

The logo consists of two overlapping chevron shapes. The top chevron is yellow and contains the text 'ECHO IDAHO' in white, bold, sans-serif font. The bottom chevron is light gray and contains the text 'Behavioral Health in Primary Care' in black, sans-serif font.

ECHO IDAHO

Behavioral Health in Primary Care

De-Construction Process of Core Beliefs

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St. Luke's Health System

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University of Idaho
School of Health and Medical
Professions



Disclosures

- I have no disclosures

Learning Objectives

- **Promote Curiosity**/Learning
- Identify current/historical trends in Faith
- Define Faith Deconstruction
- Explore significance for practitioners
 - Introduce Model of Faith Development
 - Introduce the Faith Development Interview

AGREEMENTS

Here is
what we
WILL
NOT be
doing:

- Picking-on any particular religion/belief system
- Endorsing any particular religion/belief system
- Denying that countless people have been harmed by many religion/belief systems
- Denying that countless people have been helped by many religion/belief systems

Pro-Tip!

NASW Code of Ethics:

- Social workers should not practice, condone, facilitate, or collaborate with any form of discrimination on the basis of race, ethnicity, national origin, color, sex, sexual orientation, gender identity or expression, age, marital status, political belief, **religion**, immigration status, or mental or physical disability

People in Idaho

Among adults in Idaho ...

Religious composition

2023-24 2014 2007

Christians

62%

of adults in Idaho identify as Christians.



⊕ Evangelical Protestant	31%
⊕ Mainline Protestant	7%
⊕ Historically Black Protestant	<1%
Catholic	9%
Latter-day Saint (Mormon)	14%
Orthodox Christian	<1%
Jehovah's Witness	<1%
⊕ Other Christian	<1%

Other religions

4%

of adults in Idaho identify with other religions.



Jewish	<1%
Muslim	2%
Buddhist	<1%
Hindu	<1%
Other world religions	<1%
⊕ Something else	2%

Religiously unaffiliated

33%

of adults in Idaho identify as religiously unaffiliated.



Atheist	6%
Agnostic	6%
Nothing in particular	22%

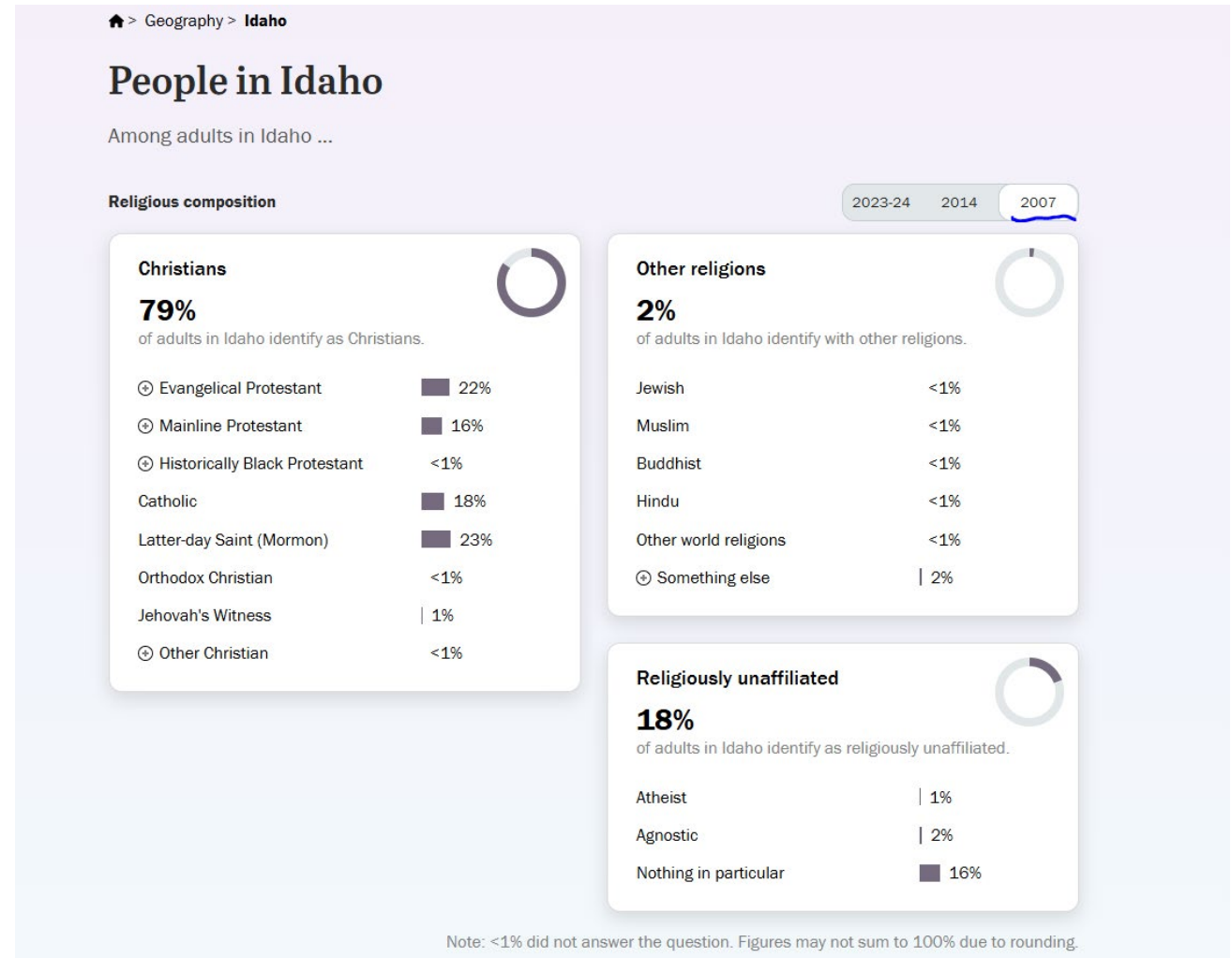
Note: 1% did not answer the question. Figures may not sum to 100% due to rounding.

