
Preserving Hope: A New Model for Goal Setting

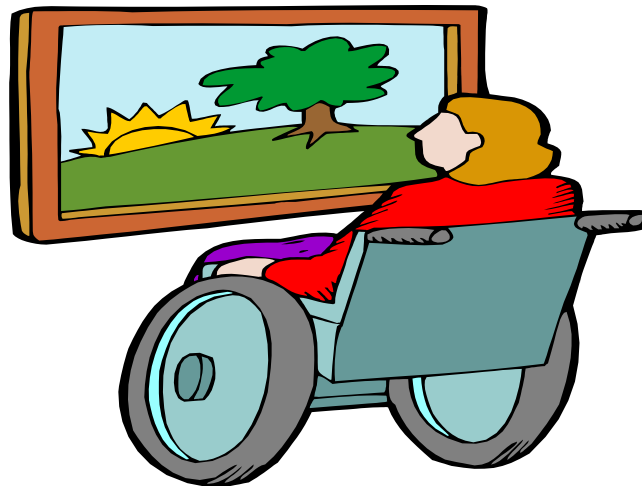
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What is 'Positive Psychology'?

- ▶ The field of positive psychology, at the individual level, “... is about positive personal traits—the capacity for love and vocation... interpersonal skill... future mindedness... and wisdom (Seligman p 3⁹)”



“Hope” (Snyder, 2000)

“a cognitive set that is based on a reciprocally-derived sense of successful ‘agency’ (goal-directed determination) and ‘pathways’ (which involves the planning steps necessary to meet goals)”



Definition

“Goals” are the means by which values and dreams are translated into reality (Locke 2002)



The loss of the ability to formulate one's own goals is disempowering and can be a significant factor in mood, treatment motivation, and expressed behavior (Davis, Lehman, Wortman, Silver, & Thompson, 1996; Dunn, 2000; Snyder, 1994; Snyder & Lopez 2002; Updegraff & Taylor 2000).



Current Goal-Setting Framework

- ▶ Based on pre-morbid activities.
 - ▶ Key informant interviews
 - ▶ Negotiations with survivor
- ▶ Medical Model
- ▶ The Multidiscipline Calvary
- ▶ Outcomes-Driven



Treatment Goals-- *Sample*

- ▶ *“Improve grip strength from _____ to _____.”*
- ▶ *“Increase hip flexion from _____ to _____.”*
- ▶ *“Improve deficit awareness.”*
- ▶ *“Attend pre-voc workshop.”*



Values Changes in Adaptation to Disability (Wright, 1983)

- > Containment of Disability Effect
- > Enlargement of the Scope of Values
- > Subordination of the Physique
- > Status change from Comparative to Asset Values



Values-Based

- ▶ “Honesty.”– *Self Domain*
- ▶ “Get along good with husband.”– *Relational Domain*
- ▶ “Get back to work.”– *Community Domain*

Consumer's VALUES



Proposed Goal-Setting Framework

▶ Consumer Values-Based

- ▶ Pre-injury vocational, service, spiritual, social, and interpersonal activities → VALUES:

- Self
- Relational
- Community



Example:

- ▶ SELF: “staying in shape” (fitness activity)
- ▶ RELATIONAL: “date night Fridays with husband”
- ▶ COMMUNITY: “attending church every Sunday and volunteering to pack Holiday Food baskets”



An Example...





