

# Critical Hope and the Counseling Profession



THE UNIVERSITY OF ARIZONA  
The A Center

Dr. Treya T. Allen  
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## Presentation Workbook

This workbook is being provided by the session facilitator so that all participants will be able to access key activities and information from the presentation during the presentation. Please note that all slides will be made available to participants after the conclusion of the presentation. Participants are free to take screenshots of the materials in this presentation to better support their personal engagement.

Questions about the content of the presentation and workbook? Contact the facilitators: **Dr. Treya Allen**, [treya@email.arizona.edu](mailto:treya@email.arizona.edu)

## Learning Community Guidelines



Own your intent and impact.



Respect confidentiality.



Examine and sit with your reactions.



Be present and remain engaged.



Take care of yourself.



It's okay for us to be in different spaces and places.

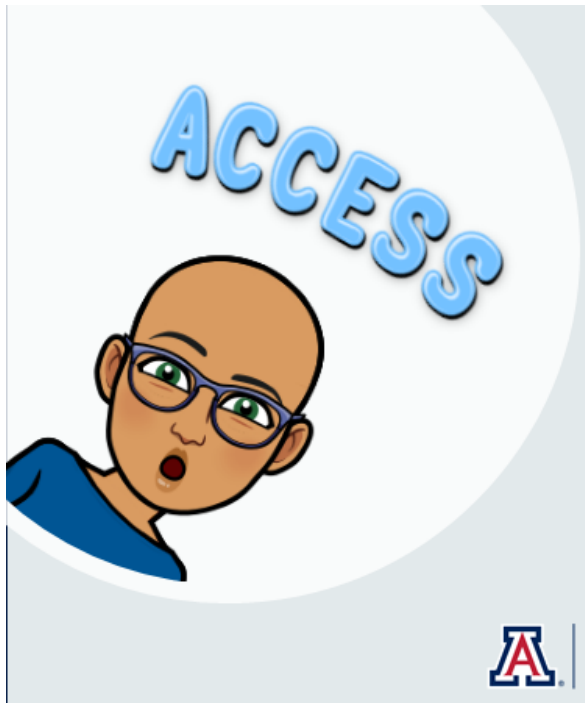


Our community standards help to set the tone for our shared experience, while giving us the tools that we need to hold one another accountable and call one another in.

Our community standards help to create a foundation for learning community. Learning communities differ from traditional learning spaces in that it recognizes that we are all coming to this space as both Teachers and Learners. Learning community acknowledges that each of us has something to contribute to this time together and allows each of us to leave our time together more enriched because of the contributions of the community.

**Please come back to these community standards as you have need during our time together.**

Slide 5



## Accessibility


Access For All

- Mute when not speaking
- Video when speaking
- Screen shots and slides are welcomed!

Ways to Engage

- Audibly
- Chat function
- Zoom Reactions

Presentation Workbook



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We recognize that engagement is an individual preference but accessibility is a universal right in this space. We value our learning community and welcome the many ways to engage in this space.

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Instructions: Following the guide of your facilitator, please place your questions in the Zoom Chat.



**Reminder: Please make sure that your chat is set to respond to everybody. Please make sure that you are mindful of our community guidelines within the chat function.**

## Slide 11



Critical Hope is comprised of three different types of hope. All must be present to constitute Critical Hope.

- a. Material Hope- originates from the sense of control students have when they are given the resources to "deal" with the forces that affect their lives (Syme, 2004)
- b. Socratic Hope- the required and painful examination of our lives and actions within an unjust society and the recognition that pain can pave the path to justice. (Duncan-Andrade, 2009)
- c. Audacious Hope- boldly stands in solidarity with underserved communities agreeing to share the burden of injustice and defies the dominant ideology of benefiting the privileged while sacrificing the marginalized other (Duncan-Andrade, 2009)

This slide is placed here for the accessibility of all participants.

Critical Hope defined: The ability to realistically assess one's environment through a lens of equity and justice while also envisioning the possibility of a better future (Dugan, 2017; Duncan-Andrade, 2009).

**This slide was placed here so that participants can have access to the definition of Critical Hope and the components that make up Critical Hope.**

## A Tale of Two Hopes

### Traditional Hope

- A feeling of expectation and desire for a certain thing to happen.
- To want something to happen or be the case.



### Critical Hope

- Provides a critique and understanding of inequities.
- Allows the individual to engage in the past and present simultaneously.
- Allows us to think through how we can collectively impact our communities through praxis (Freire, 1970).
- It allows us to support the work of the collective even if we never see the change in our lifetime (Bishundat et al, 2018).



Instructions: under the direction of the facilitator take some time to think about the following two questions. Please be prepared to share out or answer on your own time.



