



**iSPS-US**

**MEMBERSHIP GUIDE**



# THE ISPS-US MISSION

We are the International Society for Psychological & Social Approaches to Psychosis - US Chapter

ISPS-US promotes psychological and social approaches to states of mind often called "psychosis" in treatment, education, and advocacy through collaborations between service providers, experts by experience, and family members.

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# What we do

- Bring together a nationwide membership network of service providers, academics, people with lived experience, family members, and other supporters
- Host educational events, such as our thought-provoking, and inspiring webinars and annual conference
- Provide opportunities to network, connect, and build community in the United States & throughout the world through our memberships
- Advocate for systemic change within the mental health system
- ISPS International publishes
  - The journal "*Psychosis: Psychological, Social and Integrative Approaches*"
  - The ISPS book series





# Membership

Join a global movement for transformative mental health care. When you become a member of ISPS-US, you connect with and support a community of people who share your interest in promoting psychological and social approaches to states commonly referred to as “psychosis”. Service providers, advocates, researchers, people with lived experience, and their family members are all welcome.

# Membership Benefits

## Benefits overview:

- Subscription to ISPS Journal, *Psychosis: Psychological, Social and Integrative Approaches*.
- Access to interest and discussion groups
- Monthly ISPS-US Community Chat and Early Career and Student virtual group discussions.
- ISPS-US Creative Online Sharing Space group.
- Advocacy group to organize and effect change.
- Lively and educational e-mail discussion groups.
- Local branch meetings, where available.
- Membership in ISPS International included.
- Reduced rates at national and international conferences.
- 20% discount on all ISPS books published by Routledge.
- Two free “connections” sessions for new members.
- And your membership supports our mission!





# Connections



**Groups.io**

Listserv and Discussion Forum



**Branches**

Join a local branch of ISPS-US



**Member Directory**

Customize your listing in our public directory



# Groups.io Listserv/ Forum

Our groups.io Listserv and discussion forum is the primary way our members talk to one another and share resources and ideas. Members post events, their research, trainings, and advocacy action items, and discuss and debate topics related to ISPS-US's mission.

**How to access:** Visit: <https://groups.io/g/ISPSUS/>

*Soon after you join ISPS-US, we will send you an invitation to join the group. If you don't want to wait, visit the link above and request to join.*

*Groups.io operates both as a Listserv and a forum.*

*Listserv: Visit the website to change your email settings; you may opt to receive emails for each new message or a daily digest or opt out of emails entirely.*

*Forum: Visit the website and click on messages to see each thread. To post, click New Topic to start a thread.*

ISPS International Listserv

If you are interested in connecting to ISPS members from chapters across the world, email Antonia at [isps@isps.org](mailto:isps@isps.org) and ask to be added to the International Listserv.

# Member Directory

ISPS-US hosts our member directory on our website, which is accessible to the public to search for providers and persons who align to our values.

You can update your profile, including adding a photo or adding services you may provide.

Additionally, the directory serves as a place for you to look up and contact other members in your area or who may share your interests.

***How to access:*** You can visit our member directory on our [website](#). You can customize your member page by logging in to the ISPS-US [member portal](#) and clicking on [Membership Directory Profile](#). This includes turning off the setting for a public profile.





# Local Branches

ISPS-US is a national organization. Our branches are localized grassroots efforts across the US that bring the ISPS-US mission and values to their communities. Some branches have meetings in either a public venue, an office or someone's home, while other areas are spread out geographically and members communicate via email, list serves, or Zoom.

We currently have branches in the following areas:

- [New York City](#)
- [Upstate New York](#)
- [Pacific Northwest](#)
- [Northern California](#)
- [Southern California](#)
- [Minnesota](#)

**How to access:** Click on the links above to get contact details for our branch leaders, and email them to get involved. If you'd like to start a branch in your area email [contact@isps-us.org](mailto:contact@isps-us.org) to speak to a staff member.





