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**Unpacking our  
perspectives: How beliefs  
shape our psychosis care  
interactions.**

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**Definitions:**

**Belief-**

**From Merriam-Webster**

**A state or habit of mind in which trust or confidence is placed in some person or thing**

**Something that is accepted, considered to be true, or held as an opinion**

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**Conviction of the truth of some statement or the reality of some being or phenomenon, especially when based on examination of evidence**

***belief* in the validity of scientific statements**

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Definitions:

## **Bias**

**a: an inclination of temperament or outlook  
*especially*: a personal and sometimes  
unreasoned judgment : PREJUDICE**

**b: an instance of such prejudice**

**c: BENT, TENDENCY**

**d: deviation of the expected value of a  
statistical estimate from the quantity it  
estimates**

**: systematic error introduced into sampling  
or testing by selecting or encouraging one  
outcome or answer over others**

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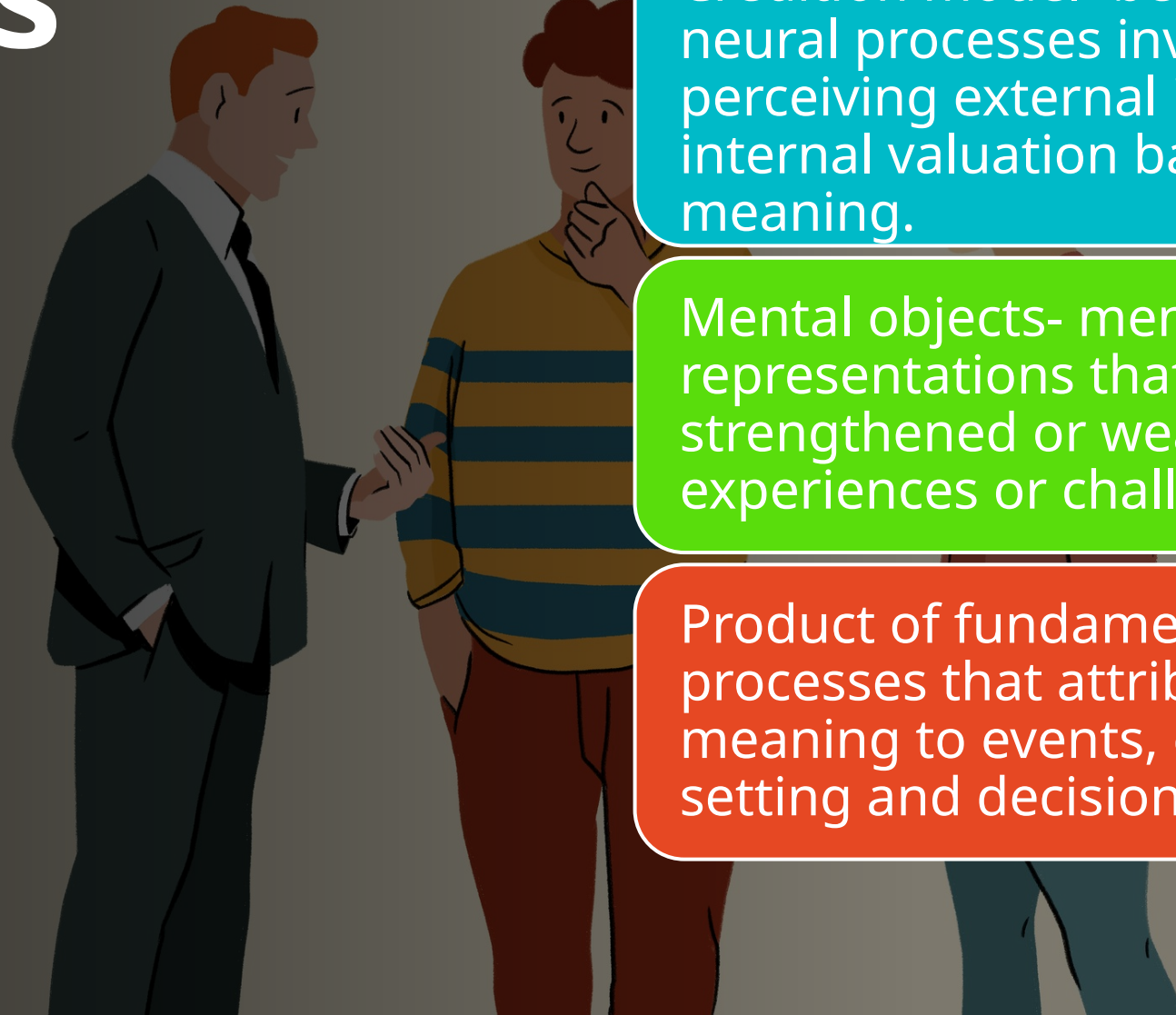
# Stigma

: a set of negative and unfair beliefs that a society or group of people have about something



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# Beliefs



Credition model- beliefs arise from neural processes involved with perceiving external information and internal valuation based on personal meaning.

