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MODULE 3 – 30th September – 6th October 2023
at New Eden, The Netherlands

PSYCHELIC MODULE

NEW EDEN RETREAT CENTRE

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POINT 1

It takes a village: The need for a community-based approach to psychedelic care

The psychedelic renaissance calls for a shift towards community centered care.
Such an approach offers better accountability mechanisms and increased safety while minimizing risks of unethical practice

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POINT 2

Psychedelics invite us to reconsider how we do things in the West

They present an opportunity to re-evaluate traditional frameworks and models surrounding medical and mental health care.
They open door to a new ecosystem of psychedelic care, extending beyond traditionally recognized healing spaces in the West to include multidisciplinary professionals proven to be ethical and competent practitioners

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POINT 3

There's no "right" training method – but there is a wrong one

While there isn't a 'one-size-fits-all' training method, the absence of somatic awareness, trauma-informed practices, cultural responsiveness, and personal maturity can increase the risks of doing harm.
Contemporary psychedelic practitioners need to be skilled in holding space for many ways of knowing and meaning-making

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POINT 4

• The role of the contemporary Psychedelic Practitioner is still emerging

While global efforts are underway to establish safe guidelines and ethical standards, the field remains nascent, emphasizing the need for continued global dialogue and proficient, ethical stewards of this new paradigm, well-trained in the foundations of psychedelic care

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Point 5**The success of the Psychedelic Renaissance relies on strong alliances with wisdom traditions**

Building strong alliances between Western practitioners and wisdom keepers is pivotal for an inclusive and accountable psychedelic care ecosystem.

If we work on building an alliance of our worlds, we may harness the potential to expand beyond a psychedelic renaissance into a renaissance of civilisation

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Remember the Five agreements

- I agree to be present for the whole psychedelic session and retreat
- I agree to stay inside the session room and agree to be guided by the facilitator for my safety and the safety of others
- I agree to keep confidentiality
- I agree not to cause harm to self, others or property
- I agree not to involve any other person in expressions of sexuality during the sessions

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Guidelines for the Journeyer

- Remove all jewellery, contact lenses, dentures,
- Fast beforehand on the day of journey
- Wear loose and comfortable clothing
- Make contract with your sitter to express non-verbal requests, such as tissues, toilet, water
- Use your breath when you need, to guide you

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Guidelines for Sitters

- Remove heavy jewellery and wear loose and modest clothing
- Formulate a 'contract' for the journeyer's needs, which should continue for duration of each session and as long as they are needing your presence
- Sit and bear witness to the journeyer and attend their needs **ONLY** when asked : such as providing tissues, drink, assistance going to toilet, help from a facilitator
- Avoid eye contact with your partner, and other journeyers, when they are in deep journey state
- Keep safe the space around the journeyer and in particular their head and limbs

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Guidelines for Sitters

- Never leave the journeyer alone
- When going to the toilet ensure a facilitator is available to sit by your journeyer until your return
- Ensure journeyer gets checked out by a facilitator before they leave the room at end of session
- Accompany them to mandala room and provide refreshment
- Stay with your journeyer until they feel secure
- You may journal and keep notes of your partners experience

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Role and responsibility of sitter and facilitator in psychedelic work

This is your opportunity to act as a facilitator and in doing so be mindful of not intervening, without being asked, in any way other than

- 1. When person moves off the mat
- 2. Hands to throat
- 3. Extreme distress over a prolonged period of time
- 4. Hurting themselves or others
- 5. When a journeyer engages with other sitters or journeyers in dialogue while the session is in full progress

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**Check each journeyer before
they leave the room**

Check : Emotional body and
physical body

Check : Are they back in the room
from their experience

They may have more material to
process and may need bodywork

Do not rush the process