners of the Past
We are Born Yesterday
The Second Axial Age
“We will go out into the world and plant gardens and orchards to the horizons, we will build roads through the mountains and across the deserts, and terrace the mountains and irrigate the deserts until there will be garden everywhere, and plenty for all, and there will be no more empires or kingdoms (…) no more slavery and no more usury, no more property and no more taxes, no more rich and no more poor, no killing or maiming or torture or execution, no more jailers and no more prisoners, no more generals, soldiers, armies or navies, no more patriarchy, no more caste, no more hunger, no more suffering than what life brings us for being born and having to die…”

Kim Stanley Robinson, The Years of Rice and Salt