

ZENDO PROJECT PRESENTS



## Course Summary

**Course Format:** 12 Hours, Live Online, 1 Month access to complete

# Course Overview

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## Underpinning Theories

### Psychological Approaches

Ecological Systems  
Psychodynamic  
Somatic  
Transpersonal

### Educational Theories

Learner-centered  
Embodied  
Relational  
Constructivist

## Teaching Methods

- Video dialogues and presentations with Subject Matter Experts (SME)
- Case examples
- Reading
- Visualization
- Self-reflective activities (e.g., journaling)
- Action plan for practice

## Contributors

*This course has been made possible thanks to the invaluable input from several professionals deeply committed to safe, ethical psychedelic care and holistic, experiential education.*

### **SIT Course:**

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#### Consultants

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### **Original Training Course:**

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## Additional Contributors

- Jimmy Nguyen
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- Brooke Balliett, LMFT
- Zendo Project Volunteers
- Multidisciplinary Association of Psychedelic Sciences (MAPS)
- Supporting groups including medical teams, law enforcement, Black Rock Ranger, etc.
- All participants and/or guests of the Zendo
- Countless medicine carriers, indigenous people, and ancestors who for thousands of years carried the ways to psychedelic healing in their communities

## Module 1

# Introduction to Core Concepts and Principles

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**Time:** 3 Hours

**Summary:** *This foundational module provides an introduction to the principles and practices of psychedelic peer support and harm reduction. By the end of this module, participants will have a foundation in the core concepts and practices of psychedelic harm reduction and peer support. They will be equipped with essential knowledge, skills, and ethical frameworks to provide competent and compassionate support to individuals navigating psychedelic experiences.*

Through didactic lessons, experiential exercises and reflection assignments, participants will gain a comprehensive understanding of the learning objectives listed below.

### Sitter self-care

- Learn self-tracking skills
- Recognize signs of burnout and vicarious trauma
- How to resource internally and seek support

### What is harm reduction and peer support?

- Learn what harm reduction means in this context
- The scope of peer support

### The Psychedelic Experience

- Common drugs and general effects of psychedelics

### Understanding Difficult Experiences

- Explore common expressions of challenging psychedelic experience
- Learn what factors may contribute to difficult experiences

### Trauma

- Overview of the nature of trauma and its potential impact in psychedelic sitting
- Introduction to trauma attuned care

### Ethics

- Ethical guidelines for peer support sitters

### Cultural Considerations Overview

- An introduction to DEAI concepts as they pertain to psychedelic sitting and culturally and trauma attuned care

## Module 2

# Zendo Principles 1 and 2: “Safe Space” and “Sitting Not Guiding”

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**Time:** 3 Hours

**Summary:** *This module focuses on the first two principles of Zendo Project’s “Four Principles,” Safe Space and Sitting Not Guiding. It supports development of the essential skills and mindset required to create a safe, supportive, and trauma-attuned environment for individuals navigating psychedelic experiences.*

*Through this module, participants will develop the essential skills and mindset required to embody a trauma-attuned and culturally sensitive sitter presence. They will learn how to create a safe, supportive, and inclusive environment that fosters a sense of security and trust for individuals navigating psychedelic experiences. Additionally, participants will gain a clear understanding of the boundaries and ethical considerations that define the role of a sitter, ensuring they provide appropriate and effective peer support.*

**Through didactic lessons, experiential exercises and reflection assignments, participants will gain a comprehensive understanding of the learning objectives listed below.**

### “Safe Space” (Tending to Safety)

- How to cultivate trauma attuned Sitter Presence
- Develop a basic understanding of trauma attuned language and culturally attuned language
- Develop skills in setting compassionate boundaries
- Learn how to create a physically safe space

### Sitting Not Guiding

- Skills for cultivating attuned sitter presence continued
- Gain a foundational understanding of the difference between sitting and guiding
- Overview of basic counseling skills

## Module 3

# Zendo Principles 3 and 4: “Difficult is Not Necessarily Bad” and “Through Not Down”

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**Time:** 3 Hours

**Summary:** *This module focuses on the second two principles of Zendo Project’s “Four Principles,” Difficult is Not Necessarily Bad and Through Not Down. Through this module, participants will develop skills needed to provide compassionate and effective support to individuals navigating challenging or difficult psychedelic experiences. Participants will develop skills to facilitate a supportive environment where guests can authentically navigate their experiences. Emphasis will be placed on fostering a sense of empowerment and resilience, supporting individuals through challenges with understanding.*

**Through didactic lessons, experiential exercises and reflection assignments, participants will gain a comprehensive understanding of the learning objectives listed below.**

### **Difficult is Not Necessarily Bad**

- Learn the foundations of support and language to use during difficult experiences (normalizing, self-disclosure, validation, curiosity and reframing)

### **Through Not Down**

- Learn how to let go of power dynamics/struggles that might arise
- Develop skills in helping guests to navigate what is organically arising for them

## Module 4

# Navigating Critical Situations and Integration in Psychedelic Peer Support

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**Time:** 3 Hours

**Summary:** *This module equips learners with essential knowledge and skills to handle critical situations that may arise during psychedelic experiences, as well as provide effective support for the integration process. Through this module, learners will develop the confidence and competence to navigate critical situations with care and professionalism while also gaining a deep understanding of the integration process. Participants will leave equipped with a comprehensive toolkit to provide support throughout the entire psychedelic journey, from the acute experience to the ongoing integration phase.*

Through didactic lessons, experiential exercises and reflection assignments, participants will gain a comprehensive understanding of the learning objectives listed below.

### Situations requiring additional assistance

- Learn how to identify medical and mental health emergencies, and understand protocol to address these scenarios within the scope of peer support
- Understanding psychosis and spiritual emergencies in the context and scope of peer support
- Learn basic de-escalation techniques

### Integration

- Understand the definition of psychedelic integration and understand its purpose
- Review examples of integration
- Learn the 7 dimensions of integration and learn practices to support integration in each dimension