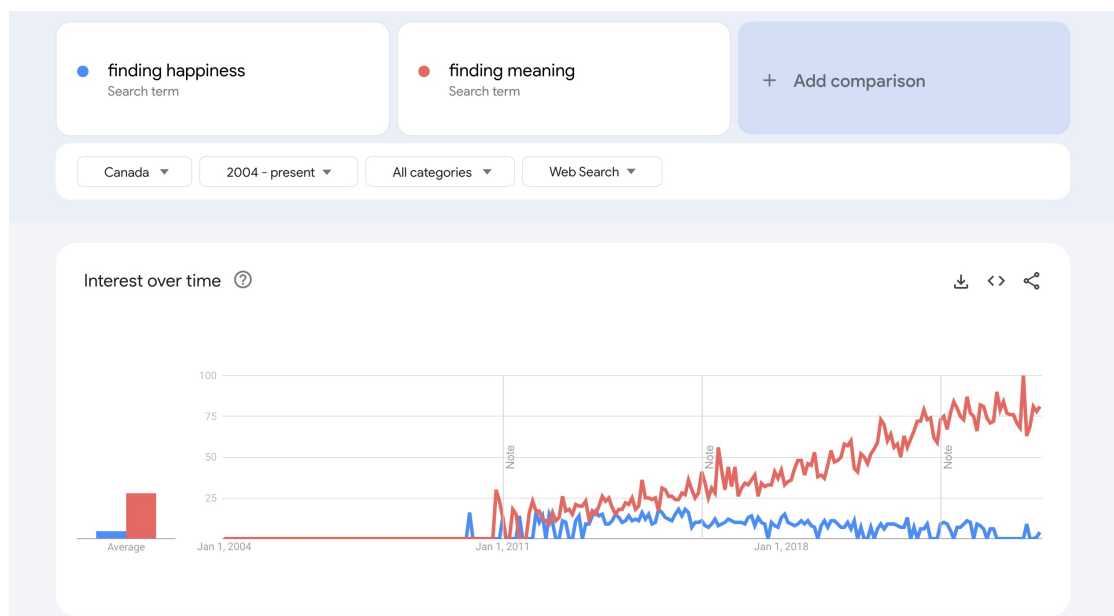


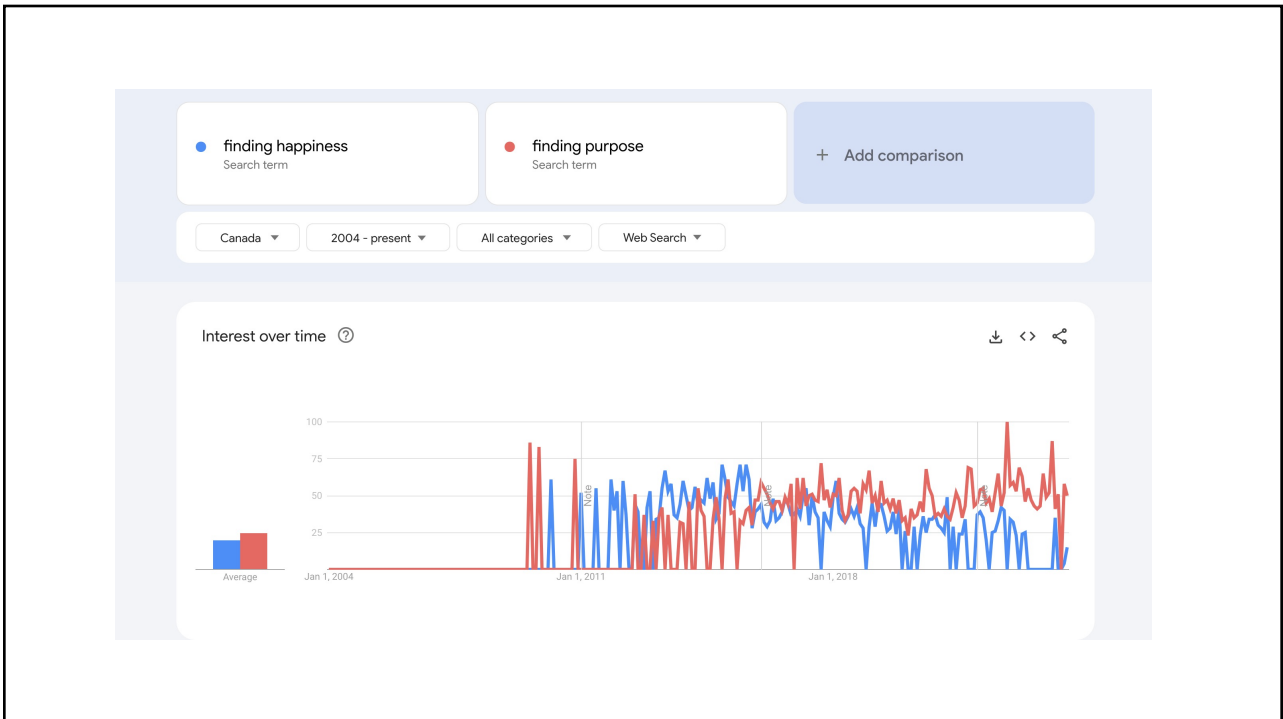
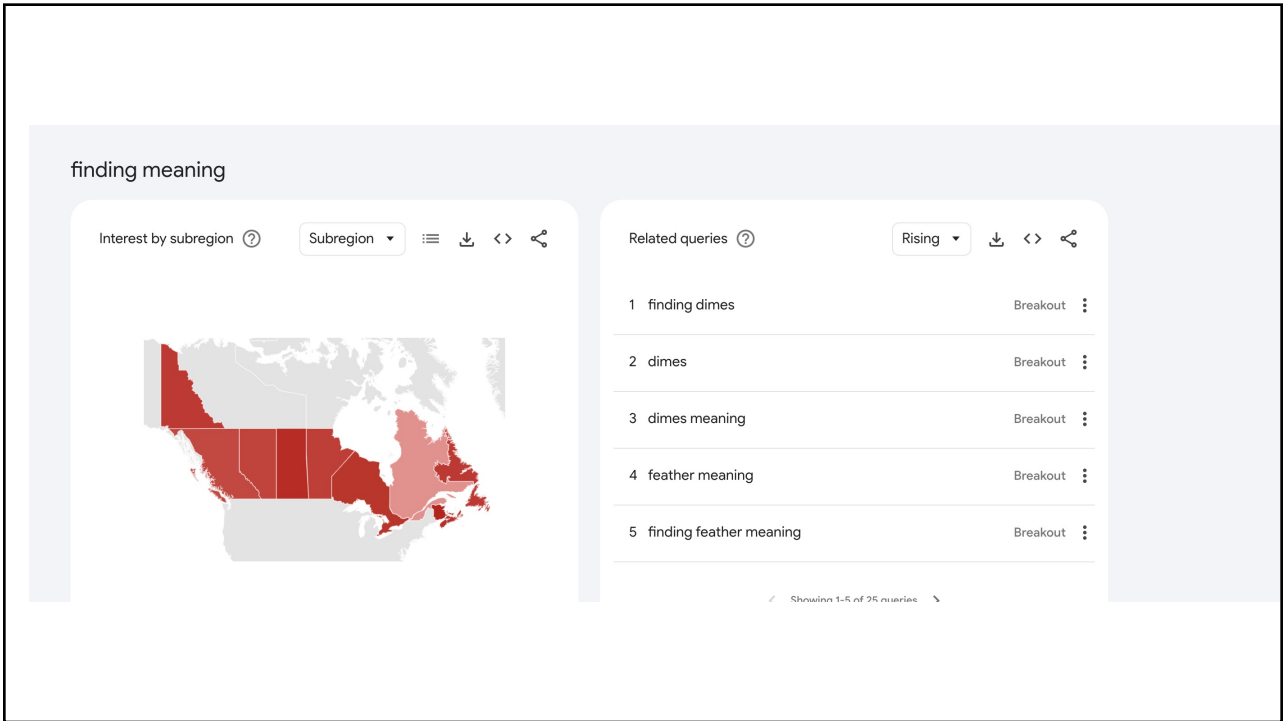
Meaning Based Therapy

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What makes a person
mentally healthy?