1. What is the difference between critical hope and hope?
2. What clarification do I still need around this concept?

Critical Hope defined: The ability to realistically assess one's environment through a lens of equity and justice while also envisioning the possibility of a better future (Dugan, 2017; Duncan-Andrade, 2009).



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# Stop. Pause. Think & Reflect



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Instructions: Following the direction of your facilitator, please be prepared to share out or reflect on the following:

Take a few moments to think about what we have covered to this point in the presentation.

1. What have you heard so far?
2. What questions do you have?
3. How do these concepts apply to you? Your position? Counseling?



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# How are you cultivating Critical Hope within yourself?



Instructions: Following the direction of your facilitator, please be prepared to share out or reflect on the following questions:

1. How are you cultivating Critical hope within yourself?
2. BONUS: How are you maintaining your critical hope?



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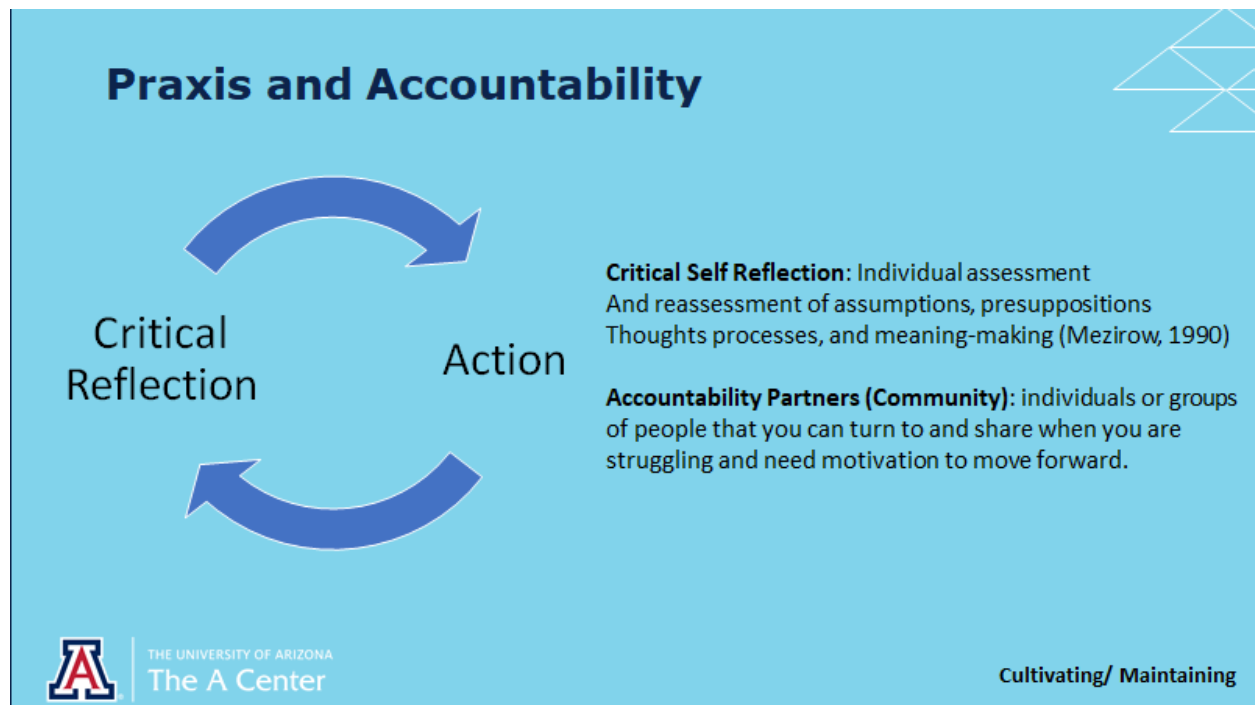


Slide 17

Table 7.2 Considerations and Reflections on the Enemies and Allies of Hope

<i>Enemies of Hope</i>	<i>Allies of Hope</i>	<i>Leadership Considerations</i>	<i>Reflection Questions</i>
Fear	Love	<i>Leading with love and passion as opposed to fear helps educators focus on addressing concerns rather than avoiding them</i>	<ul style="list-style-type: none"> <li>• Are you operating out of fear or love?</li> <li>• Are your actions and decisions made based on what you want to accomplish or what you are attempting to avoid?</li> </ul>
Apathy	Anger	<i>Apathy promotes disengagement, whereas anger, when leveraged productively can ignite action</i>	<ul style="list-style-type: none"> <li>• What is causing you to feel apathetic?</li> <li>• What are ways to productively express anger?</li> </ul>
Isolation	Community	<i>Educators who resist isolation by finding community can be more resilient leaders</i>	<ul style="list-style-type: none"> <li>• Who are the people that support and challenge you with care?</li> <li>• Who else may feel isolated?</li> <li>• How can you align with and draw support from allies?</li> </ul>
Despair	Struggle	<i>Educators can challenge despair by understanding the context and forms of resistance, but still choose to engage in leadership committed to the struggle</i>	<ul style="list-style-type: none"> <li>• What is the context of your struggle, who is involved, and what is at stake?</li> <li>• At what point do you choose to continue or to back out?</li> </ul>

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**Critical Reflection Questions:**

1. What type of harm could I be imposing on others intentionally or unintentionally through my advising practice/ advising process?
2. How can I act agentially to adjust these practices and reduce harm?
3. To what extent do I connect my agency in adjusting advising practices/ advising processes to be more equitable and to foster critical hope?
4. How do my social identities shape my views on and practice of advising?
5. How might this in turn influence my sense of critical hope?