Mental objects- mental representations that can be strengthened or weakened by experiences or challenges

Product of fundamental brain processes that attribute affective meaning to events, enabling goal setting and decision-making.

# **Reflection:**

**When you hear the word psychosis, what are the first three concepts or challenges that come to mind?**

**To what extent do you believe the individuals you work with can recover?**

**What are your beliefs about the cognitive abilities of individuals experiencing psychosis?**

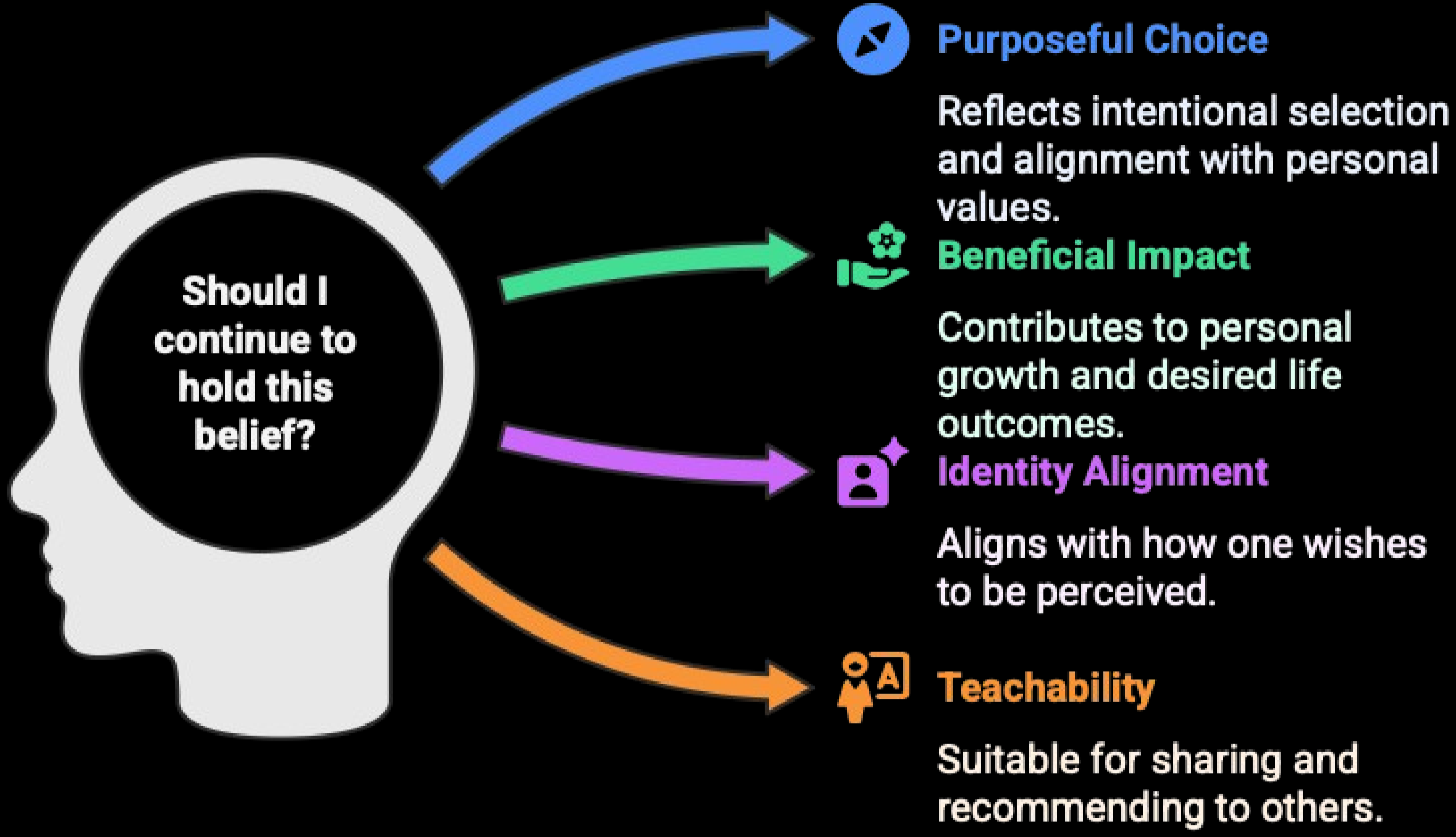
**How capable do you believe individuals experiencing psychosis are of making their own decisions about their care and lives?**