# ISPS Media



## Webinars

Access our webinar library



## Journal & Book Series

ISPS Journal published by Taylor & Francis  
ISPS Book Series published by Routledge

# Webinar Library

ISPS-US provides education that promotes the appropriate use of psychotherapy and psychosocial treatments for those experiencing states of mind commonly called “psychosis.” These include approaches and understandings derived from psychoanalysis, cognitive-behavioral, systemic, psychoeducational, occupational, peer support, creative, and related approaches. Our educational offerings also highlight social factors and intersecting systemic injustices related to “psychosis.”

Our members receive free access to our recorded webinars. Titles include “Relating to Voices Using Compassion-Focused Therapy” and “Working Through Psychosis and Extreme States: Alternatives to Suppression”

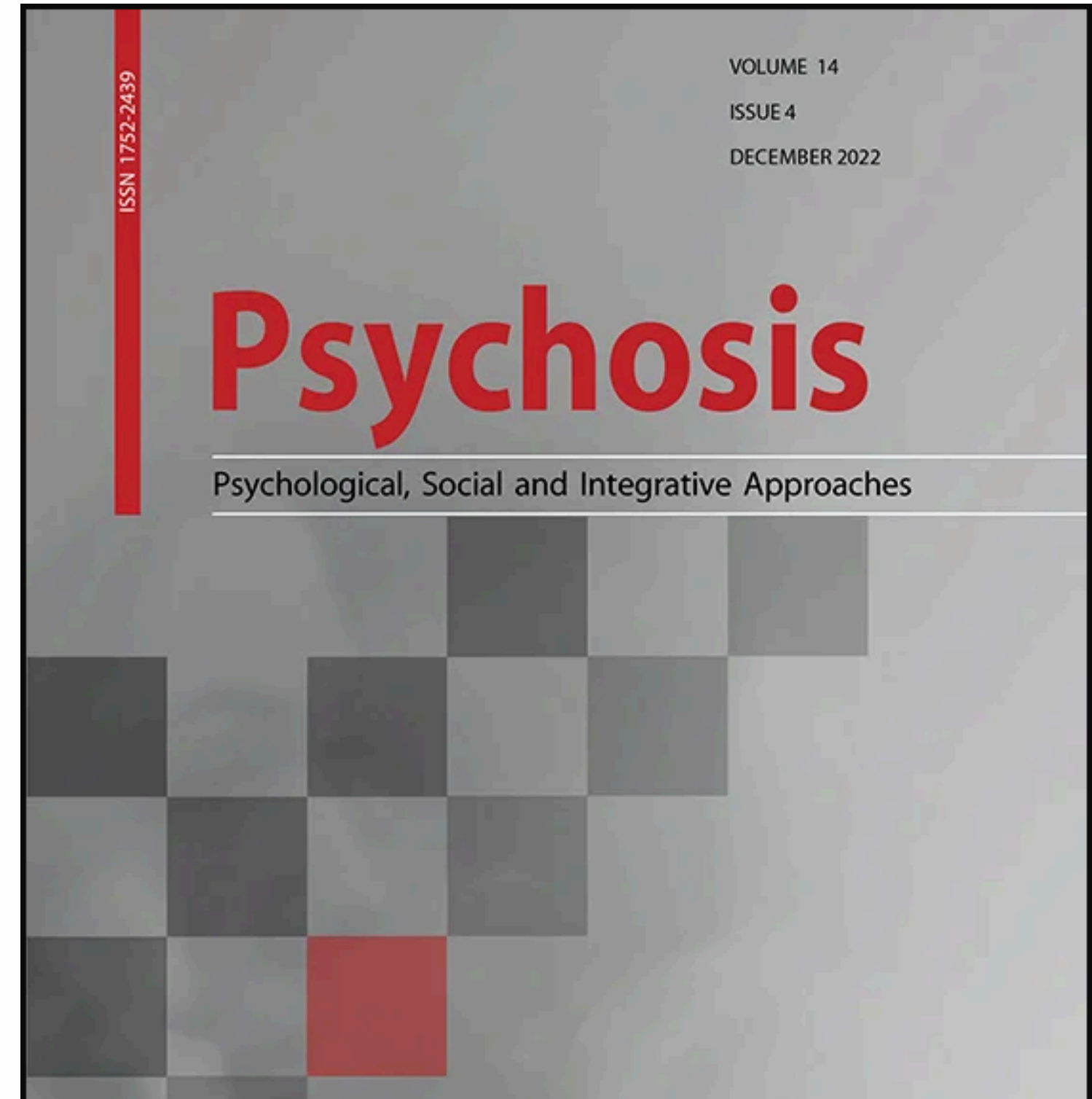
***How to access:*** Login to the ISPS-US member portal and click Store from the side menu. You may also view webinars on our YouTube channel.