**Accountability Partners:** You should be prepared to ask and answer the following questions to support themselves and their partners:

1. What grounds my critical hope?
2. What stokes the flame of my critical hope when it is low?

**Reminder/ Tips:**

- Build in time for praxis until this becomes second nature/ ingrained into your practices.
- Self-reflective homework is a requirement for continued growth
- No one grows in isolation. We are social beings- build your community.
- What we do for self will flow into every other part of our lives and relationships.

Slide 20



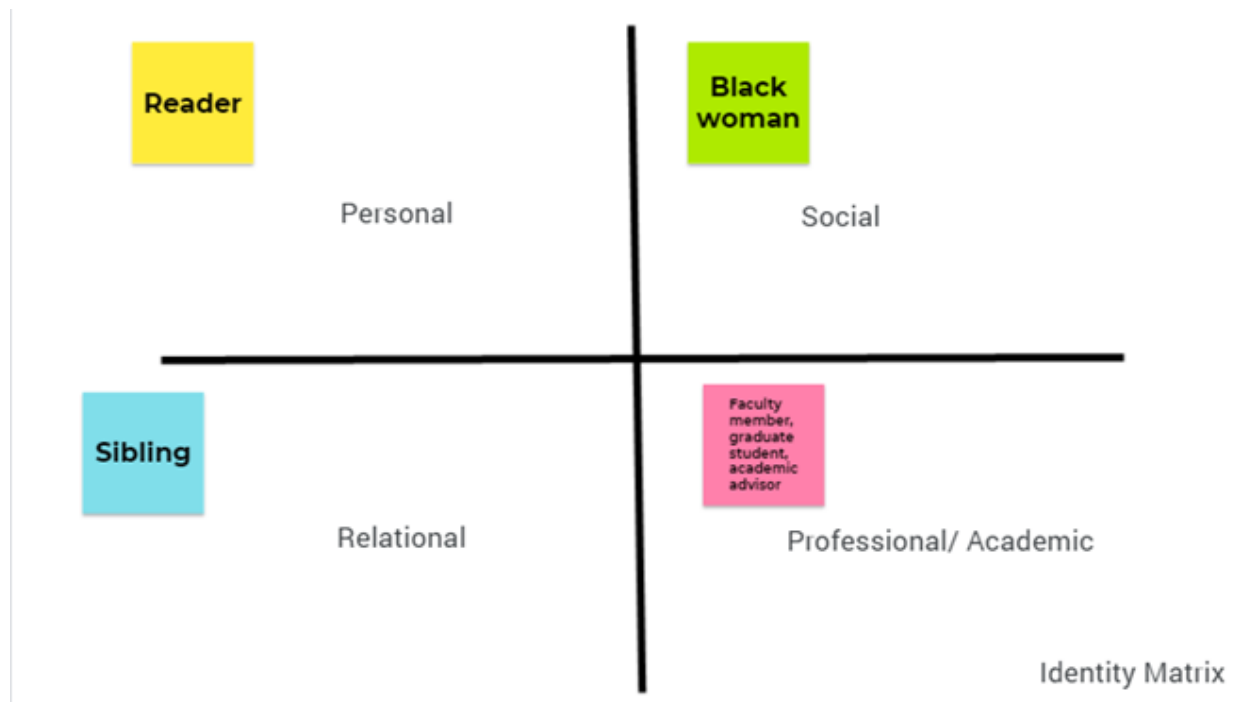
Considerations:

- We cannot give what we do not have- stop doing this!
- It is important to take care of our needs as they come up before we can support, serve anyone else.
- Healing goes beyond simply surviving or coping

Reminders/Tips:

- Complete a needs assessment-
  - What do you need for the different areas of your life?
  - Are you actively working to meet those needs first?
- Seek the support that you need outside of the institution
- Check your fuel often
- Take care of your basic needs
- Seek professional and cultural based support services