**Where do you think your beliefs about psychosis have primarily come from?**

**How might your beliefs about recovery influence the hope and expectations you hold for individuals experiencing psychosis?**

**How might your beliefs about their cognitive abilities affect how you communicate with and involve individuals in treatment and planning?**

**What is one action you can take to further explore or challenge your beliefs about psychosis in (practice, personal relationships, family matters)?**



Should I  
continue to  
hold this  
belief?



### **Purposeful Choice**

Reflects intentional selection and alignment with personal values.



### **Beneficial Impact**

Contributes to personal growth and desired life outcomes.



### **Identity Alignment**

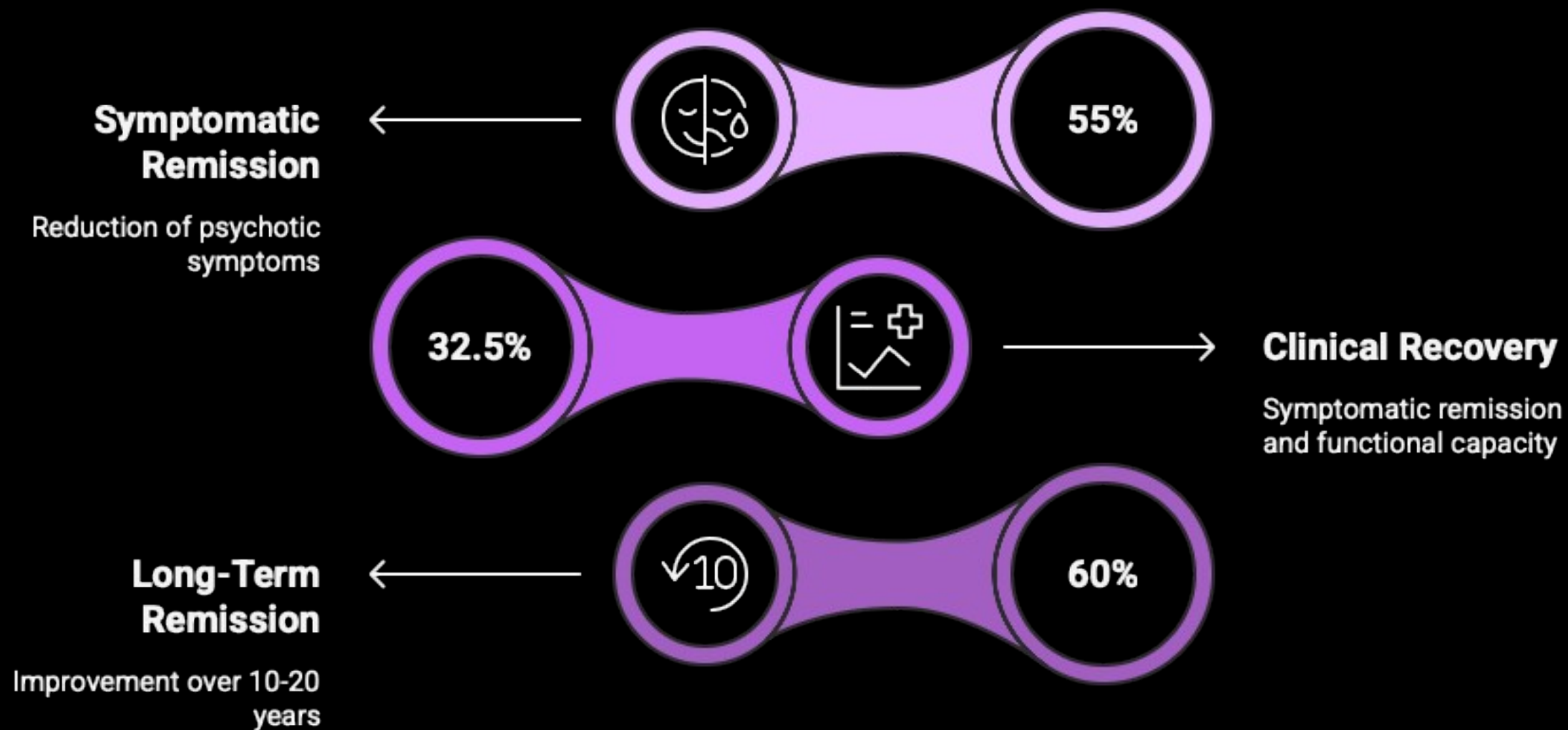
Aligns with how one wishes to be perceived.