# ISPS Journal, Psychosis: Psychological, Social and Integrative Approaches.

*Psychosis: Psychological, Social and Integrative Approaches* addresses two steadily developing fields: psychological treatments of psychosis (e.g. Cognitive Behavioural Therapy, Open Dialogue, psychodynamic and family therapy etc.) and psychosocial causes of psychosis (e.g. drug abuse, child abuse and neglect, urban living, poverty, rape, war trauma, discrimination, etc.). The journal is published 4 times a year as an online edition, only.

**How to access:** When you join ISPS-US, we share your name and email with ISPS International, who forwards this information to the journal publishers, Taylor & Francis. **This process may take up to one month.** To access the journal: Visit the journal's [website](#) and [register](#) for an account using the email associated with your ISPS-US membership. Once you have registered for a T&F account - and also verified your email by clicking on the link in the automatic email you will receive - both current and past *Psychosis* journal issues will be available via your Taylor & Francis Online account under [Access Entitlements](#). If you do not gain access after one month of membership, please contact us at [contact@isps-us.org](mailto:contact@isps-us.org).



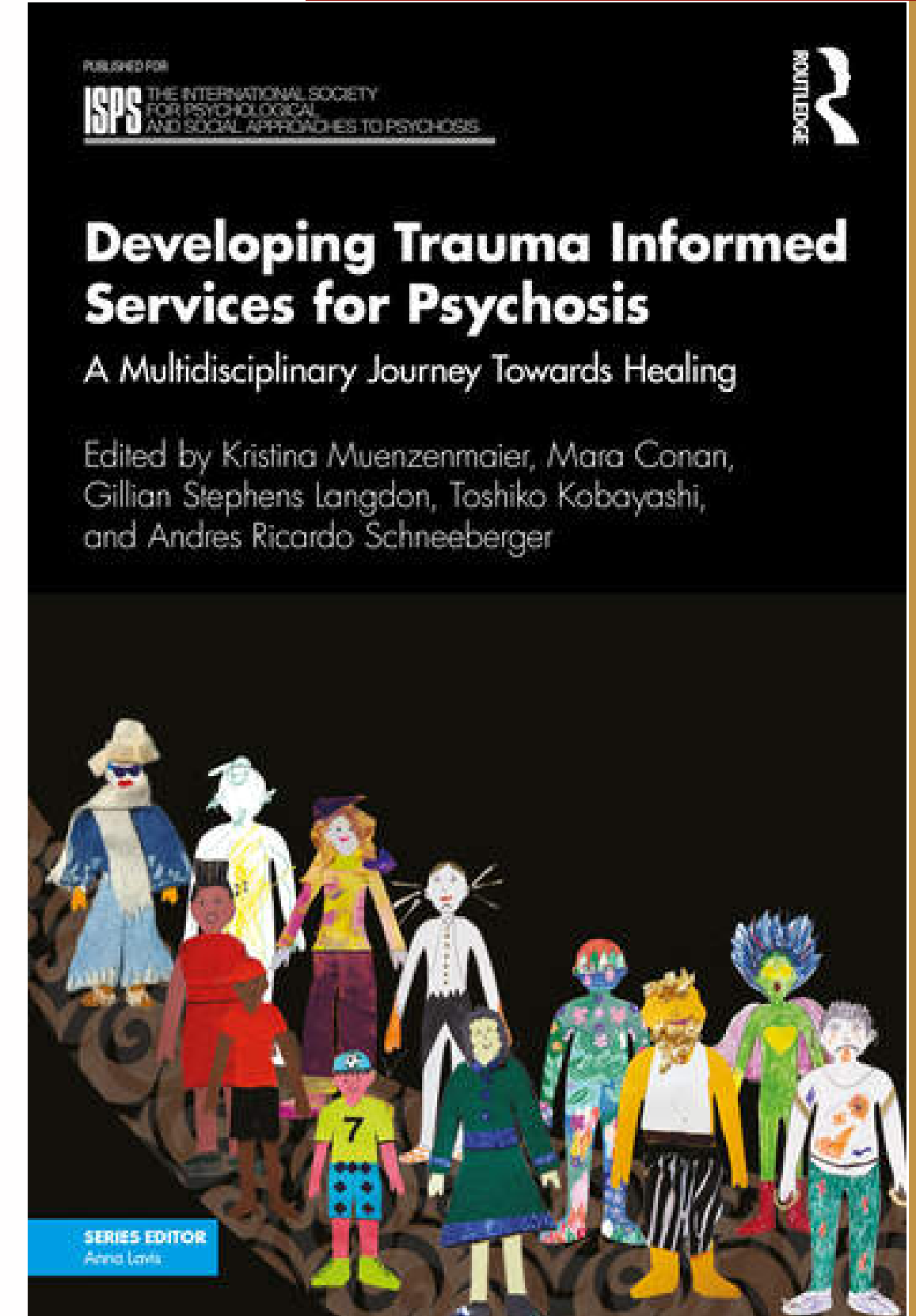
# ISPS Book Series

ISPS publishes a book series through Routledge. Through this, authors with a variety of lived and professional experiences can share the significant value of their work.

It comprises books with a variety of empirical focuses and with differing experiential and disciplinary perspectives. Although diverse, the range of books combines intellectual rigor with accessibility to readers across the ISPS community.

ISPS aims for the series to be a resource for mental health professionals, for those developing and implementing policy, for academics in the social and clinical sciences, and for people whose interest in psychosis stems from personal or family experience.

**How to Access:** You may purchase books directly from Routledge. ISPS-US Members receive a 20% discount, which is sent as part of your membership confirmation email. You may also get the code by emailing [contact@isps-us.org](mailto:contact@isps-us.org)





# Community



 **Advocacy**

Be part of our advocacy initiatives

 **Groups**

Join ISPS-US's interest and discussion groups

