

Draft Training Criteria / Modules (xx hours)

Historical Perspectives (xx hours)

Deep history of psychoactive plant medicines

Psychedelics in the modern era

Early research

60's culture and politics

Prohibition

underground work

Western popularization of shamanic work

Psychedelic renaissance

Advance of psychedelic science

Role of FDA

Supporters and research teams

Psychedelic policy reform efforts

Federal

State

City

Contemporary Research into Psilocybin (xx hours)

Neuroscience and psychopharmacological findings

Overview of clinical research and outcomes

Survey studies and other findings

New directions

Philosophical Foundations (xx hours)

Perspectives on transformational change

Ancient / indigenous worldviews

Western scientific perspective

Perspectives on numinous / sacred / mystical experiences

Perspectives on the “Inner Healer”

Overview of relevant psychotherapeutic constructs and models

Primary vs. secondary mental processes (psychodynamic)

Catharsis and trauma resolution

Humanistic / existential models

Role of relationship

Existential anxiety

Self-acceptance

Creativity

Somatic approaches

Hakomi model

Transpersonal / psychospiritual models

Jungian roots

Psychedelic Assisted Therapy, components (xx hours)

Preparation

Interview room

Greeting the client

Informed Consent

- Areas covered

- Confidentiality

Standardized risk assessment

- History of psychosis

- Medication self-inventory / contraindications

- Medical self-inventory / contraindications

 - Cardiovascular disease

 - Diabetes

 - Heart rate / rhythm irregularity

 - Blood pressure

 - Seizure disorder

 - Breathing disorders / asthma

 - Problems urinating

 - Liver disease

Mental health review

- Trauma history

- Mental health and substance abuse treatment history

 - Outpatient / inpatient / hospitalizations / detox

- Self-inventory of symptoms / emotions / challenges

Intake Interview

- Reason for seeking services

- Goals, hopes, expectations, fears

- Previous psychedelic experiences

 - Insights, problems, impact

Values

Important relationships

Emotional challenges

Social life

Work life

Creativity / special interests

Spiritual practices

Assessment of psychological readiness

Red Flags

Green Flags

Potentially problematic situations that arise from poor screening

Orienting to the psychedelic experience

Time commitment

Discussion of possible effects on consciousness

Discussion of stages / waves of intensity

Establishing the facilitator's role, responsibilities, and authority

Discussion of music

Discussion of dosage

Setting intention

Psychedelic facilitation

The therapeutic setting

Space issues

Decor

Lighting

Items which should be available

Greeting the client

Beginning the Psychedelic Session

Music and headphones

Interval-specific considerations during client's experience

Phase 1: Intensification

Phase 2: Peak

Phase 3: Gradual return to baseline

Assessing completion

Bringing resolution

Post-session debrief with designated pickup

Integration

Timing

Format, purpose, and goals

Meaning-making / narrative work

Ongoing support

Facilitating groups

Facilitator ratio

Special considerations

Facilitator Skills and Competencies (xx hours)

Importance of the therapeutic relationship

Establishing rapport, trust, and positive regard

Empathy and appreciation of human suffering

Empathetic abiding presence

Basic interviewing skills

Creating therapeutic context

Spiritual considerations

Getting mentally prepared to facilitate

Using non-directive language

Proficiency in complementary techniques

Trauma Resolution skills

What is Trauma?

Understanding the origins of trauma

Trauma as somatic containment of the past

Varieties of trauma

Physical touch

Eye contact

Body language

Dealing with specific behaviors

Talking during the beginning and middle of the session

Moving around the room

Asking the guide personal questions

Going to the bathroom

Vomiting

Urine or bowel release

Fire alarm or earthquake

Working with challenging behaviors / acute distress

Moving unpredictably
Becoming increasingly anxious and agitated
Extreme emotion
Trying to leave the space

Ethics and Responsibilities (xx hours)

Code of ethics

Self-awareness
Integrity
Health and safety
Do no harm
Special considerations for non-ordinary states of consciousness
Competence
Confidentiality and privacy
Transparency
Therapeutic alliance
Healthy boundaries
Dual relationships

Who should not be a facilitator?

Great therapist / guru syndromes
Over-bonding problem
Trauma projection
Predator

Legal, Regulatory, and Professional Considerations (xx hours)

State of Oregon regulations

Relevant clauses

Responsibilities of licensure

Peer support and supervision

Certifications and continuing education

Developing a psychedelic practice

Being a functional member of a team and community

Cost and accessibility of services

Diversity

Social imperative

Experiential / Applied Training (i.e. retreat style training) (xx hours)

Practicing sitting with presence

Creating appropriate context / ceremony / ritual

Role playing

Trainee to Trainee supervised psilocybin facilitation

Starter list of open questions (feel free to add) –

How many hours of training?

Details of risk assessment? Standardized? To what degree will risk assessment and other aspects of facilitation require facilitators to have training / knowledge of psychopathology?

Higher training / certification levels for working with significantly mentally ill clients?

Content of experiential training? Will trainees be required to take psilocybin under supervision? Facilitate other trainees?