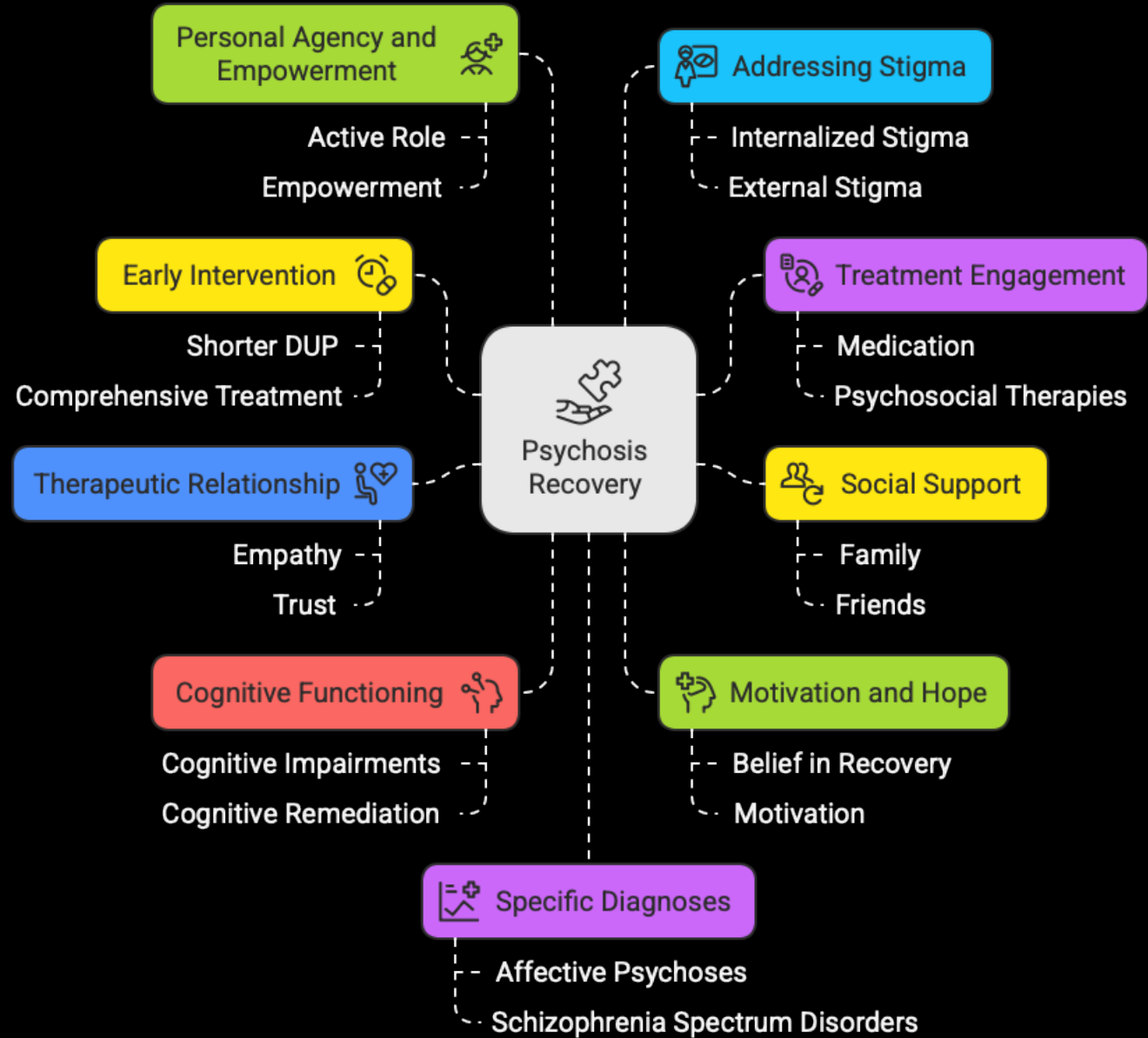
### **Teachability**

Suitable for sharing and recommending to others.

