

# Therapeutic Hope Qualitative Research

## Qualitative Research Results

The Therapeutic Hope approach was tested with 138 in the public school system in Romania:

Trained school counselors and teachers using a strengths-based RELATIONSHIPS model of the Hierarchy of Hope. Some of the qualitative statements included:

John conducted qualitative research with students. Some of their comments included:

“I feel a lot less stressed.”

“I can do this.”

“I am more in control.”

“I don’t feel so anxious.”

“I am more certain about the future.”