

JOURNEYŌM'S GUIDE

10 QUESTIONS YOU SHOULD ASK YOUR GUIDE

before embarking on a guided pyschedelic journey



INTRODUCTION: CHOOSING THE RIGHT GUIDE FOR YOUR PSYCHEDELIC JOURNEY

Embarking on a journey with psychedelic-assisted therapy is a profound and deeply personal experience. To ensure that this transformative process meets your needs and expectations, it is crucial to choose a guide whose expertise, philosophy, and methods align with your goals. This PDF serves as a worksheet to help you conduct a thorough interview with potential guides. By asking these questions, you are taking an active role in selecting a guide who not only possesses the necessary qualifications and experience but also provides a safe, understanding, and supportive environment.

Treat this process as you would any other significant healthcare decision: with diligence, care, and informed judgment.

Your choice of guide is as crucial as the healing journey itself because the right guide can significantly enhance the healing and growth that occurs during your sessions.

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10 QUESTIONS YOU SHOULD ASK YOUR PSYCHEDELIC GUIDE:

1 - Training & Experience

This tells you about a guide's qualifications and history. Look for certifications from recognized organizations and extensive experience (multiple years) guiding psychedelic sessions.

- ☑ • **What training and experience do you have as a psychedelic guide?** Find out how much apprenticeship or “on the job” training the guide has had, as well as how long they have been guiding on their own. Also consider if the guide has been doing psychedelic work themselves. The guides that are best able to hold space for their clients are those that have gone to those difficult places themselves, and have first hand experience in these spaces.
- ☑ • **Are you certified by any recognized psychedelic guide training organizations?** If you are seeking help with mental health issues and specifically trauma, it is preferable to select a guide who has background as a licensed therapist or coach. Talk to your guide about the specific areas you want to work with (trauma, PTSD, gender, race, family etc.) Regardless, your guide should also have received recognized training such as CIIS, Hakomi, IFS, MAPS, Fluence, Synthesis amongst others.
- ☑ • **How many psychedelic sessions have you guided in total?** Your guide should have at least 5 years of experience and sitting on at least 50 1x1 sessions.

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2 - Therapeutic Approach

Explore the guide's philosophy and approach. Do they prioritize a specific therapeutic modality like mindfulness, art, EMDR, DBT, etc? Do they focus on fostering an open and supportive environment? How much do their personal experiences and identities tie into their practice? Understanding their approach helps ensure it aligns with your own goals and experiences.

- ☑ • **What is your philosophy on psychedelic therapy?** Here you are trying to understand their approach to the psychedelic work in particular. Some guides believe the substance is in charge and helping the journeyer do all the work. They will seldomly intervene during a journey. Others are more of the “guiding” style and be able to help the journeyer navigate the experience in order to extract insights and help with challenging experiences.
- ☑ • **What therapeutic modalities do you integrate into your sessions (e.g., breathwork, mindfulness, integration therapy)?** Your guide will likely be trained in more than one modality used as adjuncts to the psychedelic journey itself. Get familiar with their offerings and how those might be integrated within the journey or doing Preparation and Integration.
- ☑ • **How do you handle challenging experiences during a session?** Your guide's ability to hold the space, particularly during challenging experiences is paramount. Ask them to give you examples of times when they had a challenging session and how they responded to it.

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3 - Safety & Support

Safety and harm reduction are essential. Ask about their emergency protocols, experience with mental health conditions, and how they create a secure and supportive setting for clients.