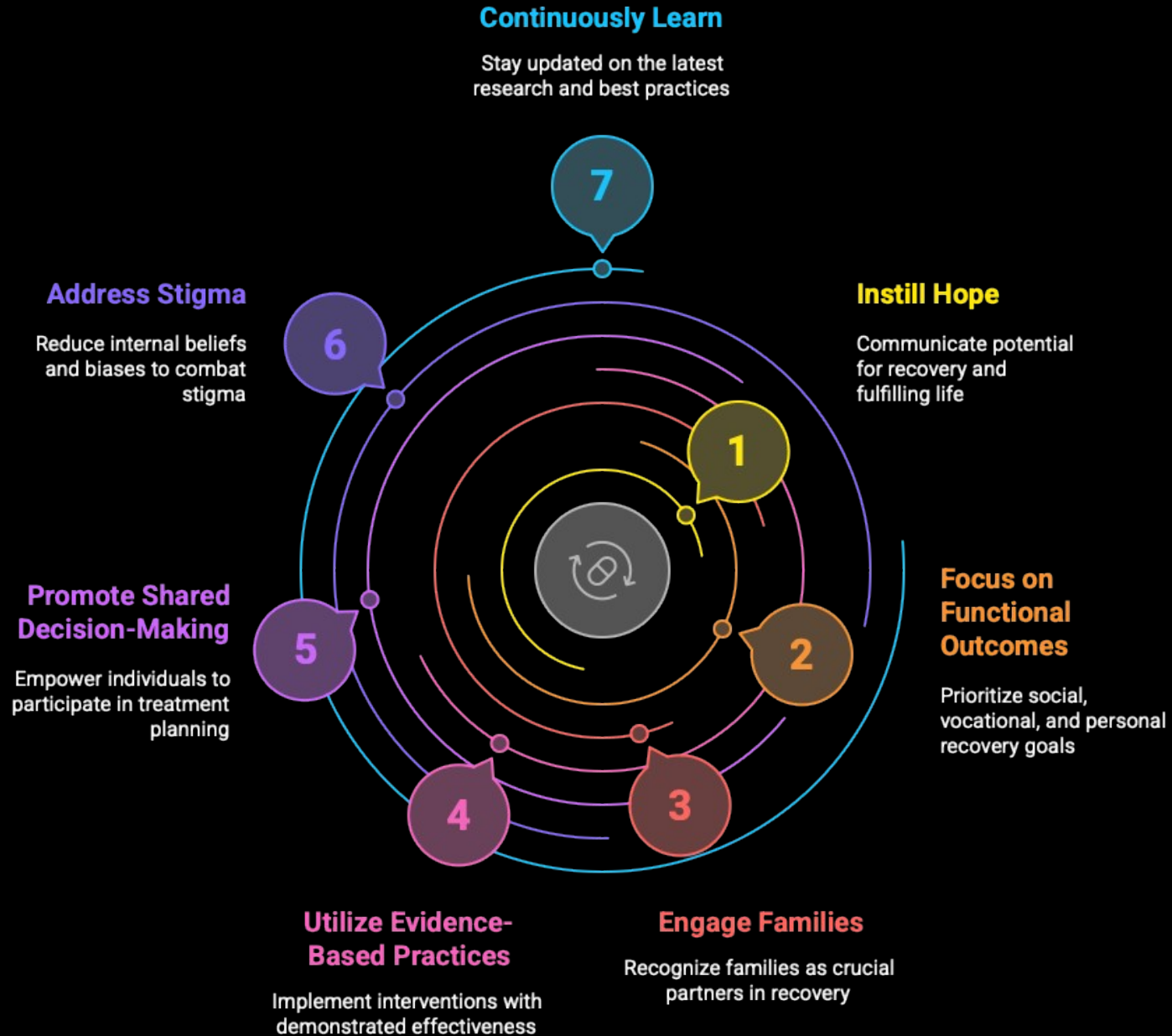
## Recovery Rates in First-Episode Psychosis



# Factors Influencing Psychosis Recovery



# Comprehensive FEP Care Strategies



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“What we believe is not only a result of our own reasoning, but also of the beliefs of people around us. Our brains are wired to consume information that our peers like.” Olsson, Lindström <https://www.stockholmresilience.org/news--events/climate-misinformation/chapter-2-the-neuroscience-of-false-beliefs.html>