Historical Trends

17 years =

+15% religiously unaffiliated

-17% Christians



U.S. religious groups

Get data on the beliefs, attitudes and demographic traits of religious groups.

Christians

62%

of U.S. adults identify as Christians.



⊕ Evangelical Protestant	23%
⊕ Mainline Protestant	11%
⊕ Historically Black Protestant	5%
Catholic	19%
Latter-day Saint (Mormon)	2%
Orthodox Christian	1%
Jehovah's Witness	<1%
⊕ Other Christian	1%

Other religions

7%

of U.S. adults identify with other religions.



Jewish	2%
Muslim	1%
Buddhist	1%
Hindu	1%
Other world religions	<1%
⊕ Something else	2%

Religiously unaffiliated

29%

of U.S. adults identify as religiously unaffiliated.



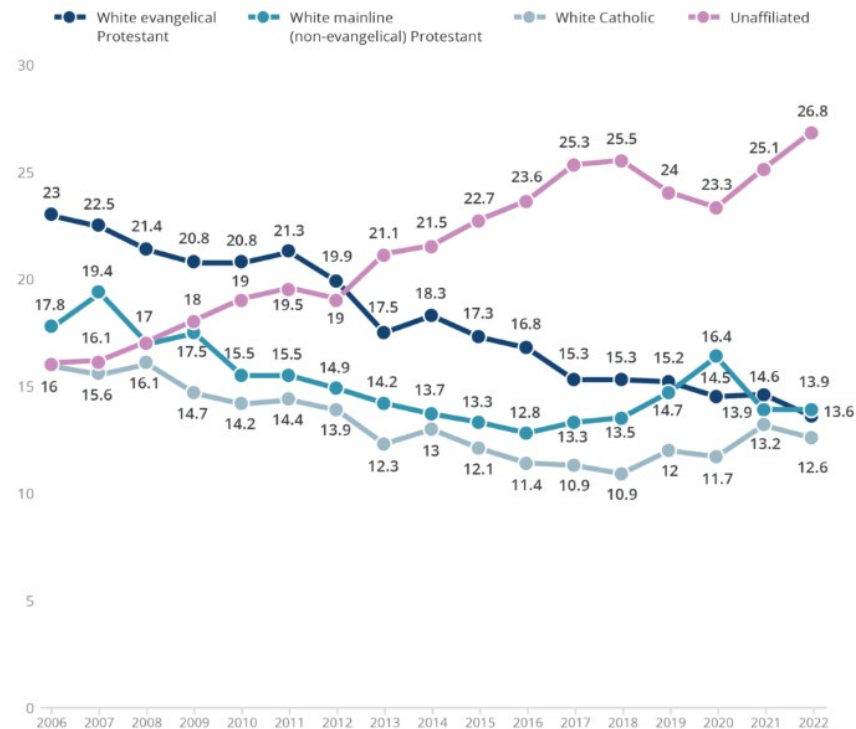
Atheist	5%
Agnostic	6%
Nothing in particular	19%

