# Medicine Session Arc Group Exercise

We will be looking at the following overarching questions:

* What elements are important to include during each phase of the medicine session arc?
* What is your focus as a therapist in each phase?

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| Phase | Elements to include during each phase | What is your focus as a therapist (guiding principles, therapist competencies) |
| Arrival |  |  |
| Initiation and onset |  |  |
| Peak effects |  |  |
| Taper |  |  |
| Integration and closing |  |  |

Summary Reference Document

Guiding Principles

* JEDI
* Cultural Safety and Humility
* Embodiment
* Mindfulness
* Harm Reduction
* Trauma and Violence Informed Care
* Connection: Relationship-centered care and community

Therapist Competencies

* Interoceptive awareness
* Awareness of embodied oppression
* Embodied communication
* Embodied inquiry
* Dual awareness: tracking and working in two time zones
* Therapeutic supportive touch
* Movement in therapy
* Working with the psychological flexibility model
* Working with parts and internal family systems
* Trust enhancement
* Spiritual intelligence
* Experience with altered states of consciousness
* Perspectives on healing

Therapist Stance / Elements Supporting the Therapeutic Relationship

* Inner-directed therapy
* Unconditional positive regard
* Love
* Empathetic abiding presence and listening
* Being grounded, self-regulated, and aligned
* Orientation towards phenomenology
* Relationship-centered care
* Appreciation for human suffering
* Therapist self-awareness and ethical integrity
* Top-down versus bottom-up processing