- ☑ • **What safety protocols do you have in place for psychedelic sessions?** Safety starts during preparation sessions both during the intake (medical, psychological) and within the space the guide creates with you. You should get a sense of safety throughout and voice your concerns (or move on) if you don't. Your guide should have a measured and structured approach with you, particularly for the first journey. In addition, your guide should explain to you in details how they are prepared to handle an emergency should it arise during your journey (including calling 911 if necessary).
- ☑ • **What is your experience working with people who have a history of mental health conditions?** Your guide should have ample experience with most mental health conditions but definitely yours. Make sure you discuss your current and past mental health, and disclose if you are currently taking any medication.
- ☑ • **How do you ensure a safe and supportive environment for your clients?** There are many ways a guide will create safety in the journey space. Safety is usually physical, psychological and emotional. But it is also about boundaries (examples: physical, emotional, intellectual, sexual, financial, and more..). A great guide will make sure to discuss these topics with you, even if you don't bring them up. At the end of the day, it is all about Harm Reduction. If you have the inkling of a lack of safety or support, you should raise it up or disengage immediately.

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4 - Screening & Integration

Explore how the guide assesses your suitability for psychedelic therapy. Inquire about their post-session integration support, which is vital for processing the experience.

- ☑ • **What is your screening process like to ensure I'm a suitable candidate for psychedelic therapy?** Your guide will have an extensive intake form (usually 8-15 pages) that covers a variety of subjects including medical and psychological. When in doubt, your guide will either ask you to get screened and cleared by a medical professional. If that isn't an option, most guides have their own access to Doctors, Psychiatrist or Pharmacists to get the necessary clearance. In some cases, your guide might request to have a discussion with your therapist in order to know more about your condition or coordinate care. You should welcome this process.
- ☑ • **Do you offer integration support after the session to help me process the experience?** The majority of the work in psychedelic assisted therapy happens in Integration. How do you integrate the lessons, learnings and insights uncovered during your journey is where the work is at. Depending on what happened during your journey, you might need as little as two (2) integration sessions but often you will need more, especially if this space is new to you. Most guides offer packages that include 2+ preparation, the journey itself and 2+ Integration sessions.
- ☑ • **How many integration sessions are typically recommended?** (See above)

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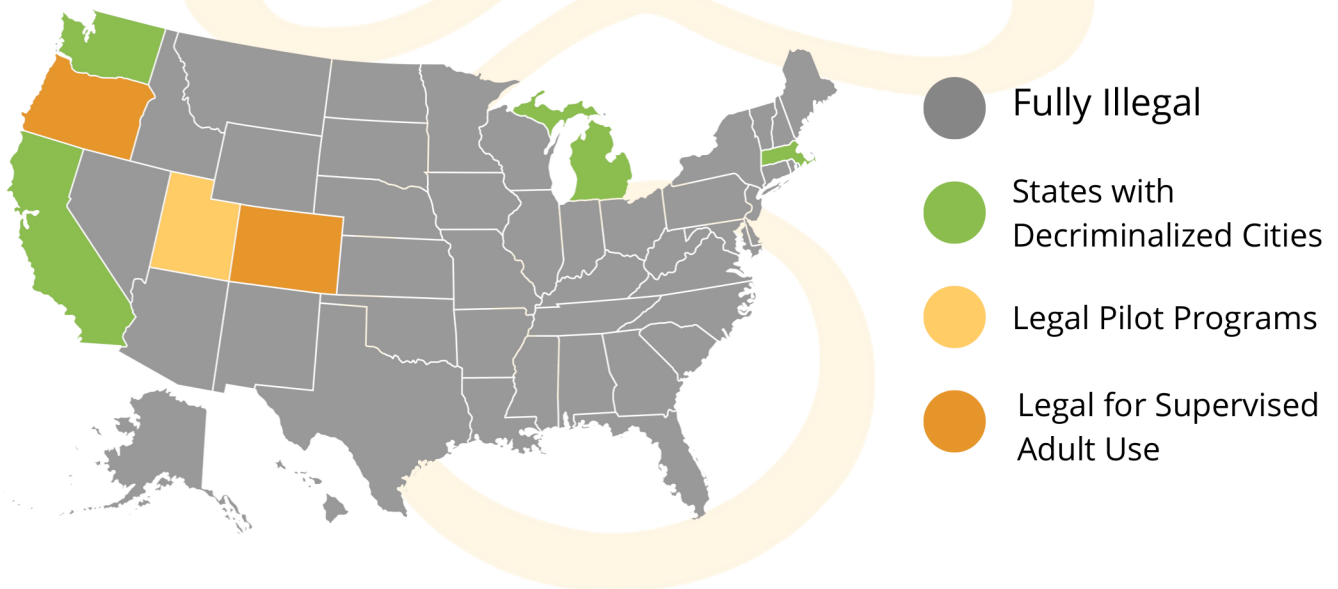


