You are about to engage in a medicine session with a co-therapist. What do you need to do to ensure this process is as smooth as possible?

Discuss and answer the following questions.

1. What agreements do we want to have before working together with our client?
2. What are your markers of stress?
3. What helps you to come back to yourself and to therapeutic presence?
4. What are some ways we can help resource each other in those moments?
5. What other questions would you want to discuss together? Brainstorm a list so you can enter them into chat box.