



Fostering Joy in Audiology!

AUCD/ITAC
Presentation

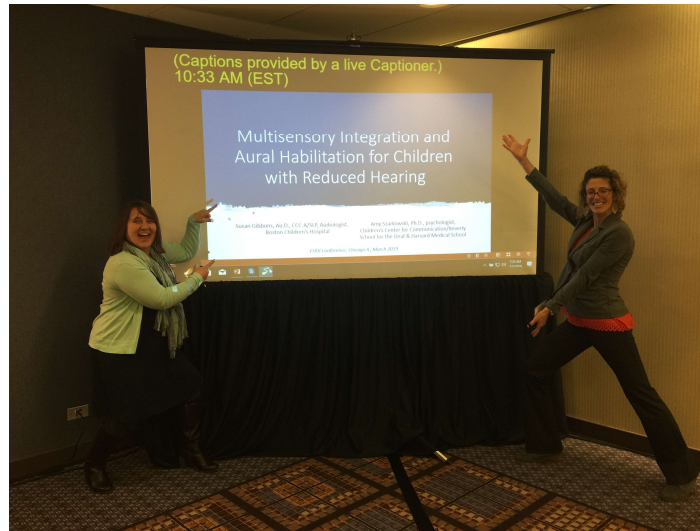
Amy Szarkowski
Sue Gibbons

May 2023

When was your last joyful experience?

What kinds of experiences give you joy?

A Few of Our Joyful Things – What about Yours?



Is Joy the Same as Happiness?



The difference between joy and happiness lives in the mind and heart.

Joy is in the heart. Happiness is on the face.
Joy is of the soul. Happiness is of the moment.
Joy transcends. Happiness reacts.

Joy runs deep and overflows, while happiness hugs hello.

Joy is a practice and a behavior. It's deliberate and intentional. Happiness comes and goes blithely along its way.

Joy is an inner feeling. Happiness is an outward expression.

Joy endures hardship and trials and connects with meaning and purpose.

A person pursues happiness but chooses joy.



