



NUMINUS

Preparation

QUICK REFERENCE FOR PREPARATION

The needs or tasks of preparation include but are not limited to:

IDENTIFYING AND REDUCING CLIENT RISK

- Current stressors and coping strategies

- Review contraindications of the treatment-relative and/or absolute

- Review current medications and potential interactions

- Review any recent changes in diagnosed conditions

- Identify important agreements to put in place with the session practitioner/guide

 - Therapeutic Touch

 - Managing challenging states or behaviours

 - Limits of Confidentiality

- Medicine Session with a psychedelic substance

 - Source

 - Dose

 - Drug testing

 - Potential adverse effects

- Safety plan (especially if the client is doing the session alone)

 - Consider support person, emergency contact, check-in(s)

 - If the client is engaging in the session alone there will be other considerations beyond the scope of this document (e.g., safe physical space, support network, meeting basic needs)

DEVELOPING, REFLECTING ON, AND REFINING INTENTIONS

Use a framework of reference to establish an intention

- Show me, help me, teach me
- The miracle question
- Inquiry to establish an intention
- ACE body scan

IDENTIFY AND MANAGE EXPECTATIONS

Welcoming all experience

Difficult experiences can be turned toward and can support reframing “bad trips”

Curiosity as an ally and antidote

Reappraising any experience as useful

SET AND SETTING

Preparing the set (body and mind)

- Dietary considerations, avoiding other substances and alcohol
- Establishing additional internal resources to assist with the session
- Change readiness (Prochaska’s stages of change) - Is the client in the action stage?

Familiarity with the setting

- Maintain choice re the environment where possible
- Supports (external) - resources or rituals that may optimize the experience and enhance sense of safety

Guide/health professional

- Scope of practice
- Building rapport
- Collaboration with the client

CREATE A SELF-CARE PLAN

Identify useful resources

- Readings (articles, books, digital)
- Art and rituals (music, visual arts)
- Social (friends, family, therapist)

Support objects

- Blanket, stuffed animal, meaningful item(s), water, food, music, journal, paper/markers etc.

Support people

- Present at the session
- To engage following the session

Support person (for people engaging in the session alone)

- Enhance safety
- Meet the needs of the client (can provide consensual, appropriate, supportive touch)
- Manage the environment - reduce stimulation, play music

Address triggers - coping and self-regulation skills

Educate re Window of Tolerance - discuss strategies for regulation

Anticipate and strategize management of distress before/during/after session

- Planning for distress
- Normalize difficult experiences and provide additional strategies as required

Identify current tools and develop new tools to manage difficulty and expand window of tolerance

- Written simple intention
- Cognitive/emotional strategies
- Mindfulness and somatic practices: pausing, turning toward body sensations, sense exercises (sight, touch, smell etc, use of water (ice, drinking water), naming emotions, thoughts as sensations; breathing exercises - conscious connected breathing, prolonged exhale; self-compassion practices - self-soothing, self-talk, hand on heart

DEVELOPING A PLAN FOR NAVIGATING THE PERIOD FOLLOWING THE SESSION

Who will support them? Where will they be? What will they do that will be supportive?

How to optimize this period?

Logistics

- Getting home - support required

- Cultivating an environment for optimizing learning and support

- Ensure uninterrupted time, a safe space, a safe person, privacy as needed for slow re-entry

Days following

- Reflecting on the experience - meditation, movement, art, writing

- Letting go of the Psychedelic Session - What is being taken from the session?

- What am I leaving behind?

- Processing/sharing the experience with others (with discernment)