

# Preparation Sessions

Adoption: XX-XX-XXXX

## Psychological Preparation (Psychedelic Therapist)

The Psychedelic Therapist must be involved in the psychological preparation process to establish the clinical foundation for treatment.

- **Timing:** This phase must occur first to allow the therapist to determine medical appropriateness and approve or defer participation based on safety.
- **Medical History:** The therapist should conduct a biopsychosocial assessment, and review medical (including medication interactions and contraindications), mental-health, and substance abuse history.
- **Intention Setting & Objectives:** The therapist facilitates the discussion of patient goals, intentions, and expectations for the session to establish a psychological framework for the experience.
- **Orientation to “Set”:** The therapist addresses the patient’s physical, emotional, and psychological readiness, helping to navigate “set” factors (internal mindset) and potential psychological challenges.
- **Clinical Safety Planning:** The therapist evaluates risks for adverse responses, creates the formal safety plan. The therapist should also perform an assessment of the patients support system.
- **MATRIX:** Assessment of suitable release. Environment, support system, and aftercare (not necessarily integration but return to regular life after administration).
- General education on the who, what, why, and how of psilocybin and potential adverse effects. This should be provided in an easy-to-read digestible format for patients.
- **Dosing & Tiering:** During this phase, the therapist assigns the Clinical Support Tier and establishes dosing parameters or considerations
- **Referral:** If a patient is determined to be clinically inappropriate, the therapist is responsible for referring them to a primary care provider or other appropriate treatment avenue.
- **Cultural & Spiritual Alignment:** Using trauma-informed and culturally competent communication, the therapist ensures alignment regarding any ceremonial, cultural, or spiritual elements that may be present.

- **Determination of Readiness:** Determines whether the patient is ready for psilocybin treatment or if they need an additional psychological preparation session.

## Administrative Preparation (Facilitator)

The Facilitator conducts administrative preparation in coordination with the Psychedelic Therapist. Their role is strictly limited to non-clinical support.

- **Timing:** The final preparation session must be conducted by the Facilitator who will be present during the administration session. This session must occur no less than 12 hours and no more than 30 days before administration.
- **Informed Consent:** The Facilitator is responsible for obtaining and documenting informed consent during this session.
- **Correct Fit:** This session is the primary opportunity for the patient and Facilitator to ensure their rapport is a good fit for the patient's goals.
- **Logistics & Boundaries:** This phase includes establishing boundaries (such as touch preferences), providing written disclosures, and orienting the patient to the non-clinical scope of the Facilitator.
- **Orientation to Setting:** The Facilitator orients the patient to the physical environment where the session will occur. This includes reviewing environmental conditions (lighting, temperature, sound), explaining privacy measures, and ensuring the patient is comfortable with the facility layout and accommodations. What the patient sees in regards to 'setting' preparation shall not go under any changes before administration.
- **Escalation:** The Facilitator is responsible for knowing how to escalate medical or psychological concerns to the Psychedelic Therapist or emergency services. This should be part of the orientation.
- **Cultural & Spiritual Alignment:** Using trauma-informed and culturally competent communication, the therapist ensures alignment regarding any ceremonial, cultural, or spiritual elements that may be present.
- **Materials:** Providing materials for the patient's self-administration in accordance with the Therapist's direction.
- **Transportation Plan:** patient must have a plan for transportation as they should not drive for 24 hours post administration of psilocybin.
- **Other Modalities:** if other modalities are going to be used then the patient must be notified and agree, otherwise the additional modalities cannot be used.
  - e.g. of modalities: massage therapy, yoga, etc

## Combined Timing & Compliance Standards

- **Total Duration:** Patients shall complete at least two preparation sessions totaling no less than three hours prior to the first administration (minimum requirements may be reduced for subsequent dosing).
- **Session Split:** At least one session must be dedicated to Psychological Preparation (conducted by the Psychedelic Therapist) and at least one session to Administrative Preparation (conducted by the Facilitator).
- **In-Person Requirement:** Where feasible, at least one hour of the total preparation time shall be conducted in person.
- **Sequence:** Psychological preparation must be completed and clinical appropriateness determined before the final administrative preparation session is concluded.
- **Documentation:** All activities, including clinical screening results from the therapist and informed consent from the facilitator, must be documented in the patient record.