

# Worksheet: Medicine Session Observation Log

Being in the therapy room as an observer during a Medicine Session is a huge privilege. You will observe a client under the effects of the medicine at their most vulnerable. Please keep in mind throughout the duration of the Medicine Session that you are a significant part of the set and setting by simply being present – even without engaging in verbal dialogue.

## INSTRUCTIONS

During the Medicine Sessions (Observational Period and Practicum), please take very brief notes on the arc of the Medicine Session so as to limit disruptions to the client's experience under the effects of the medicine. After the Medicine Session, please write more detailed notes on your observations to serve as a resource for later. Please avoid writing any personal information or information that is considered confidential. Focus on general observations that can be used to give you an idea of how clients generally respond to the medicine.

## ARC OF THE MEDICINE SESSION

Please complete this worksheet *during* the Integration Session.

|  |  |  |
| --- | --- | --- |
| PHASE | DURATION | NOTES |
| Administration of the medicine |  |  |
| Onset of medicine's effects |  |  |
| Peak effects of the medicine |  |  |
| Tapering of effects |  |  |
| Approaching new baseline |  |  |
| New baseline |  |  |

## MEDICINE SESSION REFLECTION

Please complete this worksheet *after* the Integration Session.

|  |  |
| --- | --- |
| GUIDING QUESTION | NOTES |
| What techniques or approaches did the lead therapist use that appeared to be highly effective? At what phase during the session did this occur? |  |
| Is there any approach that you would have taken differently during the Medicine Session to better support your client? |  |
| What did you learn from this Medicine Session? What lessons will you take with you going forward? |  |
| What was your overall impression of how the session went? Was this a meaningful experience for the client? What do you base that on? |  |
| How would you describe the quality of the therapeutic relationship? What obstacles are present to deepening the therapeutic relationship? What could have been done to further improve the therapeutic relationship? |  |
| What are some of the ways that transference showed up with this client? |  |