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*“Health is a state of complete physical,
mental and social well-being and not
merely the absence of disease or
infirmity.”*

-WHO



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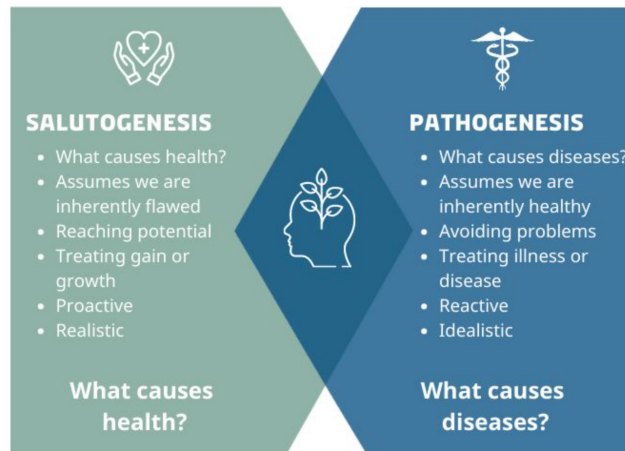
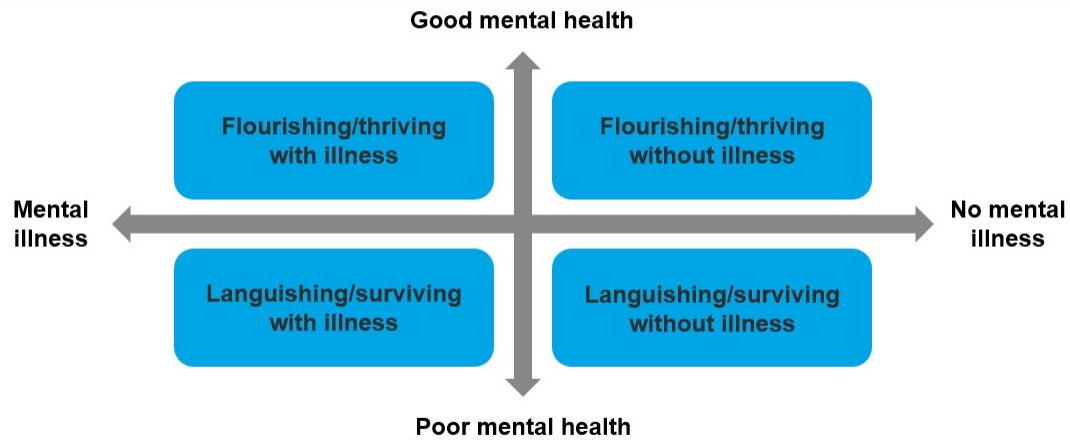


Figure 1: Salutogenesis vs. Pathogenesis (ICDK, 2023)

“Psychosocial well-being and psychopathology are two separate dimensions of mental health, a core construct in quality of life research.”