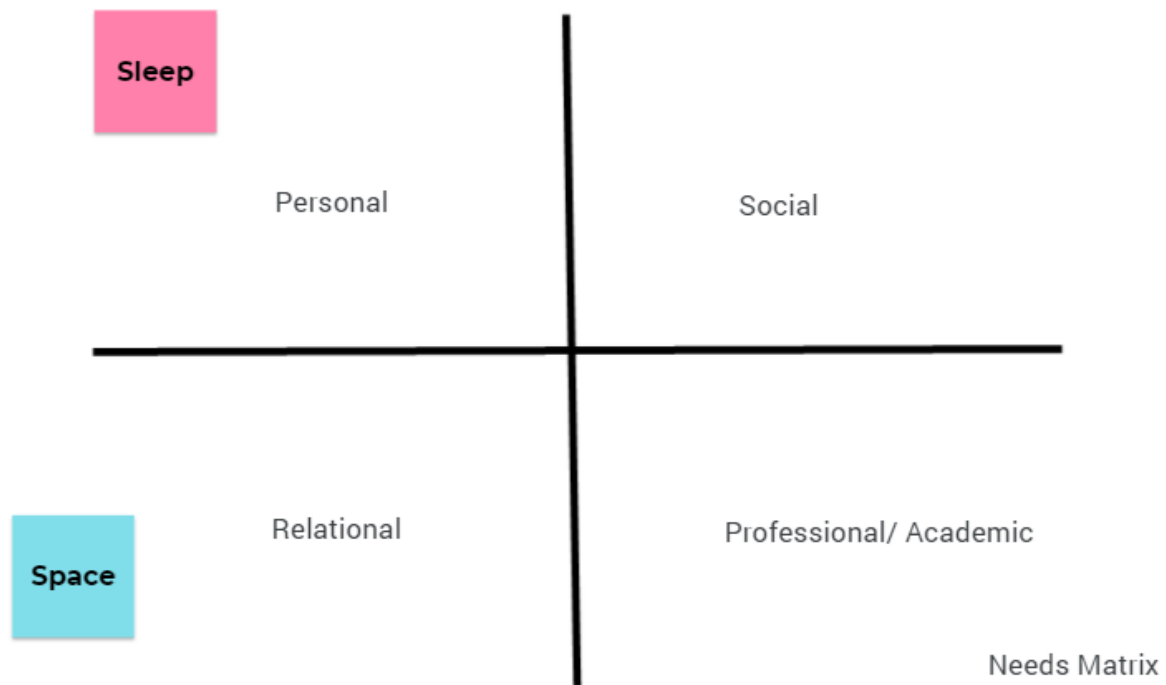
## Slide 21



Instructions: Following the direction of your facilitator, please be prepared to share out or reflect on the following questions:

1. Using a piece of paper, please create a matrix similar to the one shown above in the example.
2. Please place one label in each quadrant:
  - a. Personal
  - b. Relational
  - c. Social
  - d. Professional/Academic
3. Thinking through the different spaces (spheres) that you exist within:
  - a. What identities exist in those spaces (spheres)?
  - b. How might your identity shift based on the space (sphere)?

**Slide 22**



Instructions: Following the direction of your facilitator, please be prepared to share out or reflect on the following questions:

1. Please turn over your paper and create another matrix.
2. Please place one label in each quadrant:
  - a. Personal
  - b. Relational
  - c. Social
  - d. Professional/Academic
3. Thinking through the different spaces that you occupy and the different identities that exist in those spaces:
  - a. Make a note of all the needs you have in that space,
  - b. Make note of all the needs that you have for each identity in those spaces
4. Thinking through your identified needs:
  - a. Which spaces need more attention?
  - b. Where do you need additional support?
  - c. What is not receiving care?

## Slide 23



Critical Hope: the ability to realistically assess one's environment through a lens of equity and justice while also envisioning the possibility of a better future (Dugan, 2017; Duncan-Andrade, 2009).

### Reminders/Tips:

- Critical Hope is not the absence of struggle or negative events, situation, feelings, etc.
- Critical hope DOES NOT mean that you have to be happy/positive/feel love all the time.
- Critical hope is not about the suppression of feelings.
- Critical Hope requires truth, reflection. Preparation and imagination

## Chat Check In

What questions do you still have about Critical Hope?  
What are you still grappling with?  
What are you taking from this session?




Instructions: Following the guide of your facilitator, please be prepared to share out. Feel free to place your responses in the chat or unmute.

1. What questions do you still have about Critical Hope?
2. What are you still grappling with?
3. What are you taking from this session?



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## Slide 25



**Hope Quotient**

“Sometimes when the world starts to get complicated, you lose hope that you can do the things you thought you could do. You begin to actually no longer believe that the world change thing you were hoping to achieve, you can achieve. And so, while you are dealing with the complexity of the world, you’re going to have to affirmatively work on protecting your hope quotient. Your hope is vital to your capacity to change the world. I honestly believe that hopelessness is the enemy of justice. And injustice prevails where hopelessness persists.”

-Bryan Stevenson



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