Visualizing Career Pathways with the Bridge Drawing with Path (BDP)

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Meaning in Life

the web of connections, understandings, and interpretations that help us comprehend our experience and formulate plans directing energies to the achievement of our desired future. Meaning provides us with the sense that our lives matter, that they make sense, and that they are more than the sum of our seconds, days, and years. (Steger, 2012, p. 165)
Sources of Life Meaning Studies

- 14-item Sources of Meaning and Meaning in Life (SoMe: Schnell, 2009).
- 10-item Meaning in Life (MLQ: Steger et al., 2006)
- Damon (2009)
Life Meaning Studies

Individuals with higher levels of life meaning report:

- greater future pathways (Steger, Kashdan, Sullivan, & Lorentz, 2008),
- higher levels of hope (Mascaro & Rosen, 2005; Steger et al., 2006),
- Less negative affect (Chamberlain & Zika, 1988)
- Lower levels of depression, (Debats, Lubbe & Wezemann, 1993; Mascaro & Rosen, 2006; Steger et al., 2006)
- Lower levels of anxiety (Debats et al., 1993, Mascaro & Rosen, 2006)
- Less need for therapy (Battista & Almond, 1973).
BDP Art-Based Assessment
Help Us Help The Children - New Generation

Map of Orphanhood in Ukraine: a key to understanding the numbers

- Total number of children in Ukraine: 8,000,000 (17.8% of the country population)
- 1,500,000 children are being raised by a single parent
- 250,000 children experience abuse, brutal treatment and exploitation
- In addition to orphans, there are over 40,000 children living in institutions who do not have official orphan status
- 96,000 children have the legal status of an orphan
- 17,000 children become orphans every year
- 63,000 children live with guardians
- 23,000 live in institutional orphanages for children
- 35,000 have been adopted since Ukraine’s independence

The path towards a Ukraine without orphans consists of concrete daily actions directed to help every child have the opportunity to be raised in a loving family. Join us in this movement, so that at least one life of an orphan would be changed for the better! LET'S OPEN OUR HEARTS AND HOMES TO THE CHILDREN WHO HAVE BEEN DEPRIVED OF PARENTAL LOVE AND CARE!
BDP Pilot Study

Research Question:
- If institutionalized orphans in Ukraine isolated from society and without a secure parental attachment base have the intrinsic capacity to perceive and draw their future life.

Sample
- N= 258, orphans from 32 orphanages
- Gender: 52% F; Age Range: 8-20yrs, M=13

Design and Procedure
- Cross-sectional, inter-rater agreement
- BDP administered by HUHTC-UKR psychologists

Inter-rater Image Data Coding
- 3 Raters = 3 AT; SPSS Kappa statistics.
BDP Pilot Results

Written Associations: Sources of Life Meaning

- Home
- Future
- Better Life
- Camp
- Nature
- Family/Friends
- Education
- Careers
- Spirituality
**BDP Study**

**Sample**
- $N=44$, UK/Cdn higher education students
- Gender: 89% F
- Age Range: 18-63yrs, $M=31$

**Design and Procedure**
- Cross-sectional, inter-rater agreement
- Single 30min. BDP, ASHS & MLQ
- BDP administered by arts therapists

**Research Question**
- Whether a psychometric association exists between the BDP image scores, specifically, written association and right-future directionality and scores on the ASHS (Snyder et al., 1996) and the MLQ (Steger et al., 2006).
BDP Study Written Associations Results

9 Sources of Life Meaning
- Home
- Nature
- **Career**
- Spirituality
- Relationships - family/friends
- Future
- City/country
- Opportunities
- Education

- **Unknown/somewhere 16%**
“My path leads from the kissing bridge, a bridge in the...where my dad is from. I would like my path to lead me to the exciting opportunities that await for me in my future. For when I finish the course...for when I work full-time move to US and settle down have a family and one day do a PhD. The path leads to my dreams and aspirations.”
BDP – Career Pathways
Tangible Career Vision
BDP-Career Pathway
BDP – Career Pathway
Tangible Career Vision
Career Pathway
BDP- Career Pathway

- Career pathway/goal
- Realistic/Attainable
- If realistic: Awareness of educational resources, personal qualities, life skills and productive actions
Career Pathway?

- If unrealistic
- Exploration of alternative positive and meaningful career paths.
- Counsellor must determine if the student is pursuing their passion and own career path; rather than a course dictated by others.
Path to Unknown/Stuck on a Bridge

- “directionless drift” and “developmental paralysis” (Damon, 2009).
- “existential vacuum” (Frankl, 2006)
- “impasse cycle” (Butler, 2010)
Pathway to Unknown
Stuck on a bridge
“Being at impasse is a developmental necessity. It can lead to a new way of understanding and a new type of information” (Butler, 2010, p.2).
Image variables

- Axis of paper
- Image direction
- Bridge Type
- Bridge Connection
Self-concept - Who Am I?
Life Roles/Identities
Self-Advertisement – VIA  
Personal Signature Strengths
Я людина, 
прогулю змаль 
і не устатки 
моду зібрати.

Дивлюся у квітень 
у полівці 
що живе, 
чим прив'язано. 
Вдача ж жива 
в її колі 
та зліпить 
Все!!

Моя теперішня 
якість в шарі 
і не убито 
тепер ище.!!
“When we have a clear vision, we feel more connected to the world, more alive. The gap between our thought and action, our internal world and external world, vanishes, and we more fully occupy our “self”. Our everyday choices feed off our vision the way a lantern flame feeds off kerosene” (Butler, 2010, p. xvi).


- Schnell, T. (2009). The Sources of Meaning and Meaning in Life Questionnaire (SoMe):
  Relations to demographics and well-being. *The Journal Of Positive Psychology, 4(6)*,
  483-499. doi:10.1080/17439760903271074
Thank-you!

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