

ISPS-US Community Agreement

Welcome to ISPS-US! We imagine you are here because you believe there are many ways to support the healing of mind, body, and spirit—beyond the tired paradigms and oppression of “mental health business-as-usual.” You may be a clinician, a person with lived experience, a researcher, advocate, family member, or ally. Whatever your path, you are part of a community deeply invested in advancing psychological and social approaches to “psychosis,” and we are excited to join with you to blaze new paths and discover new possibilities.

We are stronger when we connect in understanding and mutual support. To help our community thrive, we ask each of us to keep the following values in mind during all our interactions, including webinars and courses, conferences, our listserv, online group meetings, or in casual conversation.

1. Respect Multiple Truths

- Be mindful of the impact of your words on those whose perspectives may differ from your own.
- Remember that some people here have been harmed through encounters with mental health systems, while others have found real help within them.
- Respect the diversity of experiences, identities, and histories around you, as you work to broaden your own understanding. Thoughtless words and actions, including those in emails or written posts, have the potential to do substantial harm.
- Focus on ideas and issues, rather than making broad or negative generalizations about groups of people, whether political, ideological, demographic, or otherwise, to keep our space welcoming for all.
- We may not always agree or achieve consensus, but in order to become successful change agents, we commit to opening our minds with humility to other ideas, perspectives, and ways of being.

2. Listen as Well as Speak

- Be prepared to listen deeply, as well as share your own thoughts. We believe that helping ourselves and each other become better listeners is key to re-visioning our resources for emotional well-being.
- Be mindful of the space and time we share together: honor start and end times, in structured groups or meetings, stay on topic, and allow space for all voices to be heard so we can work toward our collective goals.
- In written forums like the listserv, this also means being mindful of the volume of messages you send in order to make space for others' contributions; keeping messages focused and relevant to our shared mission; and considering whether your reply should go to the whole list or privately to one person.

3. Honoring Diverse Perspectives on Psychosis and Mental Health

- People are not diagnoses, and diagnoses are not people.

- Respect each person's right to define and understand their own experiences in their own words, as "psychosis" can be understood in many ways, including adaptations to trauma, spiritual experiences, responses to social and structural violence, neurodiversity, and/or illness.
- Avoid reductionism or imposing frameworks from positions of greater social power; instead, support pluralism and the language preferred by those most directly impacted.

4. Practice Repair and Accountability

- Accountability applies to all of us; anyone can unintentionally cause harm or perpetuate power dynamics, even those who have been harmed themselves.
- When harm occurs, we focus on the behavior, not the worth or integrity of the person.
- If you offend someone, apologize, listen, and make a concerted effort to improve.
- If someone offends you and you feel able, let them know so they can better understand your perspective.
- As a community, we take responsibility for challenging racism, classism, sexism, ableism, homophobia, and other forms of prejudice, and we do so in the spirit of solidarity and mutual growth.

5. Keep Passion Constructive

- The issues we discuss carry deep personal, social, ethical, and political significance and may stir strong feelings.
- We mobilize that passion toward building a better and safer healing world, starting here, together.

6. Respect Privacy, Consent and Responsible Use

Our community depends on trust, and we honor that by protecting each other's privacy.

- Do not forward, copy, or share messages from the listserv or other ISPS-US communication systems outside the group without the explicit consent of the author.
- Do not share private communications to the listserv or in any ISPS-US forum without the sender's permission.
- Meeting recordings, minutes, transcripts, and other shared materials are for the use of participants and members only, and should not be shared beyond their intended audience without consent.
- When in doubt, ask before sharing anything that contains another person's words, image, or personal information.
- Use all ISPS-US spaces, including the listserv, for lawful and respectful purposes only. Do not post material that is defamatory, infringes on intellectual property rights, violates privacy or confidentiality laws, or otherwise breaks the law. Avoid sending chain letters, or

malicious software, and do not intentionally disrupt or interfere with community communication.

Continuing Our Commitment

We each have a role in holding ourselves and each other accountable for nurturing a culture of dialogue that reflects our shared values of pluralism, respect, and honoring diverse experiences. This is an ongoing journey, both individually and collectively. We may sometimes stray from our intent, but by reflecting on these moments and recommitting to respect and openness, we help build the community we all want to be part of.

When concerns arise, our first approach is to seek dialogue, raise awareness of the issue with the person involved, and work toward repair. However, if behavior consistently or seriously violates these values, ISPS-US may take steps such as limiting or revoking event, listserv or group privileges, moderating posts, or, in rare cases, removing membership as according to our organizational bylaws. These measures are taken to protect the well-being and trust of the community as a whole.