Positive Psychological Perspective



Values-Based Goals



Pathways



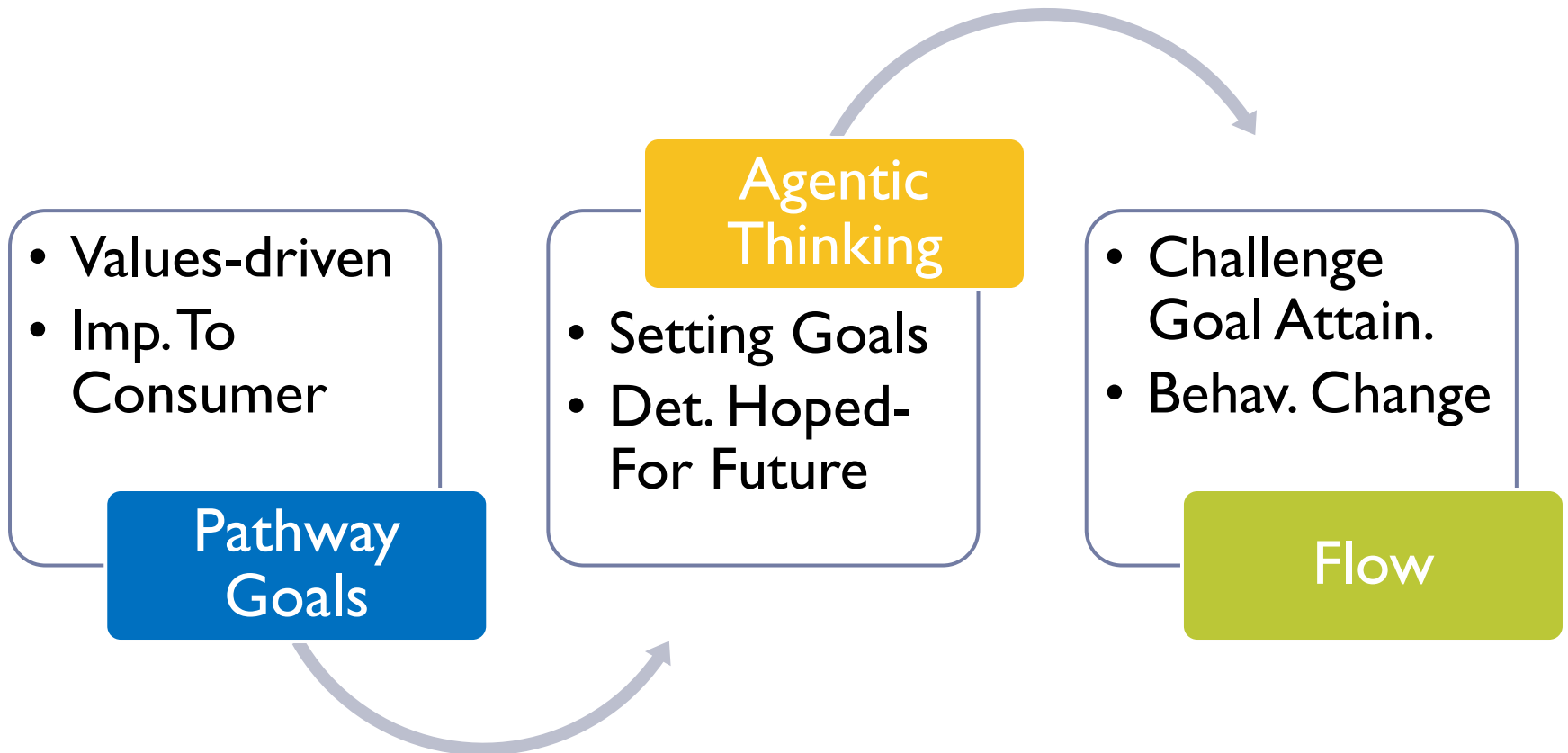
Agentic Thinking



Flow

