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# PRINCIPLES

THESE FOUR PRINCIPLES FORM THE FOUNDATION OF ZENDO PROJECT'S APPROACH TO PROVIDING COMPASSIONATE, PEER-BASED SUPPORT FOR PEOPLE NAVIGATING NON-ORDINARY STATES OF CONSCIOUSNESS.



ZENDO PROJECT



## SAFE SPACE

TENDING TO SAFETY IS FOUNDATIONAL TO HEALING AND TRANSFORMATION



## SITTING, NOT GUIDING

CULTIVATING PRESENCE WHILE LETTING GO OF AN AGENDA HONORS THE INDIVIDUAL'S INNER HEALING INTELLIGENCE



## THROUGH, NOT DOWN

WE ACCOMPANY PEOPLE THROUGH THEIR EXPERIENCES, WITHOUT SEEKING TO HALT OR BYPASS THE PROCESS



## DIFFICULT IS NOT NECESSARILY BAD

WE REMAIN OPEN TO THE POSSIBILITY THAT DIFFICULT AND/OR COMPLEX EXPERIENCES CAN LEAD TO WISDOM, GROWTH, AND NEW UNDERSTANDINGS

CARE

OF

PSYCHEDELIC



ZENDO PROJECT'S

# 4 PRINCIPLES OF PSYCHEDELIC CARE



## **SAFE SPACE**

SUPPORT BEGINS WITH CREATING AN ENVIRONMENT WHERE INDIVIDUALS FEEL PHYSICALLY AND EMOTIONALLY SAFE. THIS INCLUDES TENDING AND ATTUNING TO THE GUEST'S NEEDS, USING TRAUMA-ATTUNED LANGUAGE THAT INVITES DIALOGUE AND COLLABORATION, AND PRACTICING CLEAR COMMUNICATION. SITTERS OFFER CHOICES WITH CONSENT AND CURIOSITY, RECOGNIZING THAT THE CONDITIONS THAT DEFINE SAFETY ARE NOT UNIVERSAL.



## **SITTING, NOT GUIDING**

RATHER THAN DIRECTING THE EXPERIENCE, SITTERS OFFER A STEADY, COMPASSIONATE PRESENCE—TRUSTING THAT EACH PERSON HAS THE CAPACITY TO NAVIGATE THEIR OWN JOURNEY. SUPPORT IS MOSTLY NON-DIRECTIVE, ALLOWING THE GUEST'S PROCESS TO UNFOLD NATURALLY. SITTERS DON'T TAKE ON THE ROLE OF GUIDE, MENTOR, TEACHER OR ANY ROLE THAT MAY POSITION THEM IN A POWER DYNAMIC WITH THE PERSON THEY ARE SUPPORTING.



## **THROUGH, NOT DOWN**

SITTERS WORK TO STAY AWARE OF THEIR OWN UNDERLYING THOUGHTS, BELIEFS, AND PROJECTIONS, SO AS NOT TO UNINTENTIONALLY DIRECT, CHANGE, OR MINIMIZE WHAT THE GUEST IS GOING THROUGH. THIS APPROACH RESPECTS THE GUEST'S AUTONOMY AND VALIDATES THEIR EXPERIENCE WITHOUT MAKING ASSUMPTIONS OR TRYING TO SHIFT IT.



## **DIFFICULT IS NOT NECESSARILY BAD**

SITTERS RECOGNIZE THAT DIFFICULT MOMENTS CAN BE OPPORTUNITIES FOR INSIGHT AND DEEPER UNDERSTANDING, WHILE ALSO HONORING THAT MEANING-MAKING MUST UNFOLD ON THE GUEST'S OWN TERMS AND TIMELINE. WHEN A CHALLENGING OR COMPLEX EXPRESSION ARISES, SITTERS RESIST THE URGE TO SOOTHE WITH SOLUTIONS OR REFRAME THE EXPERIENCE TOO QUICKLY. INSTEAD, THEY STAY GROUNDED AND PRESENT—VALIDATING THE GUEST'S EXPERIENCE WHILE TRUSTING IN THEIR CAPACITY TO MOVE THROUGH IT.

VISIT [ZENDOPROJECT.ORG](http://ZENDOPROJECT.ORG) TO LEARN MORE AND SUPPORT OUR MISSION.