



MIND MEDICINE  
A U S T R A L I A

# PREPARATION, INTEGRATION AND SELF CARE

## A SHORT COURSE IN PREPARING FOR PSYCHEDELICS

"Psychedelics show you what's in and on your mind, those subconscious thoughts and feelings that are hidden, covered up, forgotten, out of sight, maybe even completely unexpected, but nevertheless imminently present."

RICK STRASSMAN M.D.

When guided with experience in a control setting, Psychedelics have the ability to disrupt stereotyped predictive patterns of thoughts and behaviours leading to transcendence experiences and complete ego dissolution. The experience of using therapeutic psychedelics often results in the user having a shift in thinking. Users may experience a heightened awareness of emotional thought, which can be both uplifting and positive or sad and difficult to process.

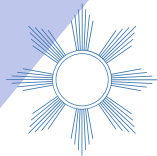
It is a well-established principle that the quality of the altered state experienced during a psychedelic is predictive of subsequent long-term positive psychological outcomes and long-term influence on personality traits. Moreover, the quality of altered state experience is dependent on the *preparation*, *integration* and *self-care* strategies learned and implemented throughout the journey, not just the acute experience alone.





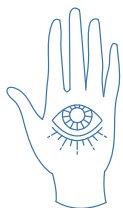
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## PSYCHEDELIC-ASSISTED PSYCHOTHERAPY PROCESS



### PREPARATION

Preparation sessions before medicine-assisted therapy to support development of a therapeutic bond and patient education. There are many different variables, it is crucial to be aware of these prospects.



### INTEGRATION

The process by which therapists support participants to process and implement insights from their experiences. Participants are encouraged to pursue other opportunities to further integrate the experience into their lives

The experience provides an opportunity for a receptive, flexible, open state. \*Please note Mind Medicine do not endorse illicit drug use nor will have any involvement in this stage

### ACUTE EXPERIENCE



### SELF CARE



Psychedelic experiences may be felt on a physical, psychological, emotional and spiritual level, as such, all elements of ones health and well being should be cared for post experience.

## WHAT IS INCLUDED

This short course, intensely supported by a qualified practitioner specialising in the field of psychedelics, will adequately prepare you for a therapeutic psychedelic experience and guide you through the critical steps of integration and self-care post experience.

Over six sessions, the short course covers;

- Introduction to Psychedelic perspectives
- Introduction to Psychedelic-assisted psychotherapy
- Psychedelic Pharmacology
- Statistics and data
- Harm reduction and Risk Mitigation
- Psychological support & Planning
- Expectations vs Intentions
- Preparation tools & strategies
- Exploring peak experience themes through integration
- Realms of integration
- Integration strategies, tools & activities
- Implementing self care
- Self care practices

"To hold sovereign and exclusive ownership of one's own conscious mind, to explore freely and without boundary, is surely the most fundamental of human rights. Third party intrusion into this wholly personal territory is a grievous breach of this inalienable freedom."

DOMINIC MILTON TROTT

For booking and enquires  
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