Note: 1% did not answer the question. Figures may not sum to 100% due to rounding.

Viewed differently:

FIGURE 2. The Ten Year Decline of White Christians

Percent who identify as:



Sources: Pew Religion and Public Life Survey, 2006-2009; PRRI, American Values Survey, 2010 and 2012; PRRI, Pluralism Survey, 2011; PRRI, American Values Atlas, 2013-2022.

People are leaving/changing systems

Not all changes are the same:

Practicing vs not practicing?

Engagement Spectrum?

Abandonment?

Deconversion?

Deconstruction?

“I was born Presbyterian. Now I’m not practicing.”

Defining **Faith Deconstruction**

“The process of questioning, reexamining, and critically analyzing beliefs and values within a faith tradition, often leading to a reevaluation or even a shift away from those beliefs.”

- Two types of Faith Deconstruction (*Swoboda*)
 - Soft (intellectual repentance)
 - Hard (faith abandonment/deconversion)

Why do people deconstruct?

Why would anyone want to do this!?

- **Seeking authenticity**: asking why do I believe what I believe?
 - **Dealing with doubt**: grappling with questions?
 - **Responding to harm**: reacting to negative experiences, hypocrisy
 - **Spiritual burnout**: feeling as if the faith is fading
-
- *SIDE NOTE: What does this mean for 'providers?'*

Faith Development & Stages

Fowler's six stages of faith development

1. Primal or Undifferentiated Faith (Infancy to 2 years):

Infants develop a sense of trust in their caregivers, forming the foundation for later faith development. ⓘ

2. Intuitive-Projective Faith (Ages 3-7):

Children begin to develop a rudimentary understanding of religious and spiritual concepts, often influenced by stories and the beliefs of their parents. ⓘ

3. Mythic-Literal Faith (Ages 7-12):

Children start to understand religious stories and symbols more literally, developing a moral and ethical framework based on these stories. ⓘ

4. Synthetic-Conventional Faith (Teenage Years to Early Adulthood):

Individuals begin to integrate their own beliefs with those of their community, forming a more integrated worldview. ⓘ

5. Individuative-Reflective Faith (Young Adulthood):

Individuals start to critically examine and refine their own beliefs, questioning assumptions and seeking personal meaning. ⓘ

6. Conjunctive Faith (Mid-Life and Beyond):

Individuals may begin to reconcile faith with other life experiences and engage in more nuanced ways with faith and other belief systems. ⓘ

7. Universalizing Faith (Rare in Some Adults):

Individuals develop a broad and compassionate understanding of the world and its diversity, often characterized by a deep sense of justice and a commitment to social change. ⓘ

Faith Development Interview

Part I: Life Review

1. Factual **Data**: Date and place of birth? Number and ages of siblings? Occupation of providing parent or parents? Ethnic, racial, and religious identifications? Characterization of social class-family of origin and now?
2. Divide life into chapters: (major) segments created by changes or experiences—"turning points" or general circumstances.
3. In order for me to understand the flow or movement in your life and your way of feeling and thinking about it, what other persons and experiences would be important for me to know about?
4. Thinking about yourself at present: What gives your life meaning? What makes life worth living for you?