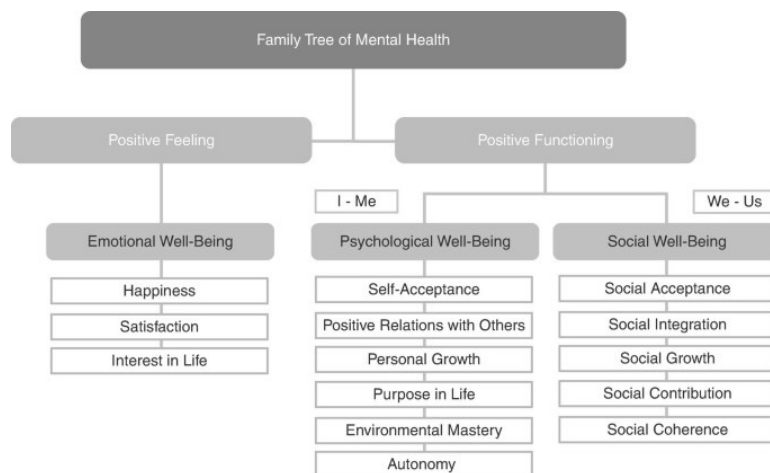
-Wissing et al., 2021

Corey Keyes' Dual Continuum Model

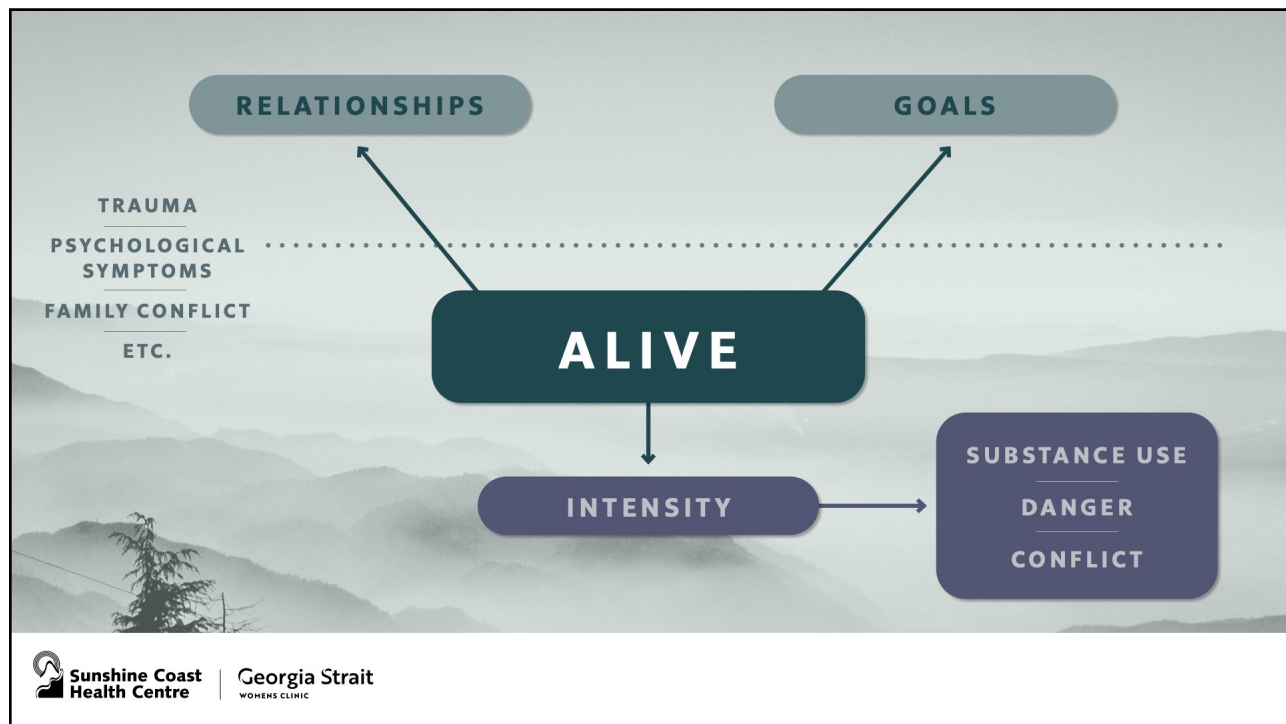


Capacity to Connect: Supporting Students' Mental Health and Wellness

16



Dr. Corey Keyes



Flourishing Versus Languishing

- | | |
|---|---|
| <ul style="list-style-type: none"> • Eudaimonic orientation (greater good) • Establish goals from a position of strength • View family as meaning due to being a source of joy • “we” focused • View work as a “passion” or “calling” • Health as meaningful as it provided peace | <ul style="list-style-type: none"> • Hedonic orientation (own happiness) • Establish goals as an effort to avoid something negative • View family as meaning due to being a source of support or identity • “me” focused • Viewed work as a “job” • Health as meaningful as an escape from stress |
|---|---|

Case Example- “John”