# Advocacy

The Advocacy Committee is in alignment with ISPS-US's mission to promote psychological and social approaches to states of mind often called "psychosis." The advocacy committee is an opportunity to affect systemic change, within arenas such as the mental health system, education system, media, and systems influencing public policy.

The Advocacy Committee meets regularly to help inform an advocacy strategy for consideration by the ISPS-US executive committee and will, on an ongoing basis, evaluate issues according to our mission and assess whether ISPS-US should support the issue and how best the organization or members could take action.

***How to access:*** *To view our next Advocacy meeting visit the [ISPS-US Calendar](#), which is also available on our [website](#) and via the [ISPS-US member portal](#). Click on the event to register. Advocacy Committee Meetings and calls to action are also announced on our [Groups.io listserv / forum](#)*



# Book Club

Members of the ISPS-US Book Club read different books, discuss it over a special Book Club Listserv, and then have a live Q&A with the author on Zoom. Past titles have included Claire Bien's *Hearing Voices*, *Living Fully*, Michael Garrett's *Psychotherapy for Psychosis* & Dmitriy Gutkovich's *Life with Voices: A Guide for Harmony*.

**How to access:** Visit the [ISPS-US Calendar](#), which is also available on our [website](#) and via the [ISPS-US member portal](#).





# Community Chat

ISPS-US's membership is a diverse group of dynamic change-makers that includes advocates, service providers, people with lived experience, family members, and more. We know that to make change, we have to work together to share and build upon our collective wealth of experience and knowledge. ISPS-US therefore hosts monthly "community chats" for members of ISPS-US. Through these, we hope to get to know each other better, share ideas, create action plans, and build community, in these friendly and informal open meetings.

Each meeting is hosted by a member of the ISPS-US Executive Committee and/or staff. The agenda is open, meaning we discuss any topics related to ISPS-US and its mission that may be brought up by those who attend. This could include ways to build a social movement toward more psychological and social understandings, educational and career considerations, the intersection of lived experience, family, and professional perspectives, organizational issues within ISPS-US, or many other topics.