Part II: Life-Shaping Experiences and Relationships

1. At present, what relationships seem most important for your life? (E.g., intimate, familial, or work relationships.)
2. You did/did not mention your father in your mentioning of significant relationships. When you think of your father as he was during the time you were a child, what stands out? What was his work? What were his special interests? Was he a religious person? Explain.
3. When you think of your mother...[same questions as previous]?
4. Have your perceptions of your parents changed since you were a child? How?
5. Are there other persons who at earlier times or in the present have been significant in the shaping of your outlook on life?
6. Have you experienced losses, crises or suffering that have changed or "colored" your life in special ways?
7. Have you had moments of joy, ecstasy, peak experience, or breakthrough that have shaped or changed your life? (e.g., in nature, in sexual experience or in the presence of inspiring beauty or communication?)
8. What were the taboos in your early life? How have you lived with or out of those taboos? Can you indicate how the taboos in your life have changed? What are the taboos now?
9. What experiences have affirmed your sense of meaning in life? What experiences have shaken or disturbed your sense of meaning?

Faith Development Interview

Part III: Present Values and Commitments

1. Can you describe the beliefs and values or attitudes that are most important in guiding your own life?
2. What is the purpose of human life?
3. Do you feel that some approaches to life are more “true” or right than others? Are there some beliefs that all or most people *ought* to hold and act on?
4. Are there symbols or images or rituals that are important to you?
5. What relationships or groups are most important as support for your values and beliefs?
6. You have described some beliefs and values that have become important to you. How important are they? In what ways do these beliefs and values find expression in your life? Can you give some specific examples of how and when they have had effect? (e.g., times of crisis, decisions, groups affiliated with, causes invested in, risks and costs of commitment.)
7. When you have an important decision to make regarding your life, how do you go about deciding? Example?
8. Is there a “plan” for human lives? Are we-individually or as a species–determined or affected in our lives by power beyond human control?
9. When life seems most discouraging and hopeless, what holds you up or renews your hope? Example?
10. When you think about the future, what makes you feel most anxious or uneasy (for your- self and those you love; for society or institutions; for the world)?
11. What does death mean to you? What becomes of us when we die?
12. Why do some persons and groups suffer more than others?
13. Some people believe that we will always have poor people among us, and that in general life rewards people according to their efforts. What are your feelings about this?
14. Do you feel that human life on this planet will go on indefinitely, or do you think it is about to end?

Faith Development Interview

Part IV: Religion

1. Do you have or have you had important religious experiences?
2. What feelings do you have when you think about God?
3. Do you consider yourself a religious person?
4. If you pray, what do you feel is going on when you pray?
5. Do you feel that your religious outlook is "true"? In what sense? Are religious traditions other than your own "true"?
6. What is sin (or sins)How have your feelings about this changedHow did you feel or think about sin as a child, an adolescent, and so on?
7. Some people believe that without religion morality breaks down. What do you feel about this?
8. Where do you feel that you are changing, growing, struggling or wrestling with doubt in your life at the present time? Where is your growing edge?
9. What is your image (or idea) of mature faith?

Faith Deconstruction Processes

Examples of Deconstruction (not all inclusive)

- Questioning scriptural interpretations
 - Examining historical context and different interpretations of texts
- Critiquing church practices
 - Analyzing the impact of church traditions, rituals (both individual and community)
- Examining religious authority
 - Questioning the authority of religious leaders, texts, institutions

Implications for providers:

What happens when a person loses/leaves faith?

- Loss of community (vs find new community?)
- Loss of structure (vs find new structure?)
- Loss of schema/worldview (vs build new worldview?)
- Loss of hope (vs build new hope?)

Tips & Tricks

Strategies for supporting our people.

- View doubt/questioning as a normal, developmental process
 - Hold space- remain open, listen to understand
 - Do not assume/judge
 - Offer respect
 - Manage/Respect YOUR OWN process

Understand Disenfranchised grief

Key Points

- Everyone believes or disbelieves something
 - Having the language to talk about these things is helpful
- People change beliefs (increasingly!)
 - Changing beliefs is a normal process
 - How change occurs can be important, or unimportant
 - Our beliefs matter, too!