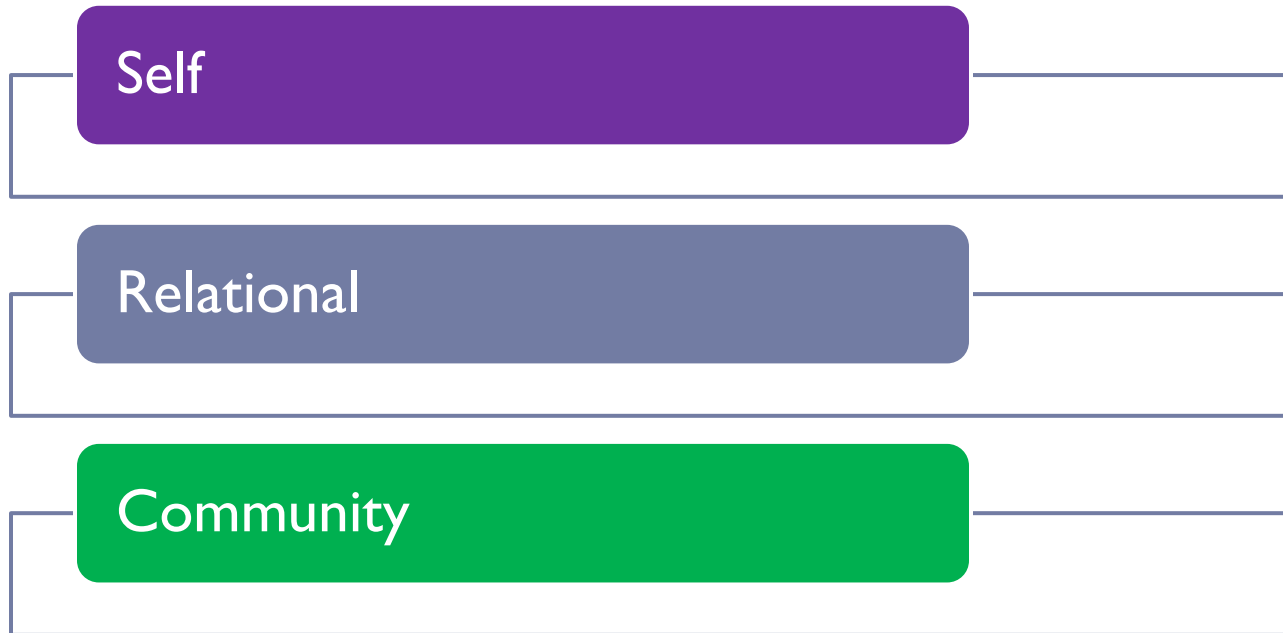


Model of Goal Development

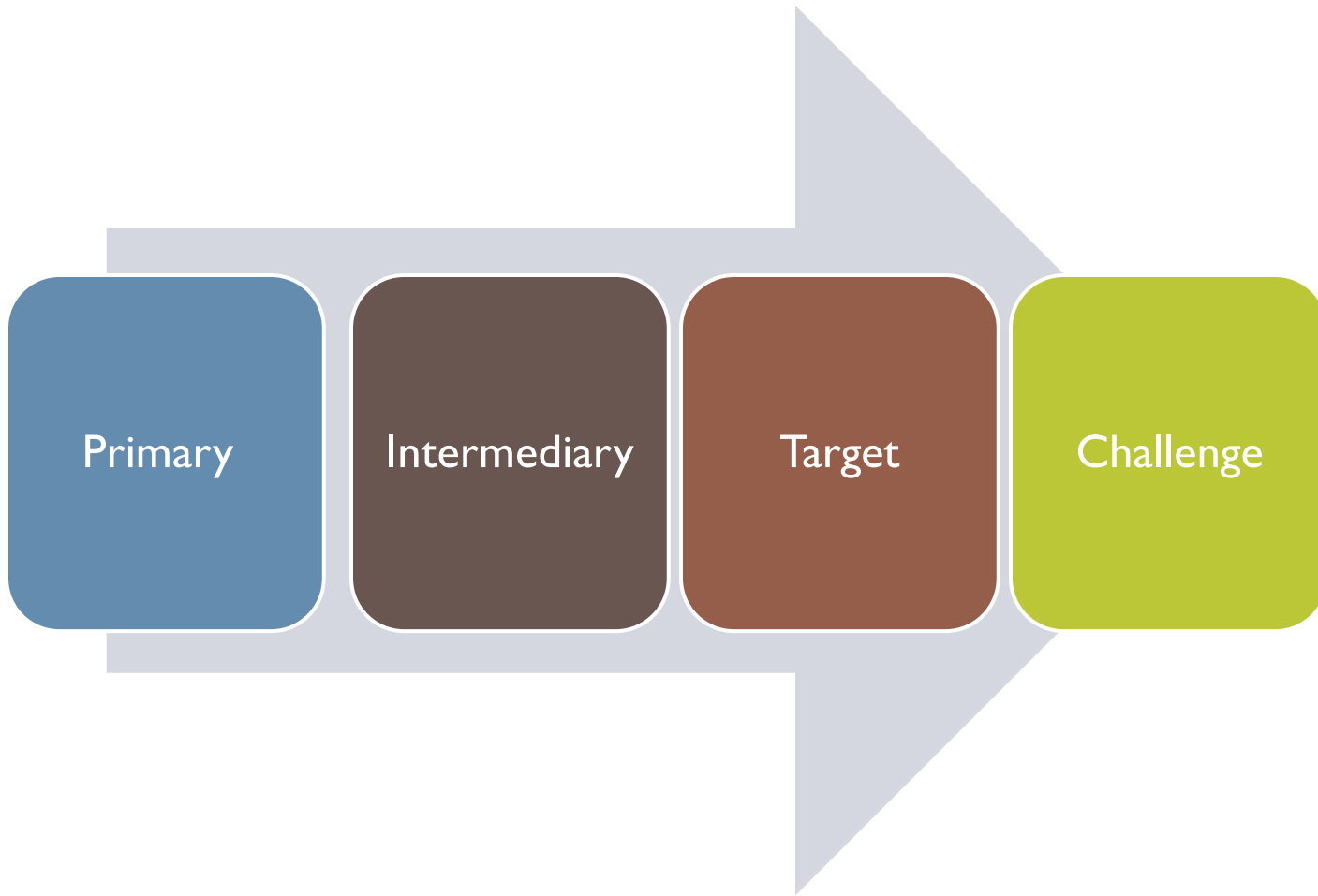


Three Domains, Four Levels

► Domains:



