

# Worksheet: Experiential Period Preparation

As you work your way through the Experiential Period Pre-Work Module, please complete the reflections in this worksheet. Bring this worksheet with you to your Preparation, Medicine, and Integration Sessions as part of the Experiential Period. These reflections are an important part of your Preparation and will help to ensure that your experience is as fruitful as possible.

Note: some questions may not be applicable to you and can be left blank.

## Intention Setting

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| --- | --- |
| Reflect on your values, broader goals for the overall program (becoming a psychedelic-assisted therapist, enrolling in the program, trying psychedelics) |  |
| Reflect on your hopes, fears, and expectations. |  |
| What might get in the way of your journey? |  |
| Share your experience doing an ACE body scan. |  |
| What is your intention or are your intentions for the Medicine Session? |  |

## Resourcing

After completing the resourcing audio guide, please complete the following reflection questions:

|  |  |
| --- | --- |
| Consider three resources that you could use during your Medicine Session (and also your Integration and Preparation Sessions) when experiencing a challenging moment. |  |
| Which sacred or comfort objects would you like to bring to your Medicine Session? |  |
| What did you notice in your experience during this practice? |  |
| How was it similar or different to other practices you have tried? |  |
| How might it be helpful during your journey? |  |

## Grounding

After completing the resourcing audio guide, please complete the following reflection questions:

|  |  |
| --- | --- |
| What are 2-3 ways that will be helpful for you to ground or regulate yourself if needed during your Preparation, Medicine, and Integration Session? |  |
| What did you notice in your experience during this practice? |  |
| How was it similar or different to other practices you have tried? |  |
| How might it be helpful during your journey? |  |

## Mindfulness

After completing the resourcing audio guide, please complete the following reflection questions:

|  |  |
| --- | --- |
| What did you notice in your experience during this practice? |  |
| How was it similar or different to other practices you have tried? |  |
| How might it be helpful during your journey? |  |

## Parts Work

After completing the resourcing audio guide, please complete the following reflection questions:

|  |  |
| --- | --- |
| What parts of yourself are you aware of and what roles do they have in your life? |  |
| Do you have any parts who are not fully keen to participate in psychedelic-assisted therapy? What are their concerns? How do you feel toward that part?  |  |
| Do you have a “therapist part” that is keen to learn how to become a better psychedelic-assisted therapist? Can you gently ask that part to relax and step aside for this part of the training? |  |
| What did you notice in your experience during this practice? |  |
| How was it similar or different to other practices you have tried? |  |
| How might it be helpful during your journey? |  |

## Other Preparation Considerations

|  |  |
| --- | --- |
| How do they anticipate using the facilitators? Any concerns about those relationships? |  |
| Do you have any questions about the journey? |  |
| What are your fears or concerns for the journey? |  |
| Do you have any special requests for the facilitator? |  |