This year, millions of people will use psychedelics outside of supervised medical contexts, many of them for the first time. Difficult psychedelic experiences can be frightening, but also potentially among the most valuable experiences someone can have. What can you do to help someone having a difficult psychedelic experience? What techniques are available for helping transform a potentially traumatic situation into a positive or even therapeutic one? What role has MAPS and the Zendo Project played at festivals, and what take-home messages are available for others interested in psychedelic harm reduction? Teachings are appropriate for health care professionals as well as the general public. Health care professionals will be able to incorporate the tools and practices offered in this program in ways beneficial to clients or patients.

Topics include: physical, mental, and emotional effects of psychedelics; factors that contribute to a difficult experience; Zendo Project’s four principles of psychedelic support; tools, techniques, and protocols; sitter self-care; assisting the integration of a psychedelic journey; ethical guidelines for psychedelic peer counseling. Experiential, immersive scenarios, and role-playing will be included in this workshop.

Sara Gael Giron, MA
Zendo Project Director
Ryan Jay Beauregard
Zendo Project Manager

For questions about this event, please contact events@maps.org.