Levels



Barton, 2012

▶ **Challenge**

▶ **Goals:**

▶ 10. _____

▶ **Target Goals:**

▶ 9. _____

▶ 8. _____

▶ 7. _____

▶

▶ **Intermediary**

▶ **Goals:**

▶ 6. _____

▶ 5. _____

▶ 4. _____

▶

▶ As-Is

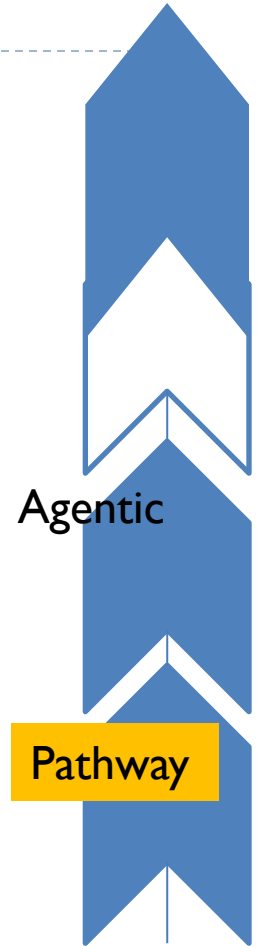
▶ **Primary**

▶ **Goals:**

▶ 3. _____

▶ 2. _____

▶ 1. _____



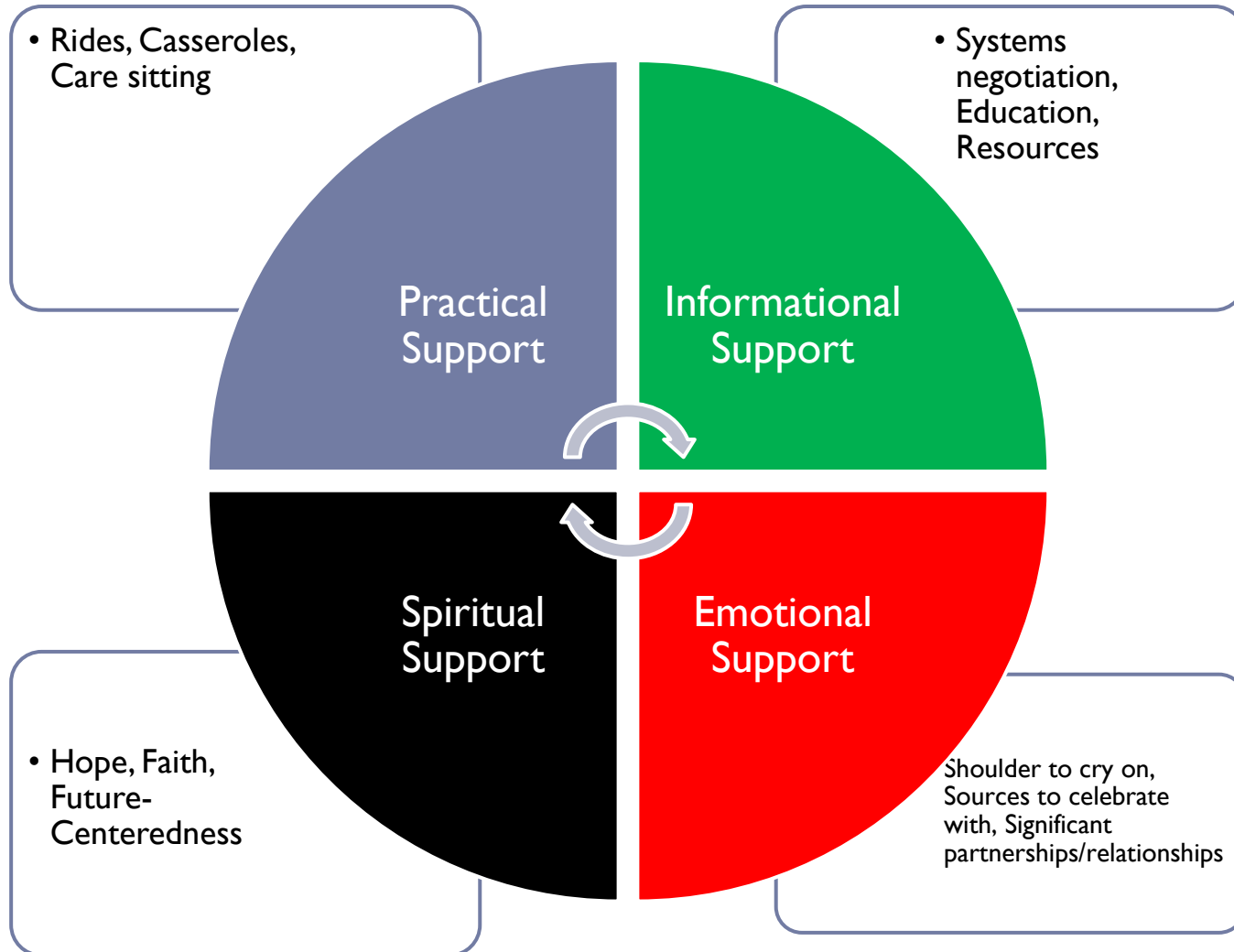
▶ Values Base:

▶ **SELF:**

▶ **RELATIONAL:**

▶ **COMMUNITY:**

“Support System” (Barton, 2012)



Survivor's Support System (Barton, 2012)

- ▶ Please rank each of these areas of support on a 1 = Low, to 5 = Excellent scale.
 - ▶ Informational Support— Do you feel you have people in your life that are especially experienced with brain injury, the medical system, or anyone else whose knowledge of brain injury or community resources you value? (0=no support; 5=substantial support) 0 1 2 3 4 5
 - ▶ Emotional Support— This is what we usually associate with a 'support system.' Who do you go to, to share disappointments and the important (and not-so-important) good things that have happened? How strong is your network in this area? (0=no support people; 5=lots of people I can talk to) 0 1 2 3 4 5
 - ▶ Practical Support— You need to go to a doctor's appointment or rehab. session... but the kids need to be picked up from school, and the dog needs to be walked... and someone needs to prepare dinner. Do you have people available in your life that can do these everyday things for you? (0=no one who will help; 5=I have strong support here) 0 1 2 3 4 5
 - ▶ Spiritual Support-- How strong is your source of Hope? Do you have a relationship with a Higher Power or similar belief system that makes you believe that tomorrow will be better than today? (0=I do not have Hope for the future; 5=I have extremely strong Hope or Faith) 0 1 2 3 4 5
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Questions and Feedback

