

# Therapeutic Hope Research

## **Finding: Therapeutic Hope Enhances Resilience**

John conducted additional research to determine if students who experienced increases in hope also experienced increases in resilience.

**Scores on the Hope Scale\* & the Ability to Bounce Back Scale\*\* correlated at .861**

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

\*\*Leutenberg, E.R.A., & Liptak, J.J. (2011). The building resiliency workbook. Duluth, MN: Whole Person Associates.