***How to access:*** Visit the [ISPS-US Calendar](#), which is also available on our [website](#) and via the [ISPS-US member portal](#). Click on the event to register.



# ICOSS

The ISPS Creative Online Sharing Space is an initiative started in partnership with ISPS-US and ISPS-UK.

At ICOSS, members share their creations, of whatever medium, with one another. This could be poetry, painting, collage, videos, photos, knitting, etc. ICOSS members have said that the magic of the group comes from the reflection, sense of healing and connection with others they receive through the sharing process.

ICOSS runs the 3rd Thursday of the month from 12-1:30pm, Eastern

The group is facilitated by ISPS-US's Toshiko Kobayashi, Art Therapist, and ISPS-UK's Maxine Sacks, Clinical Psychologist.

**How to access:** Visit the [ISPS-US Calendar](#), which is also available on our [website](#) and via the [ISPS-US member portal](#). Click on the event to register.



CREATE  
SHARE  
REFLECT  
CONNECT

## JOIN US

12-1:30 PM ET  
THIRD THURSDAY OF  
THE MONTH

EMAIL  
[CONTACT@ISPS-  
US.ORG](mailto:CONTACT@ISPS-US.ORG) TO JOIN

## ICOSS is:

- An online interest group for ISPS members
- A space to share creative expression of all kinds
- Non-judgemental, welcoming of all perspectives

## ICOSS members say:

"I felt heard"  
"I am finding my own voice"  
"The arts offer the power of self-discovery"  
"The arts can be healing"  
"A sense of community and safety"  
"A thoughtful energy"

# Life Writing

ISPS-US offers informal monthly gatherings that will provide a safe and nurturing space for the writers among us to read their work and receive positive feedback and gently constructive comments from fellow participants. The groups are primarily intended as informal opportunities for mutual sharing and growth. While little formal instruction will take place, the process of reading, receiving and providing feedback, and sharing of resources and ideas will provide ample opportunities for participants to grow as writers and thinkers. Having the opportunity to come to know and learn from each other through our work will further the process needed to engage in the deep thinking and feeling required to make sense of our lives in the context of “the things that happened to us.”

Adding our stories and lives to the body of work that already exists will help foster understanding – and perhaps over time, and with continued effort, movement toward more humane and effective mental health care. Prose writers and poets are welcome.

**Second Thursday of each month from 4 – 6 pm Eastern Time**

***How to access:*** Visit the [ISPS-US Calendar](#), which is also available on our [website](#) and via the [ISPS-US member portal](#). Click on the event to register.





