



THRIVING MADLY

Madness: A petri-dish for wisdom development

PRESENTED BY
HANNAH WHITTAKER-KOMATSU



The Rainbow



Wisdom

WHAT IS IT?

Implicit
vs explicit

"Wisdom is the integration of the affective, conative, and cognitive abilities in response to life's tasks and problems.

Wisdom is a balance between the opposing valences of intense emotion and detachment, action and inaction, and knowledge and doubts.

It tends to increase with experience and therefore age but is not exclusively found in old age."

– Birren, J.E & Fisher, L.M. (1990)

(Birren, J. E. & Svensson, C. M., 2005, p.16).

General
Wisdom
vs
Personal
Wisdom

Cultural
differences

General Wisdom

COMPONENTS

STAUDINGER, U.M. (2013)



Relativism of values
and life priorities



Rich factual
knowledge

Berlin
(General)
Wisdom
Paradigm



Lifespan Contextualism



Recognition and
management of
uncertainty

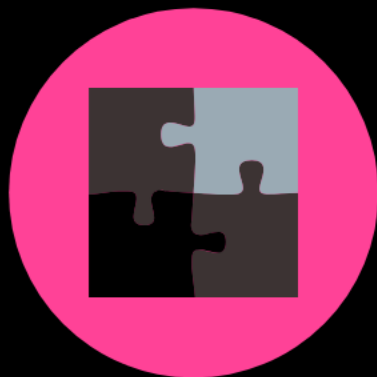


Rich procedural
knowledge

Personal Wisdom

COMPONENTS

STAUDINGER, U.M. (2013)



Interrelating
the self



Rich
Self-knowledge



Tolerance of ambiguity



Self-relativism



Heuristics for growth
and self regulation

What develops wisdom?

Life experiences

- Crisis and obstacles that challenge existing worldviews (Ardelt 2005)

Repeative experiences

- Practice

Time - lifespan development

Transgressions

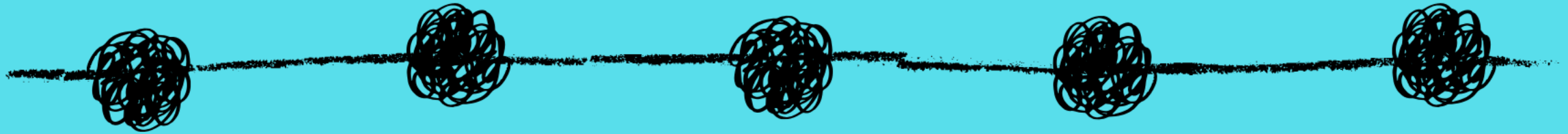
- Provide an opportunity to reflect in ways that can develop wisdom (Mansfield, C. D., McLean, K. C. & Lilgendahl, J. P. 2010)

Interplay between resources and life experiences



The MORE Life Experience Model

Gluck, J. & Bluck, S. (2013)



Sense of Mastery

- Sense of being able to weather the storms
- Taking charge of ones life
- Dialectical in nature

Openness

- Multiple perspectives
- Interested in learning
- Tolerance of difference
- See and accept others as they are

Reflectivity

- 'Big picture' view
- Reflect on their own worldviews, feelings and behaviour
- Life reflection- life insight - self insight
- Growth orientated

Emotional Regulation

- Perceive a full range of emotion, in depth
- Respond to emotion in contextually appropriate ways

Empathy

- Choose to "put themselves in another's shoes"
- "Empathetic concern"
- Does not take on others pain as one's own

Post-Traumatic Growth through Mental Distress

Slade M, Rennick-Egglestone S, Blackie L, et al. (2019, 28 June).

Self Discovery

Having a fuller and deeper understanding of oneself.

Sense of self

Development of a more positive sense of self.

Life perspective

New or renewed appreciation of or gratitude about aspects of life.

Well-being

More active engagement in, and management of, one's own wellbeing and lifestyle

Relationships

More actively choosing and valuing relationships with others.

Spirituality

Deeper engagement with spirituality, religious and existential endeavours.

Possible contributions to Wisdom according to Berlin General Wisdom Paradigm

	RICH FACTUAL KNOWLEDGE	RICH PROCEDURAL KNOWLEDGE	LIFESPAN CONTEXTUALISM	REALTIVISM OF VALUES AND LIFE PROITIES	RECOGNITION AND MANAGEMENT OF UNCERTAINTY
SELF DISCOVERY (4)		XXX	XX	XXX	XXX
SENSE OF SELF (3)		XX	XX		XX
LIFE PERSPECTIVE (4)	XX	XX	XXX		XXX
WELL-BEING (2)	X	XX			X
RELATIONSHIPS (3)	XXX	X		XX	XX
SPIRITUALITY (2)					XX

Possible contributions to Wisdom according to Bremen Personal Wisdom Measures

	RICH SELF KNOWLEDGE	HEURISTICS FOR GROWTH AND SELF REGULATION	SELF RELATIVISM	INTERRELATING THE SELF	TOLERANCE FOR AMBUGUITY
SELF DISCOVERY (4)	XXXXX	XXXXX	XXXXX	XXX	XXX
SENSE OF SELF (3)	XXX	XX	XX	X	XX
LIFE PERSPECTIVE (4)	X	XXXXX		XXX	XX
WELL-BEING (2)	X	XX	X		X
RELATIONSHIPS (3)	XX	XXXX	XX	XXX	X
SPIRITUALITY (2)	XX	XX	X	X	XX

Possible contributions to developing MORE Wisdom Resources

	SENSE OF MASTERY	OPENNESS	REFLECTIVITY	EMOTIONAL REGULATION	EMPATHY
SELF DISCOVERY (4)	X	X	XXXXX	XXXXX	XXX
SENSE OF SELF (3)	XXX		X	XX	XX
LIFE PERSPECTIVE (4)	XX		XXX	XX	X
WELL-BEING (2)	X		X	XX	X
RELATIONSHIPS (3)	X	X	XX	X	XXX
SPIRITUALITY (2)	XX	XX	XX	XX	XX

FURTHER POSSIBILITIES

Considering how
clinicians and peer
workforce journey
alongside humans



Further research



Framing of
Madness



Gather Mad
Wisdom





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