



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)