

Therapeutic Hope Research

John conducted additional research to determine if clients who experienced increases in hope also experienced increases in happiness. This suggests that with increases in hope come increases in happiness.

Scores on the Hope Scale* & the Subjective Happiness Scale correlated at .849**

*Leutenberg, E.R.A., & Liptak, J.J. (2016). The journey to transcendence. Bohemia, NY: The Bureau of At-Risk Youth.

**Lyubomirsky, S., & Lepper, H. S. (1999). A measure of subjective happiness: Preliminary reliability and construct validation. *Social Indicators Research*, 46, 137-155.