# Spiritual Wellness Conversations

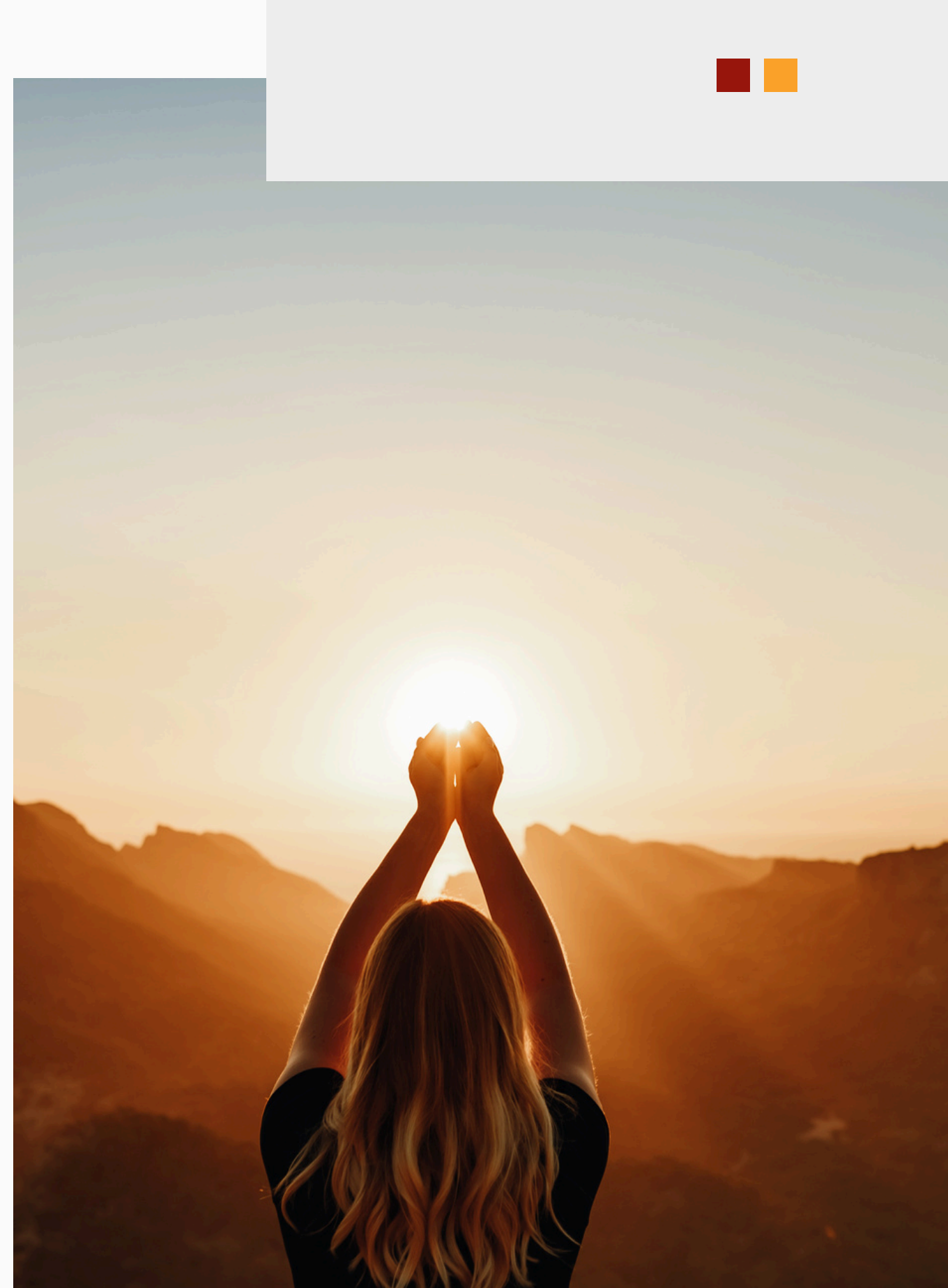
Many people who live with, and sometimes struggle with, what are widely considered extraordinary perceptions and experiences, have found serenity, understanding, and enormous healing through spiritual understandings. Many of us have learned, over time, to embrace our extraordinary perceptions, allowing us to make peace with our experiences, with ourselves and others, and with the wider world, while some of us may still question and suffer from the various experiences we have gone through.

This conversation group is intended as a safe learning and healing space, where we can share and explore with one another the ways in which our faith in something beyond ourselves and our practice has allowed us to find hope as we seek to find and reclaim our wholeness.

First Tuesdays at 8:00 pm Eastern time

Third Saturdays at 11:00 am Eastern time

***How to access:*** Visit the [ISPS-US Calendar](#), which is also available on our [website](#) and via the [ISPS-US member portal](#). Click on the event to register.



# Student & Early Career Meetings

The Student and Early Career Committee meets virtually to network, and brainstorm ways that the committee might be helpful to emerging clinicians and researchers across several different fields. They have discussed providing peer consultation and support—as many of the attendees work in difficult clinical environments leaving them to contend with the several challenges of working in systems and on multidisciplinary teams. They have also discussed providing research support, consultation, and peer review for those working on manuscripts, dissertations, or other research projects.

Each month, they will determine a theme such as hosting a panel of professionals with lived experience, a peer supervision, or an open ended meet-and-greet. The Early Career and Student Committee meet the third Tuesday of the month at 8pm Eastern, on Zoom.

**How to access:** Visit the [ISPS-US Calendar](#), which is also available on our [website](#) and via the [ISPS-US member portal](#). Click on the event to register.



# Contact Us

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