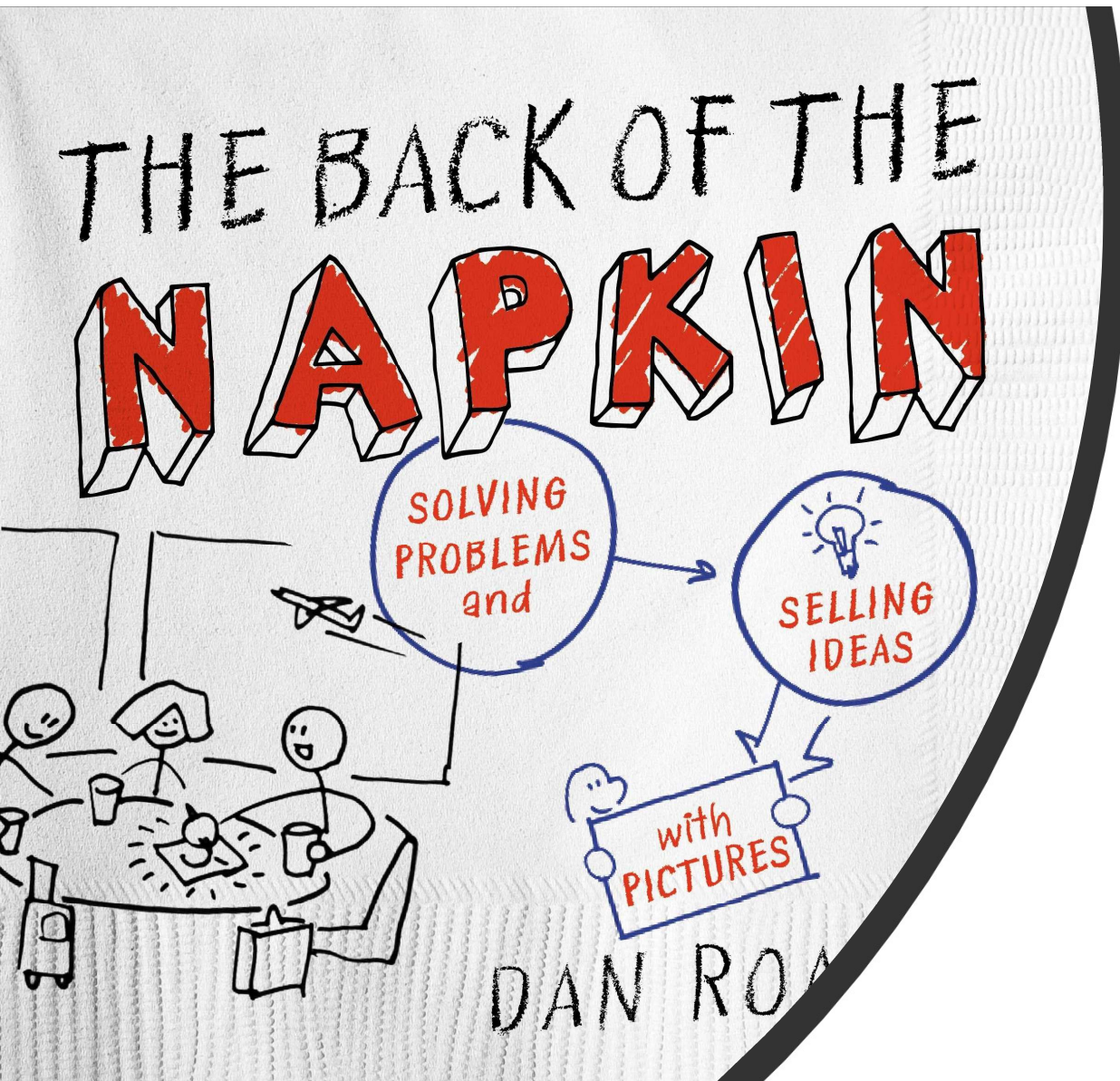
“Joy is present inside everyone as an untapped reservoir of potential.” (www.compassion.com)



Joy in Families

Let's Hear What Some Families Have to Say...





Background of
the Fostering Joy
Movement

Our own
“napkin” moment



HANDS &
VOICES™





Fostering Joy: Family- Professional Collaboration

With D/HH Adults
Core Team & Working Groups

When and how do you
feel joy in your work?



The Argument for Joy's Importance in Our Work

Parents of DHH children with high stress - greater emotional difficulties and reduced socio-emotional development (Hintermair, 2006)

Families with DHH children - having insufficient - greatest negative impact on Family Quality of Life (Jackson, Wegner & Turnbull, 2010)

Caregivers' attention, attunement, and foster engagement with child → influences social and emotional development (Bornstein, Suwalsky & Breakstone, 2012)

Parental attitudes, involvement, social support, expectations, and problem-solving skills → academic and social development of children who are DHH (Calderon & Greenberg, 2011)

Bringing JOY into
the conversation
about supporting
children who are
deaf or hard of
hearing





Appraisals of Parenting a DHH Child

- Truly knowing the child
- Appreciating everyday positives
- Increased involvement with the child
- Relishing the “highs”
- Taking less for granted
- Letting go of former expectations
- Becoming an advocate
- Personal growth

Szarkowski & Brice, 2016

Neuroscience of Joy

Where you focus your attention, you
“re-wire”

Joyful meditations

Can cultivate kind attitudes to self,
others, and one’s situation



Sood, 2012; Church, 2020

Paying Attention to the Good More than the Bad
Rewires the Brain for Happiness
(Hanson, 2020)



Counter the Brain's Negativity Bias

(Elhalal, 2021)



The Brain's Circuits for Well-Being



(centerhealthyminds.org)

1. “Our ability to maintain positive states”
2. “Our ability to recover from negative states”
3. “Our ability to focus and avoid mind-wandering”
4. **“Our ability to be generous”**