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5 - Legality & Ethics

While JourneyOM cannot answer legality questions, you can ask about the guide's awareness of psychedelic laws in your region. Additionally, explore their ethical code and professional affiliations to ensure they uphold high standards.

- ✓ • **Are you aware of the legal status of psychedelics in our area?** Get your guide to describe their understanding of the laws within their geographical area and well as specific practice.
- ✓ • **What is your ethical code of conduct as a psychedelic guide?** Ask your guide to provide a document that outlines their ethical code of conduct. You should review that document and decide if it personally aligns with your own ethical framework.
- ✓ • **Are you affiliated with any professional organizations for psychedelic therapy?** More often than not, guides are members of one or more organizations (some are more private than others). Inquire about those and check out their information online.



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6 - Fit & Comfort

The guide-client relationship is key. Schedule a consultation to assess their personality and communication style. Do you feel comfortable and understood?

- ☑ • **Can I schedule a consultation session to meet you and discuss my goals for psychedelic therapy?** Every great guide will always include a first, 30-60 min. virtual call at no charge to establish rapport and fit. Understand your guide's personal and medical background. If you plan to work on identity-related traumas or experiences, explore what your guide's relationship to those identities are, and their experience working with similar people.
- ☑ • **Do you feel like a good fit for me in terms of personality and communication style?** During the first intro session, you need to decide if the interaction with the prospective guide meets your criteria for being SEEN and HEARD. If you don't feel that, it might be your sign to move on.
- ☑ • **Do I feel comfortable and safe trusting you as my guide?** As mentioned in the previous chapter, safety and support are #1 in this very sacred relationship. You should feel 100% about it.



The process to become a JourneyOM guide has been one I highly respect. **Everything is carefully curated, extremely thorough and held with very high integrity.** If you are a guide looking to join or a seeker looking to be matched, I cannot recommend JourneyOM enough.

- J.A., JourneyOM Guide

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7 - Cost & Payment

Be upfront about finances. Ask about session fees, integration costs, and any payment options like sliding scales. Clarify any cancellation policies.

- ☑ • **What is your fee for a psychedelic session and integration sessions?** Each Journey includes a series of preparation and integration sessions as well as the journey itself. Often the Prep and Integration sessions are priced at the Guide's regular hourly rate (\$100-\$250/hr) and the journey itself is either a set amount (\$900-\$2,500) or a combination of prep/journey/integration (i.e: 2x prep+journey+2x integrations = \$2,500). Make sure you discuss this with your guide upfront during the first meeting.
- ☑ • **Do you offer any sliding scale options or payment plans?** Most guides have what we call "sliding scale" payment options which are a way for them to offer their service at a lower cost to patients who might have more difficulty covering the cost of the work. If you are in this situation, please discuss this with your guide during your first interaction.
- ☑ • **What is your cancellation policy?** Discuss with your guide what is their specific cancellation policy.

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8 - Confidentiality & References

Review their confidentiality policy to understand how your privacy is protected. Ideally, they can provide references from past clients (with permission) to get a firsthand perspective.

- ☑ • **Do you have a written confidentiality policy that I can review?** Although they may not always have this in writing, your guide should be able to explain in detail how they maintain your data private and confidential.
- ☑ • **Can you provide me with references from past clients (with their permission)?** Ideally, your guide should be able to provide you 2-3 client references for you to contact and get feedback. If they cannot provide this for you, proceed with caution.

