

# Applied Psychological Well-Being Toward a Contributive Future for Persons with Disabilities

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**DISCOVERING<sup>+</sup>  
THE POWER  
IN ME™**  
Creating a Future of Strength and Hope.

»» Designed and developed by people with disabilities.

# HOW IS DPM<sup>®</sup> DELIVERED?

## 12 VIDEO BASED MODULES:

*Facilitated by Internally Approved Facilitators*

- STEP 1** I'm in Control
- STEP 2** Essentials of My Life: Goals
- STEP 3** My Perception vs. Reality
- STEP 4** How My Mind Works
- STEP 5** How My Beliefs are Formed
- STEP 6** The Power of My Self-Talk
- STEP 7** Building a Stronger Me
- STEP 8** My Future in the Present Tense
- STEP 9** It's All About My Pictures
- STEP 10** Stretching My Comfort Zone
- STEP 11** Keys to My Significant Future
- STEP 12** The Choices are Mine

## EACH MODULE INCLUDES..

- Teaching by Lou
- Experiential Exercises
- Real Life Applications
- Personal Reflection
- Peer Counseling

# EXPECTED BENEFITS

- Dramatic peer to peer learning experience
- Improved self-management skills
- Amplified self-motivation
- Increased accountability
- Expanded creativity
- New found ability to design their future
- Support for transition to employment

# Applied Psychological Well-Being Toward a Contributive Future for Persons with Disabilities

## Research Team

- Aaron Chan, B.Sc (Pharm)
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- Andrea Townson, MD, FRCPC

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- BC Rehabilitation Foundation
- Spinal Cord Injury Solutions Network (SCISN)
- The Pacific Institute
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## Research Aim

- Assess the “Discovering the Power in Me (DPM)” program in a rehabilitation hospital as a “best practice” for SCI

## Rehabilitation Aim

- Improve participants' locus of control in their own lives:
  - ◇ self-efficacy ◇ self-esteem ◇ participation in life activities ◇ quality of life.
- Build hope , strength, goal setting, & resiliency

# Patient Inclusion Characteristics

- Spinal cord cord injury  
(American Spinal Injury Association [ASIA] Impairment Scale – A, B, C, D)
- Any traumatic or non-traumatic etiology
- No significant cognitive impairment
- In acute inpatient phase (less than one year post-injury) or is living in the community (greater than one year post-injury)

# Methods

- **Design:** Contribution analysis of program delivery
- **Setting:** GF Strong Rehabilitation Centre
- **Patients:** Eleven adult spinal cord injury subjects
- **Program:**
  - Pre and Post Seminar questionnaire completion
  - Followed by 1, 3, and 6 month follow up questionnaires

# Outcome Measures

- *Multidimensional Health Locus of Control (MHLC)*
- *Moorong Self-Efficacy Scale (MSES)*
- *Rosenberg's Self-Esteem Scale (RSES)*
- *Reintegration to Normal Living (RNL) Index*
- *Life Satisfaction Questionnaire (LISAT-11)*

# DPM Resulted in:

- Noticeable improvement in self-esteem
- Improvement in reintegration to normal living
- Quality of life scores - a general slight increase
- No harm

# Next Steps of Research to Include

- Determining the optimal time to receive DPM
- Increasing effectiveness of coaching materials

# Global Applications



- » Major Trauma Hospital
- » Workers Compensation
- » Charitable Support Organizations
- » US & Canadian Military
- » Rehabilitation Consultants
- » Employment Service Providers



Thank you for your  
attention !

Questions?