

# Eight Ways to Hope: Charting a Path through Uncertain Times



## 1-hour recorded asynchronous distance learning workshop!

Hope is an experience that every human being knows, but what is it actually? Just wishful thinking? In preparing to write his latest book, Prof. Miller found that hope is really an inter-related set of eight different experiences we can have when the future is uncertain. That's why his book is called *Eight Ways to Hope: Charting a Path through Uncertain Times*. "They are like different facets of the same diamond," Miller says, "all of which involve anticipating a better future." But what about false hope? Doesn't that just set us up for disappointment? False hope, he says, is merely one limited way of thinking about hope as probability, "but in a larger sense there is no such thing as false hope. The ways in which we choose to hope (or not) can and do shape the future." In this presentation Dr. Miller explains these eight different ways of hoping and urges us, when in doubt, to "Choose Hope!"

### Course Objectives

- Describe eight experiences of hope
- Describe the evidence base of the importance of hope related to client outcomes

### Instructor

William R. Miller, Ph.D.

After receiving my Ph.D. in clinical psychology at the University of Oregon, I have been at the University of New Mexico since 1976, where I retired as Emeritus Distinguished Professor of Psychology and Psychiatry in 2006. Understanding addiction and its treatment has been a wonderful medium for pursuing my fundamental interest in the psychology of change. It has also been a fertile field for exploring the historic interface between spirituality and psychology.

### Course Outline

- Introduction, Facets of Hope, Defining hope
- Fear & Hope; the Science of Hope
- Desire, Probability, & Possibility
- Placebo Effect
- Optimism, Trust
- Meaning & Purpose, Perseverance, Hope Beyond Hope
- Q&A

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## Continuing Education

- MI Center for Change is approved by the American Psychological Association to sponsor continuing education for psychologists. MI Center for Change maintains responsibility for this program and its content. As an APA-approved provider, (MI Center for Change) programs are accepted by the American Nurses Credentialing Center (ANCC). These courses can be utilized by nurses to renew their certification and will be accepted by the ANCC. Every state Board of Nursing accepts ANCC-approved programs except California and Iowa. State board requirements can change. Please check with your state board to confirm that CEs from an APA approved provider will be accepted.
- MI Center for Change has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7223. Programs that do not qualify for NBCC credit are clearly identified. MI Center for Change is solely responsible for all aspects of the program.
- MI Center for Change #1911, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval periods (8/20/24-8/20/25). Social workers completing this course receive 1 continuing education credits.
- MI Center for Change (CEA-100004-2) has been approved by the National Board Certified Health and Wellness Coaches (NBHWC) to provide continuing education for National Board Certified Health and Wellness Coaches. You will receive 1 hour of continuing education for completing this course.
- Regarding other licensures and certifications, you will be provided with a certificate of completion at workshop completion, with total workshop hours. You may submit your certificate, course objectives and trainer bio for to your licensure board for consideration. We encourage you to check if our CE will be accepted by your board.

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## How Eight Ways to Hope: Charting a Path through Uncertain Times course works

You will register by providing your name and email, and will be emailed your confirmation and login details. You will watch the video and then score a passing grade. Once you complete the quiz you will be prompted to complete the end of course evaluation. After completing the evaluation you will be emailed your certificate within 48 hours.

## Continuing Education Information

We do not provide partial Continuing Education credit for this course. Participants must complete the 1 hour of recorded asynchronous distance learning.

**Course Fee:** \$0

**Course recording date:** 1/20/2025

### What if there is a group at my agency that wants to take the training together?

Each individual must have their own device to sign in to their course. Email for more information [admin@micenterforchange.com](mailto:admin@micenterforchange.com)

**Individual Course Access:** Each member of the group must sign in the course individually using their own device. This ensures that all participants receive the proper accreditation and learning experience. Thank you for your understanding and cooperation. For more information or to register a group, please contact us at [admin@micenterforchange.com](mailto:admin@micenterforchange.com)

### System Requirements, Terms and Conditions:

Please take the time to read the [System requirements, Terms and Conditions](#) for attending MI Center for Change events. You may view the Grievance Policy in the Terms and Conditions [here](#). See our Cancellation Policy [here](#).

**Disability Accommodation:** Facilities are accessible to persons with disabilities. If you have a special need and plan to attend the workshop, please contact [admin@micenterforchange.com](mailto:admin@micenterforchange.com) or 828-279-4985