As the medicine space grows and matures, **there is an incredible need for a supportive service to match individuals interested in this work with qualified vetted guides.**

Safety and professionalism is of utmost importance in the medicine space. JourneyOM, created by the heart-centeredness and life experience of Susan & Nico, offers a safe network of trusted guides along with processes tailored to match your needs with the right guide or guides to aid your deeper inner work & growth.

- P. JourneyOM Guide

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9 - Expectations & Risks

Gain clarity on both the potential benefits and risks of psychedelic therapy. Understand what to expect during the session itself, and what preparations or avoidance behaviors are recommended.

- ☑ • **What are the potential benefits and risks associated with psychedelic therapy?** Your guide should be able to answer this question in detail with examples. Look for a guide that does not shy away from the potential risks and pitfalls in balance with the great benefits these modalities can bring you.
- ☑ • **What expectations should I have for the session itself?** Everyone is different and having too high expectations is often unproductive in this space. With that said, your guide will explain what you can expect the day of the journey from the time you arrive to the time your leave. They will also describe how they will help to prepare you (Set) and prepare the space (setting). They will also discuss with you in advance (during prep and also on the day of) the different modalities that can be offered during the session as well as rehearse what level of touch you might need and consent to. You should never start your journey without having covered all of these bases.
- ☑ • **What should I avoid doing before, during, and after a psychedelic session?** Your guide will set a pre-, during, and post-journey protocol with you in advance. Here are some pointers:
 - **Pre-journey:** In the days prior, you will refrain from ingesting substances, including cannabis and alcohol. You will try to eat a healthy diet and limit your intake of social media and outside sources (news/movies, etc.)
 - **During Journey:** You will turn off your phone in order to be fully present. You will start your day likely on an empty stomach. You will not drive.
 - **Post Journey:** You will be kind to yourself and replenish your body with good nutrition and avoid substances at least for a few days. You will want to avoid making rash decisions (personal, business or otherwise) for at least 2-3 weeks after the journey.

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10 - Continuing Education

Look for a guide committed to professional growth. Inquire about how they stay updated on the latest research and best practices to ensure you receive the most informed guidance.

- ☑ • **How do you stay up to date on the latest research and best practices in psychedelic therapy?** Ask them which websites/newsletters/user groups and other sources they use to stay in touch with the developments in this space.
- ☑ • **Are you committed to your own personal growth and development as a guide?** Find out about the last time they took a self-development or new modalities course, and if they have plans to take courses in the future and what those are.

By asking these questions, you can gain valuable insights into the experience, qualifications, and approach of a potential psychedelic guide.

This will help you make an informed decision about whether they are the right fit for your journey.



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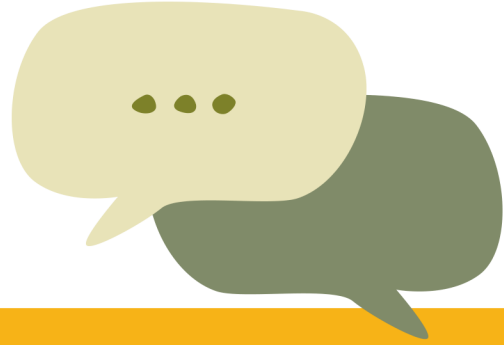


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JOURNEYOM'S COMMITMENT TO EXCELLENCE

At JourneyOM, we understand that the foundation of a successful psychedelic therapy journey lies in the connection between the seeker and the guide.

This is why we not only ask these questions—and more—of all the guides we connect you with, but we also personally visit them to ensure their practices meet our high standards.



Our rigorous vetting process includes in-depth interviews, assessments of their therapeutic environments, and verification of their credentials and ethical standings.

By choosing JourneyOM, you are choosing a partner who values your safety and well-being as much as you do. We are committed to guiding you to the best possible support for your healing journey, ensuring that each guide in our network is not just qualified, but truly exemplary.

Let JourneyOM help you navigate your path to recovery with confidence and peace of mind.

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