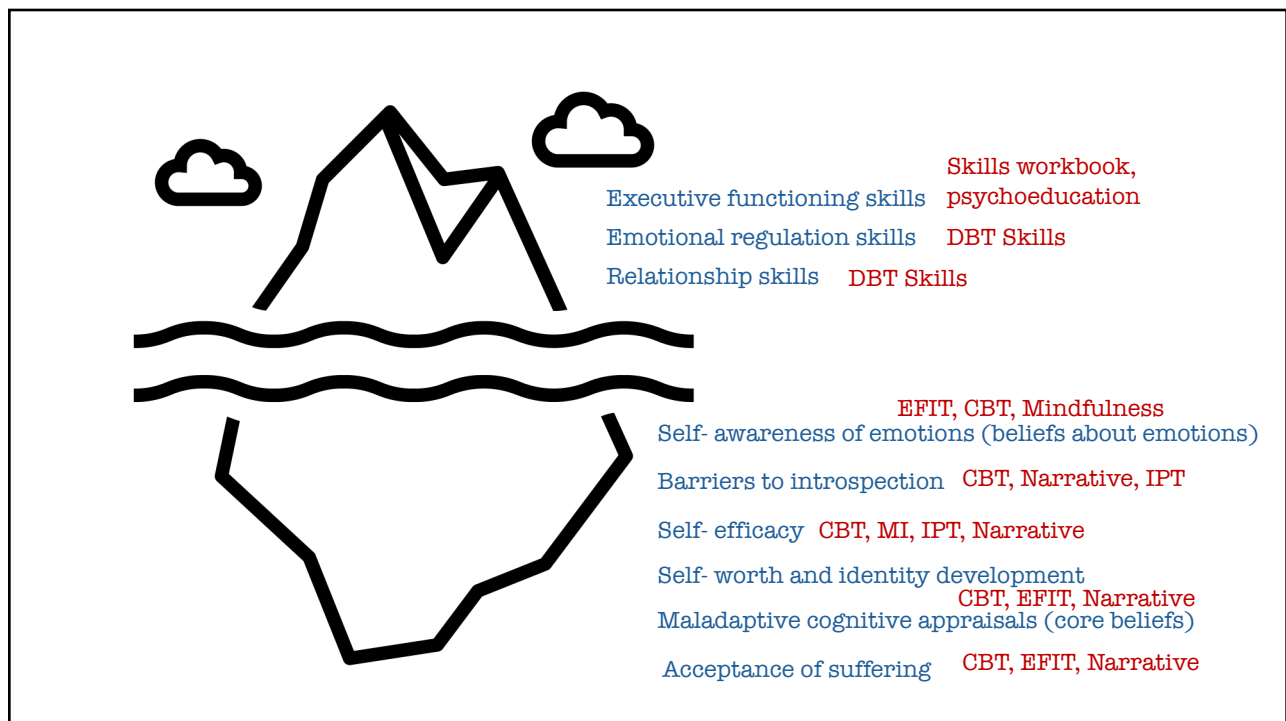
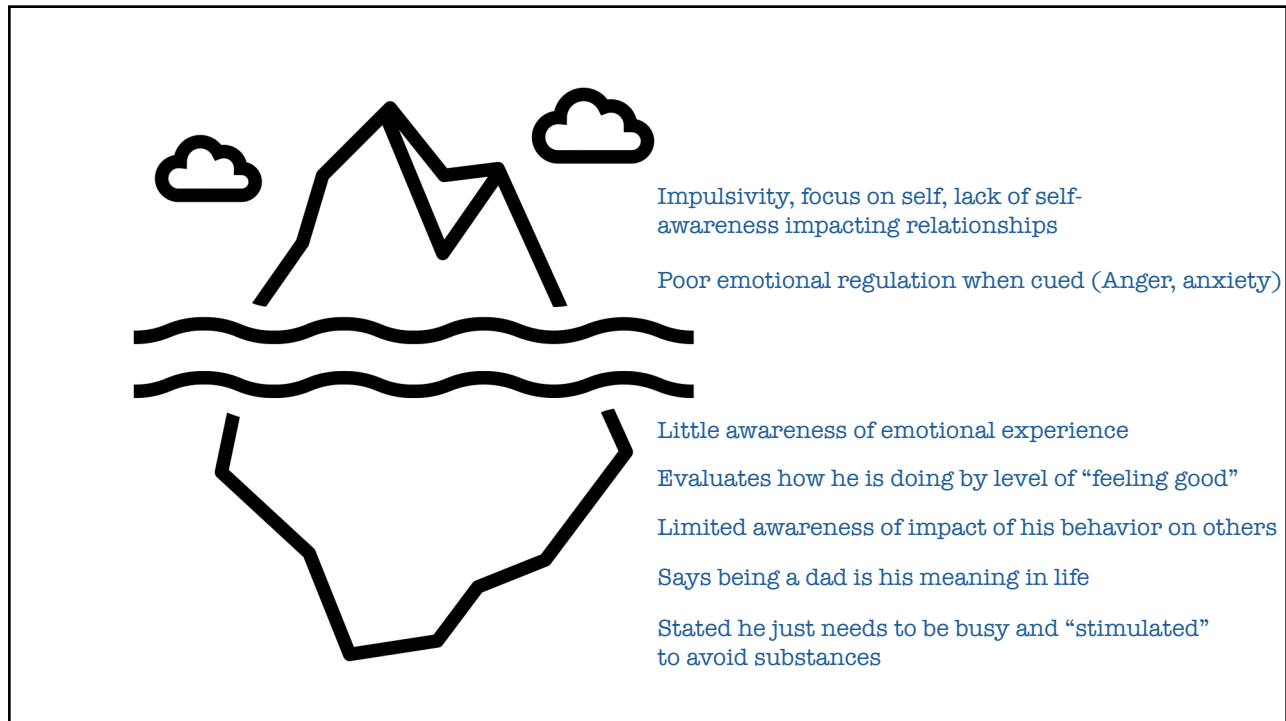
- Self stated goal- “stop using substances” and “improve mental health”
- Client questioned why he chose substances (DOC- alcohol and cocaine) and come to conclude that his primary reason for using was “ADHD” and suppressing his emotions
- Identified as having poor emotional regulation and grief being associated with increased substance use
- Presented as “stoked” “excited” hyperactive- difficulty relating to peers
- PTP- extensive list of activities to provide him “healthy stimulation”