(Dalai Lama and Desmond Tutu, 2016)



SCIENCE

Focusing on others' good fortune - or thinking about one's own – activates the brain's reward system

Zeng et al. (2016) & Casioppo (2020)

Slide 19

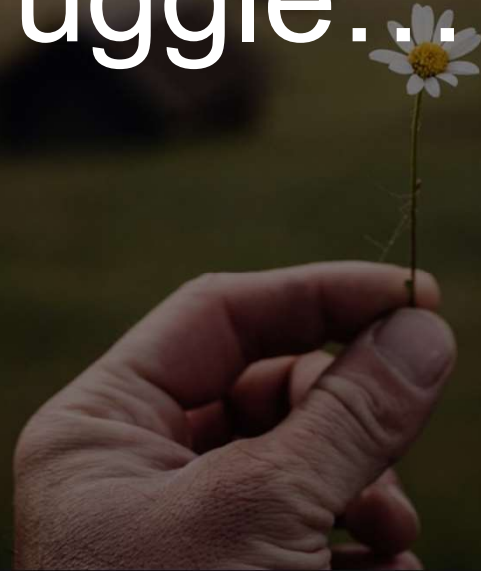
GS10 In the process of sharing, joy itself may get amplified.

Gibbons, Susan, 12/7/2021

GS11 Happiness spreads up to three degrees of separation, and those who are surrounded by happy people are more likely to be happy...perhaps the same is true for joy

Gibbons, Susan, 12/7/2021

“Nothing Beautiful without
Struggle...” -Plato



“Joy Broadens People’s Attention and Thinking”

—Oxford Companion to Emotion and the Affective Sciences

Differences in Joy Experiences





Joy May Differ Across Cultures & Contexts

(Underwood, 2020; Van Cappellen, 2020)

Slide 23

GS9

Also, think about how a culture may feel about when it is appropriate to exhibit certain emotions. Some cultures may have different words for "joy"

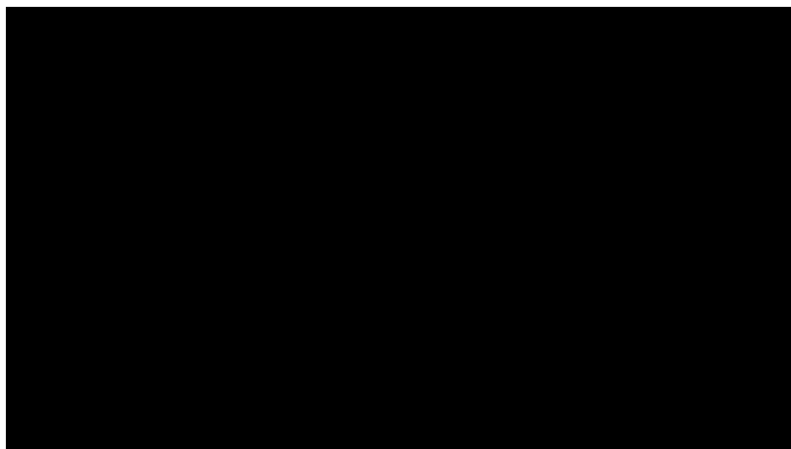
Gibbons, Susan, 12/7/2021



Is it
Appropriate to
be Joyful in
Audiology
Appointments?

(Ndc.org.uk)

Fostering JOY in Our Practice as Audiologists...



