

# Worksheet: Preparation

As you might recall from the Fundamentals of Psychedelic-Assisted Therapy course, health professionals working with psychedelic-assisted therapy are encouraged to embody certain characteristics and share certain information with clients during Preparation in order to ensure the most optimal and safe experience when the client finally takes the psychedelic medicine.

## INSTRUCTIONS

While you are observing the Preparation Sessions (Observational Period and Practicum), please complete this worksheet. The first portion of the worksheet focuses on key topics typically covered during Preparation Sessions. On the other sheets, you will see both the characteristics of the therapeutic stance and the Numinus care model. As the lead therapist guides the conversation with the client, make notes in each section detailing how the lead therapist embodies the therapeutic stance and the Numinus care model and how they discuss key topics.

Note: depending on the direction of the conversation in the Preparation Session, not all questions will be applicable. As a result, not every section of this worksheet needs to be completed.

## PREPARATION TASKS

During the Preparation Session, please write down any notes with respect to each topic that is typically discussed during Preparation.

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| TOPIC | GUIDING QUESTION | NOTES |
| Therapeutic ritual | What therapeutic rituals does the therapist use? |  |
| Psychoeducation | How does the therapist teach the client about the potential effects of the medicine, what to expect, our inner healing intelligence, and navigating the psychedelic journey? |  |
| Intention setting and goals | How does the therapist approach goal setting and intentions? Does the therapist use any intention setting frameworks or techniques like the ACE Body Scan? |  |
| Client’s lived experiences | How the therapist guide the conversation when discussing the client’s lived experiences? Consider the window of tolerance when discussing trauma. |  |
| Creating containments | What kind of containments do the therapist and client create? Consider music, set and setting, therapeutic supportive touch, and boundaries. |  |
| Client questions | What questions does the client have about what to expect during psychedelic-assisted therapy? |  |

## NUMINUS CARE MODEL

Please specify how the therapist embodies the Numinus care model during Preparation. You can add to this worksheet in the Medicine and Integration Sessions, as relevant.

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| CHARACTERISTIC | GUIDING QUESTION | NOTES |
| Integrative and transformative mental wellness | How does the therapist talk about mental health within the greater context of whole-person health? |  |
| Justice, equity, dignity, and inclusion | How does the therapist promote justice, equity, dignity, and inclusion in the therapy room? |  |
| Indigenous cultural safety and humility | How does the therapist make the sessions safe for Indigenous Peoples (regardless of whether or not the client is Indigenous)? How does the therapist avoid cultural appropriation? |  |
| Trauma- and violence-informed care | How does the therapist approach trauma as a transdiagnostic risk factor of mental and physical health? Recall the four Rs of trauma- and violence-informed care: realize, recognize, respond, and resist. |  |
| Connection | How does the therapist work to establish a human-to-human connection with the client? |  |
| Mindfulness | In what ways does the therapist incorporate mindfulness practices or principles when working with the client? |  |
| Embodiment | How does the therapist demonstrate and promote embodied awareness, allowing them to feel and relate to what is going on in their body? |  |
| Harm reduction | How does the therapist take a harm reduction approach when talking about potentially harmful activities like self-harm or substance use? |  |

## THERAPEUTIC STANCE

Please specify how the therapist develops the therapeutic relationship during Preparation. You can add to this worksheet in the Medicine and Integration Sessions, as relevant.

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| CHARACTERISTIC | GUIDING QUESTION | NOTES |
| Inner directed therapy | How does the therapist relax into uncertainty of what is unfolding, or about to unfold, within the client’s present moment process? |  |
| Unconditional positive regard | How does the therapist show abiding recognition of the client’s inherent human worth irrespective of their values and actions? |  |
| Love (agape) | How does the therapist demonstrate altruistic and selfless love towards the client? |  |
| Empathetic abiding presence and listening | How does the therapist demonstrate unwavering, unconditional, and attuned whole-person practice of being with the client in a way they can feel and trust? |  |
| Being grounded, self-regulated, and aligned | What characteristics is the therapist displaying that demonstrates that they are grounded, self-regulated, and aligned? |  |
| Orientation towards phenomenology | How does the therapist support the client’s inner healing potential? |  |
| Relationship-centered care | How does the therapist prioritize the therapeutic relationship? |  |
| Appreciation for human suffering | How does the therapist demonstrate compassion? How does this contribute to the therapeutic relationship with respect to suffering? |  |
| Self-awareness and ethical integrity | Has the therapist demonstrated any biases? If so, how were these communicated to the client? |  |
| Top-down and bottom-up processing | Does the therapist use top-down processing or bottom-up processing in their discussions and exercises with the client? Which seems to resonate more with the client? |  |

## PREPARATION REFLECTION

Please complete this worksheet *after* the Preparation Session.

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| GUIDING QUESTION | NOTES |
| Is there something you would do differently than the lead therapist’s approach in the Preparation Session? |  |
| Which technique(s) utilized in each of these areas would you want to carry forward into your practice? |  |
| Which technique(s) utilized do you feel that you need to develop further? |  |
| What is your overall impression of how the preparation session went? Do you feel the client is prepared for the medicine session? What do you base that on? |  |
| Please identify any aspects of the session that you would like to discuss with the lead therapist. |  |