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Questions to consider:

- What would being mentally healthier look like for John?
- What would you look for as evidence that John is pursuing a meaningful life?
- What skills does John need to maintain his mental health and flourish? What evidence is there that he has these skills?



Adult MHC-SF (ages 18 or older)

Please answer the following questions about how you have been feeling during the past month. Place a check mark in the box that best represents how often you have experienced or felt the following:

During the past month, how often did you feel ...	NEVER	ONCE OR TWICE	ABOUT ONCE A WEEK	ABOUT 2 OR 3 TIMES A WEEK	ALMOST EVERY DAY	EVERY DAY
1. happy						
2. interested in life						
3. satisfied with life						
4. that you had something important to contribute to society						
5. that you belonged to a community (like a social group, or your neighborhood)						
SEE BELOW 6. that our society is a good place, or is becoming a better place, for all people						
7. that people are basically good						
8. that the way our society works makes sense to you						
9. that you liked most parts of your personality						
10. good at managing the responsibilities of your daily life						
11. that you had warm and trusting relationships with others						
12. that you had experiences that challenged you to grow and become a better person						
13. confident to think or express your own ideas and opinions						
14. that your life has a sense of direction or meaning to it						

Note: The original wording for item 6 was "that our society is becoming a better place for people like you." This item does not work in all cultural contexts. However, when validating the MHC-SF, test both versions of item 6 to see which one works best in your context.

THE WHOQOL-BREF

		Very poor	Poor	Neither poor nor good	Good	Very good
1 (G1)	How would you rate your quality of life?	1	2	3	4	5

		Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
2 (G4)	How satisfied are you with your health?	1	2	3	4	5

The following questions ask about **how much** you have experienced certain things in the last two weeks.

		Not at all	A little	A moderate amount	Very much	An extreme amount
3 (F1.4)	To what extent do you feel that (physical) pain prevents you from doing what you need to do?	1	2	3	4	5
4 (F11.3)	How much do you need any medical treatment to function in your daily life?	1	2	3	4	5
5 (F4.1)	How much do you enjoy life?	1	2	3	4	5
6 (F24.2)	To what extent do you feel your life to be meaningful?	1	2	3	4	5

		Not at all	A little	A moderate amount	Very much	Extremely
7 (F5.3)	How well are you able to concentrate?	1	2	3	4	5
8 (F16.1)	How safe do you feel in your daily life?	1	2	3	4	5
9 (F22.1)	How healthy is your physical environment?	1	2	3	4	5

The following questions ask about **how completely** you experience or were able to do certain things in the last two weeks.

		Not at all	A little	Moderately	Mostly	Completely
10 (F2.1)	Do you have enough energy for everyday life?	1	2	3	4	5
11 (F7.1)	Are you able to accept your bodily appearance?	1	2	3	4	5
12	Have you enough money to meet your	1	2	3	4	5

Questions?



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