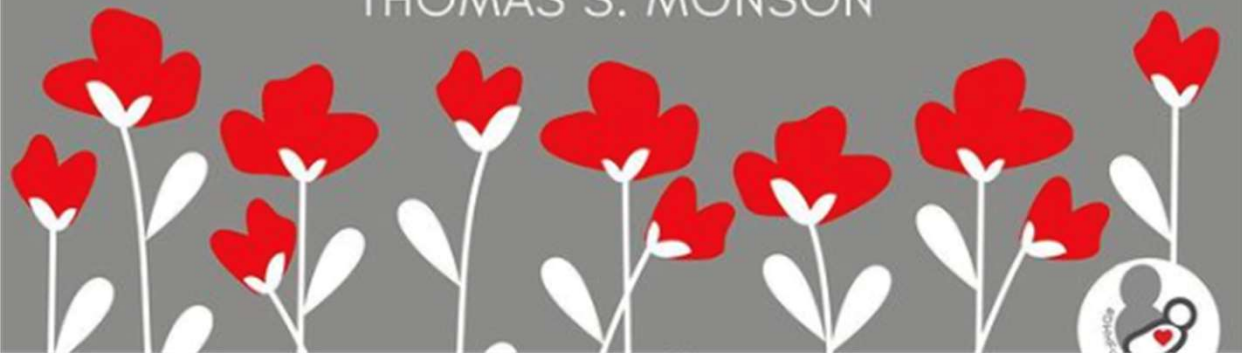
Fostering Joy Here in Our Interprofessional Lives...

- We are a “Network of Compassion”
- Whenever you give out energy, you always get it back one way or another...but not always from the person you gave it to
- Recognizing we are an interdependent community



*Of this be sure:
you do not find
the happy life,
you make it*

THOMAS S. MONSON



The science suggests that, even in tough times, we can create joy.

How will you do that?

Any thoughts/comments you would like to share?

Some Resources:



JOYFUL PROMPTS & ACTIVITIES IDEAS FOR WORKING WITH FAMILIES

Prompts for Opening a Joy-Filled Family Session



Activities to Promote & Highlight Moments of Joy

- Start and end each session by discussing a moment of joy from the family's week
- Identify and point out moments of connection and joy during a family session
- Capture joyful moments in a photo and share with the family
- Encourage families to create a "Joy" album on their phone and add to it daily
- Build "joy-reflecting" into daily routines, such as meals or bedtime
- Make joy a focus of programming
- Encourage families to document their joy in the Fostering Joy Journal



Connect, share, and tag your joyful moments

Visit our website
 Fostering_Joy - Professionals
 DHHFosteringJoy

Fostering Joy is a family/professional movement celebrating the joy of raising and supporting children who are deaf or hard of hearing.

(<https://cccbds.org/programs/institute/fostering-joy-professionals/>)



JOY IN WORK

A WEEKLY WORKSHEET FOR REFLECTION

WEEK OF:

Joy in working with students and families	Joy in professional growth	Joy in collaboration
Joy in self-care	Joy in personal growth	Joy in facing adversity

For more information and additional copies, please visit our website.



Fostering Joy is a family/professional movement celebrating the joy of raising and supporting children who are deaf or hard of hearing.

Updated 3/2021

Become a JOY Ambassador!

Facebook groups

Instagram

Hands & Voices website
(Families)

The Institute website
(Professionals)

Ideas? Please share them!



Sites and Resources for Joy for Professionals

For professionals:

- <https://cccbsd.org/programs/institute/fostering-joy-professionals/>
- www.facebook.com/groups/dhhfosteringjoyprof/



Sites and Resources for Joy for Families



- <https://handsandvoices.org/resources/fostering-joy.htm>
- Fostering Joy – Families (closed Facebook Group)



**THE JOYS OF RAISING DEAF OR
HARD OF HEARING CHILDREN**
Family Tip Sheet



TIPS

Fostering Joy is a family/professional

- Find something to be grateful for everyday.

Download Tip Sheets Translated
Into These Languages:

[English](#)

[Spanish](#)

[French](#)

[Hmong](#)

[Italian](#)

[Somali](#)

[Urdu](#)

[Mandarin](#)

[Japanese](#)

[Thai](#)

Resources are Available
& Growing

<https://handsandvoices.org/resources/fostering-joy.htm>

Choose “Defiant Joy!”



We are
grateful for
your time &
attention 😊

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**THANK
YOU**